

Exercises
variations
progression
comments



From the **PULL OVER**
to the **JAVELIN THROW**

From the PULL OVER to the JAVELIN THROW

1-The PULL OVER (over head pull) is without doubt the number 1 reference exercise for javelin throwers as it concerns the reinforcement of the upper body and the chest, shoulders and arm muscles which are the motors of the throw. It does increase the stretching capacity of the pectoralis and the striking power of the thrower.

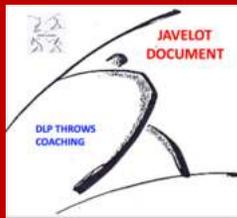
2-Out of the basic Pull over, There are many variations, using different situations and different executions ways. One could easily find fifty and more but all are not especially beneficent when having the javelot throw as objective.



Pull over "SOUPLESSE"

3-This diversity helps to build a progression from the basic movement to the 2 arms strikes and finally the one arm throws.

This progression includes progressively other parts of the body : trunk torsions and flexions, building core strength, use of the legs, transfert of body weight, coordination and sommation of forces and speeds from the ground support up to the end of the throwing hand fingers in the delivery.



From the PULL OVER to the JAVELIN THROW

FROM THE 2 ARMS PULL OVERS TO ONE ARM PULL OVERS

MAINS FORMS OF PULL OVERS

POSITIONS

- Lying on the back
- Lying on the belly
- Sitting
- Lying / sitting surelevated
- On the knee
- Standing
- Walking or running

EQUIPEMENTS USED

Bars – Short dumbbells– Sand bags
– Water bag– Rubber bands -
Medicine balls –Swiss balls –
Striking wall– Clubs– hanging bar–
Pulleys– Plinth – Partner - Guiding
apparatus – Striking walls and
partners.



Pull over Eccentric/pliometric-
Localisation Shoulders- Trunk

EXECUTION FORMS

- Static – Isometric
- Concentric
- Eccentric / Concentric
- Eccentric
- Pliometric
- Two arms
- One arm
- In motion
- With opposition
- Multi stimuli
- PULL OVER "Strength"
- PULL OVER "Flexibility"
- PULL OVER "Power"
- PULL OVER "Striking force"
- PULL OVER "Throw"

