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# QB Development Program

4-Week Arm Care & Mechanics

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Gridiron Encyclopedia

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## Program Overview

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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

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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

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- 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

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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					