
QB Development Program

4-Week Arm Care & Mechanics

Gridiron Encyclopedia

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Program Overview

This quarterback development program integrates strength training with throwing mechanics and footwork. The 5-day schedule alternates between lift days and throw days, ensuring the arm is never overloaded two days in a row. Lift days emphasize rotational power (the engine behind throw velocity), lower-body stability, and arm care. Throw days progress from warm-up tosses through positional drops and live accuracy work. Track your throw count and arm feel daily — a score of 1-5 after each throwing session. If arm feel drops below 3, reduce volume the next session. The arm is a tool — maintain it like one.

How to Use This Template

Fill in the "Actual Weight," "Reps Done," and "Notes" columns after each session. Track your progress week-over-week to ensure progressive overload. If you miss a rep target, note the reason and adjust the following session accordingly.

Warm-Up Protocol

- Light jog: 400 meters
- Band pull-aparts x 15
- Band external rotation (90/90) x 10 each arm
- Arm circles: 10 forward, 10 backward
- Wrist circles: 10 each direction
- Trunk rotations x 10 each direction
- Bodyweight squats x 10
- For throw days: start with wrist flips at 5 yards, progress out to 15

Week 1 — Foundation

Lift days at 75%. Throw days: track throw count and arm feel (1-5 scale) after each session.

| Day 1 — Lift (Lower / Rotational) | | | | | |
|-----------------------------------|-------------|-----------|-----------|-----------|-------|
| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
| Front Squat | 3 x 5 | 75% | | | |
| DB Bench | 3 x 8 | Moderate | | | |
| Med Ball Rot. Throw | 3 x 8/side | Explosive | | | |
| Band External Rotation | 3 x 15 | Light | | | |
| Plank | 3 x 30s | BW | | | |

| Day 2 — Throw (Mechanics) | | | | | |
|---------------------------|-------------|-----------|-----------|-----------|-------|
| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
| Wrist Flips | 20 reps | Warm-up | | | |
| 1-Knee Throws | 15 reps | Technique | | | |
| Stand-Still Throws | 15 reps | Technique | | | |
| 3-Step Drop Throws | 10 reps | Timing | | | |
| 5-Step Drop Throws | 10 reps | Timing | | | |

| Day 3 — Lift (Upper / Arm Care) | | | | | |
|---------------------------------|-------------|----------|-----------|-----------|-------|
| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
| RDL | 3 x 6 | 75% | | | |
| Push-ups | 3 x 15 | BW | | | |
| Pull-ups | 3 x 8 | 75% | | | |
| Anti-Rotation Press | 3 x 10/side | Moderate | | | |
| Band Pull-Aparts | 3 x 20 | Light | | | |

| Day 4 — Throw + Footwork | | | | | |
|--------------------------|-------------|------------|-----------|-----------|-------|
| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
| Dropback Footwork Ladder | 10 reps | Precision | | | |
| Rollout Right | 8 reps | Game Speed | | | |
| Rollout Left | 8 reps | Game Speed | | | |
| Pocket Movement | 8 reps | Game Speed | | | |
| Accuracy Target (net) | 20 reps | Accuracy | | | |

Day 5 — Lift (Power / Full Body)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| Power Clean | 3 x 3 | 75% | | | |
| Incline Press | 3 x 8 | Moderate | | | |
| Single-Arm Row | 3 x 8/side | Moderate | | | |
| Wrist Curls | 2 x 15 | Light | | | |
| Reverse Wrist Curls | 2 x 15 | Light | | | |

Week 2 — Build

Lift days at 78%. Throw days: track throw count and arm feel (1-5 scale) after each session.

Day 1 — Lift (Lower / Rotational)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|------------------------|-------------|-----------|-----------|-----------|-------|
| Front Squat | 3 x 5 | 78% | | | |
| DB Bench | 3 x 8 | Moderate | | | |
| Med Ball Rot. Throw | 3 x 8/side | Explosive | | | |
| Band External Rotation | 3 x 15 | Light | | | |
| Plank | 3 x 30s | BW | | | |

Day 2 — Throw (Mechanics)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|--------------------|-------------|-----------|-----------|-----------|-------|
| Wrist Flips | 20 reps | Warm-up | | | |
| 1-Knee Throws | 15 reps | Technique | | | |
| Stand-Still Throws | 15 reps | Technique | | | |
| 3-Step Drop Throws | 10 reps | Timing | | | |
| 5-Step Drop Throws | 10 reps | Timing | | | |

Day 3 — Lift (Upper / Arm Care)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| RDL | 3 x 6 | 78% | | | |
| Push-ups | 3 x 15 | BW | | | |
| Pull-ups | 3 x 8 | 78% | | | |
| Anti-Rotation Press | 3 x 10/side | Moderate | | | |
| Band Pull-Aparts | 3 x 20 | Light | | | |

Day 4 — Throw + Footwork

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|--------------------------|-------------|------------|-----------|-----------|-------|
| Dropback Footwork Ladder | 10 reps | Precision | | | |
| Rollout Right | 8 reps | Game Speed | | | |
| Rollout Left | 8 reps | Game Speed | | | |
| Pocket Movement | 8 reps | Game Speed | | | |
| Accuracy Target (net) | 20 reps | Accuracy | | | |

Day 5 — Lift (Power / Full Body)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| Power Clean | 3 x 3 | 78% | | | |
| Incline Press | 3 x 8 | Moderate | | | |
| Single-Arm Row | 3 x 8/side | Moderate | | | |
| Wrist Curls | 2 x 15 | Light | | | |
| Reverse Wrist Curls | 2 x 15 | Light | | | |

Week 3 — Intensity

Lift days at 80%. Throw days: track throw count and arm feel (1-5 scale) after each session.