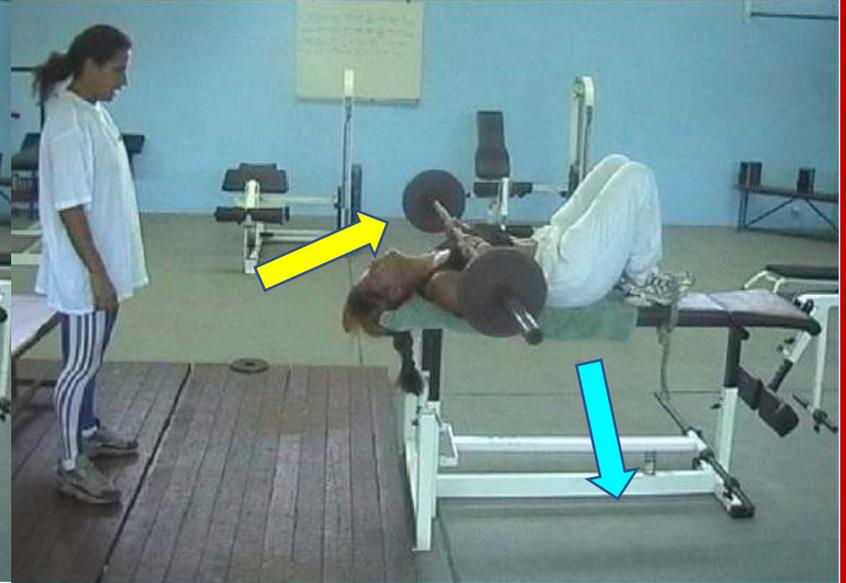
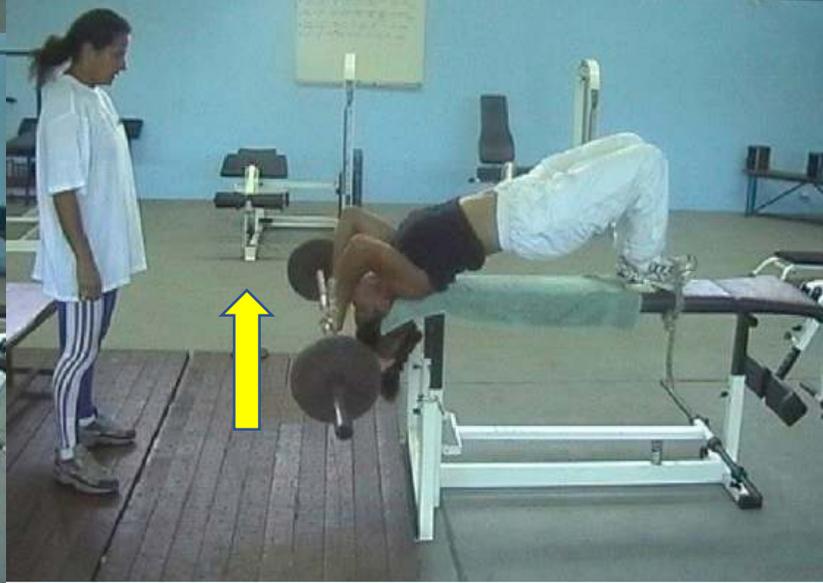
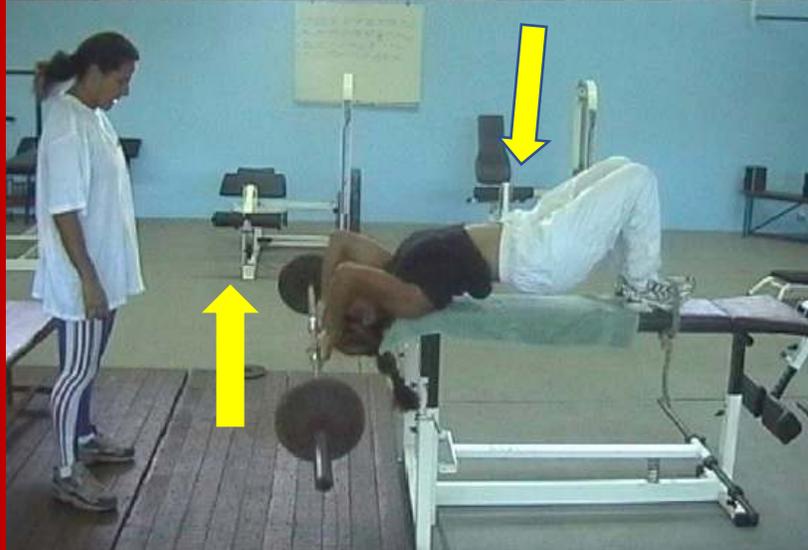
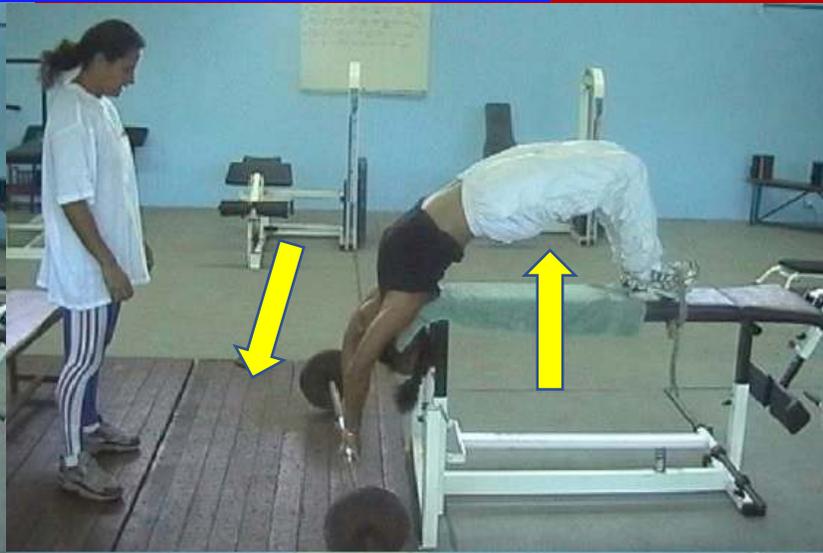


From the PULL OVER to the JAVELIN THROW

PULL OVER VARIATIONS

Basic PULL OVER
2 bent arms
lying on the back on an
elevated bench
(Variation with trunk arching)

Pull over "STRENGTH"





From the PULL OVER to the JAVELIN THROW

PULL OVER VARIATIONS

FROM THE 2 ARMS TO THE 1 ARM PULL OVER

PULL OVER WITH ARMS horizontal EXTENSION
Trunk fixed flat on the bench

Pull over "STRIKE"
Focus on the triceps



PULL OVER EXTENDED ARMS with trunk fixed flat

Pull over "STRENGTH"

