

# Weight training

- [Single Arm Heavy Club Mill](#)
- [Steel Mace Rotational Mills](#)
- [Wildman Mace Training](#)

# Single Arm Heavy Club Mill

This page is a work in progress.

Single Arm Inside Circle - Like

Single Arm Outside Circle - For balance

Shield Cast - Basic throwing pattern

Combine

Single Arm Mill Prep

- Inside circle goes with the shield cast (goes past your opposite ear)

[Single Arm 180 Pullover](#) (3 minutes to 7 minutes)

- Inside
  - Inside circle is the start
  - Rotate body at the hips 45 then rotate the spine 45
  - Push swing pull catch
- 180 rotating pullover
  - Put the club behind your head
  - rotate the body 180
  - Pull over
  - Elbow comes to the stop position

# Steel Mace Rotational Mills

[Steel Mace Rotational Mills](#)

#end

# Wildman Mace Training

[Mace 101 , part 101 of a instructional basic mace videos](#)

[Mace 102 - same side single arm 360 also called same side single arm shield cast](#)

[Mace 103 - reverse near side single arm 360](#)

#end