Day 1 — Lift (Lower / Rotational)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|------------------------|-------------|-----------|-----------|-----------|-------|
| Front Squat | 3 x 5 | 80% | | | |
| DB Bench | 3 x 8 | Moderate | | | |
| Med Ball Rot. Throw | 3 x 8/side | Explosive | | | |
| Band External Rotation | 3 x 15 | Light | | | |
| Plank | 3 x 30s | BW | | | |

Day 2 — Throw (Mechanics)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|--------------------|-------------|-----------|-----------|-----------|-------|
| Wrist Flips | 20 reps | Warm-up | | | |
| 1-Knee Throws | 15 reps | Technique | | | |
| Stand-Still Throws | 15 reps | Technique | | | |
| 3-Step Drop Throws | 10 reps | Timing | | | |
| 5-Step Drop Throws | 10 reps | Timing | | | |

Day 3 — Lift (Upper / Arm Care)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| RDL | 3 x 6 | 80% | | | |
| Push-ups | 3 x 15 | BW | | | |
| Pull-ups | 3 x 8 | 80% | | | |
| Anti-Rotation Press | 3 x 10/side | Moderate | | | |
| Band Pull-Aparts | 3 x 20 | Light | | | |

Day 4 — Throw + Footwork

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|--------------------------|-------------|------------|-----------|-----------|-------|
| Dropback Footwork Ladder | 10 reps | Precision | | | |
| Rollout Right | 8 reps | Game Speed | | | |
| Rollout Left | 8 reps | Game Speed | | | |
| Pocket Movement | 8 reps | Game Speed | | | |
| Accuracy Target (net) | 20 reps | Accuracy | | | |

Day 5 — Lift (Power / Full Body)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| Power Clean | 3 x 3 | 80% | | | |
| Incline Press | 3 x 8 | Moderate | | | |
| Single-Arm Row | 3 x 8/side | Moderate | | | |
| Wrist Curls | 2 x 15 | Light | | | |
| Reverse Wrist Curls | 2 x 15 | Light | | | |

Week 4 — Recovery

Lift days at 70%. Throw days: track throw count and arm feel (1-5 scale) after each session.

Day 1 — Lift (Lower / Rotational)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|------------------------|-------------|-----------|-----------|-----------|-------|
| Front Squat | 3 x 5 | 70% | | | |
| DB Bench | 3 x 8 | Moderate | | | |
| Med Ball Rot. Throw | 3 x 8/side | Explosive | | | |
| Band External Rotation | 3 x 15 | Light | | | |
| Plank | 3 x 30s | BW | | | |

Day 2 — Throw (Mechanics)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|--------------------|-------------|-----------|-----------|-----------|-------|
| Wrist Flips | 20 reps | Warm-up | | | |
| 1-Knee Throws | 15 reps | Technique | | | |
| Stand-Still Throws | 15 reps | Technique | | | |
| 3-Step Drop Throws | 10 reps | Timing | | | |
| 5-Step Drop Throws | 10 reps | Timing | | | |

Day 3 — Lift (Upper / Arm Care)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| RDL | 3 x 6 | 70% | | | |
| Push-ups | 3 x 15 | BW | | | |
| Pull-ups | 3 x 8 | 70% | | | |
| Anti-Rotation Press | 3 x 10/side | Moderate | | | |
| Band Pull-Aparts | 3 x 20 | Light | | | |

Day 4 — Throw + Footwork

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|--------------------------|-------------|------------|-----------|-----------|-------|
| Dropback Footwork Ladder | 10 reps | Precision | | | |
| Rollout Right | 8 reps | Game Speed | | | |
| Rollout Left | 8 reps | Game Speed | | | |
| Pocket Movement | 8 reps | Game Speed | | | |
| Accuracy Target (net) | 20 reps | Accuracy | | | |

Day 5 — Lift (Power / Full Body)

| Exercise | Sets x Reps | Target | Actual Wt | Reps Done | Notes |
|---------------------|-------------|----------|-----------|-----------|-------|
| Power Clean | 3 x 3 | 70% | | | |
| Incline Press | 3 x 8 | Moderate | | | |
| Single-Arm Row | 3 x 8/side | Moderate | | | |
| Wrist Curls | 2 x 15 | Light | | | |
| Reverse Wrist Curls | 2 x 15 | Light | | | |

Progress Tracker

| Week | Throw Count | Arm Feel (1-5) | Squat 1RM | Clean 1RM | BW |
|------|-------------|----------------|-----------|-----------|----|
| Wk 1 | | | | | |
| Wk 2 | | | | | |
| Wk 3 | | | | | |
| Wk 4 | | | | | |
| Wk 5 | | | | | |
| Wk 6 | | | | | |
| Wk 7 | | | | | |
| Wk 8 | | | | | |