Focus on Pectoralis- Shoulders - Arms





From the PULL OVER to the JAVELIN THROW

PULL OVER VARIATIONS

PULL OVER at the pulley with trunk arching



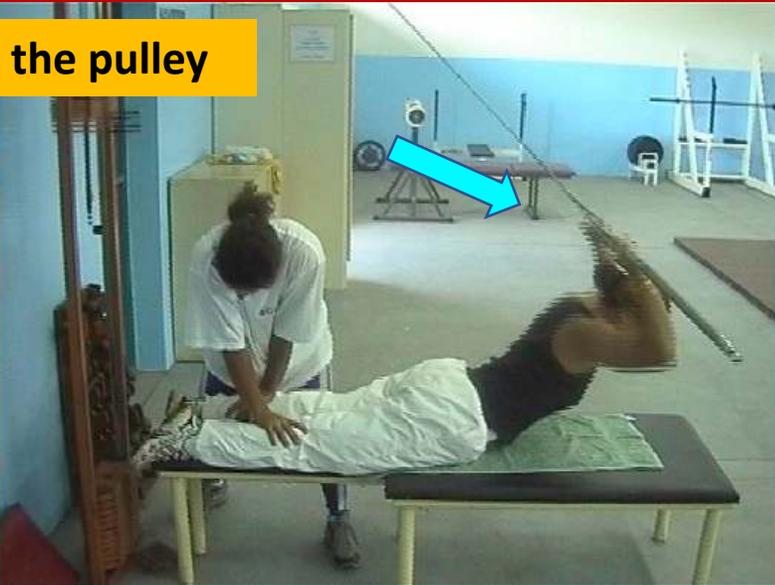
Facing the pulley



Pull over "STRENGTH /AMPLITUDE " Coordination extension – flexion of the trunk and pull over with the arms



Back to the pulley



Pull over STRENGTH / AMPLITUDE Coordination tronc and arm - Full arching



From the PULL OVER to the JAVELIN THROW

PULL OVER VARIATIONS

Standing Variation 2 arms flexion/extension

Pull over "STRIKE"

Localisation shoulders -Triceps



FROM THE 2 ARMS TO THE 1 ARM PULL OVER

Variation on plinth



Localisation Shoulders -trunk

Variation on Swiss ball



Pull over 'Flexibility'

PULL OVER with opposition

Pull over "STRENGTH"

Competitive variation with isométric-eccentric opposition





From the PULL OVER to the JAVELIN THROW

FROM THE 2 ARMS TO THE 1 ARM PULL OVER

**PULL OVER 2 arms - on plinth-
Trunk arching- Throw**

PULL OVER VARIATIONS

Pull over-throw "Extension return" used for p[ower testing with medicine ball
.Women 2kg – Men 3-4 kg



Pull over 'THROW'

**"Rolling" PULL OVER 2 arms After extension/ flexion of the arms ,
rolling the bar back on the ground**

Produces a different stimulus with an
initial horizontal speed of the load



"Rolling" back

Pull over "STRENGTH "



From the PULL OVER to the JAVELIN THROW

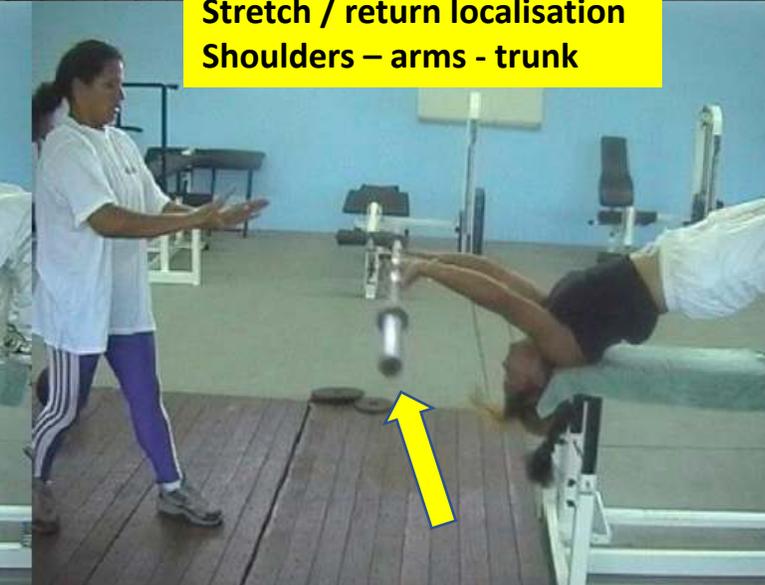
PULL OVER VARIATIONS

Pull over "STRIKE"

PLIOMETRIC PULL OVER 2 arms, finished with horizontal extension (with barre and partner)



FROM THE 2 ARMS TO THE 1 ARM PULL OVER



Stretch / return localisation
Shoulders – arms - trunk



From the PULL OVER to the JAVELIN THROW

PLIOMETRIC PULL OVER

PULL OVER VARIATIONS

extension (with



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FROM THE 2 ARMS TO THE 1 ARM PULL OVER



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