

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

THURSDAY

WARM-UP

50 JUMPING JACKS

100 JUMP ROPES

25 PUSH-UPS

1. 20-YARD SPRINTS (10 SETS)
2. 10-YARD HIGH KNEE INTO 10-YARD BURST SPRINT (8 SETS)
3. 10 YARD-BUTT KICK INTO 10-YARD BURST SPRINTS (6 SETS)
4. 15-YARD BOUNDING (4 SETS)
5. 15-YARD SINGLE-LEG BOUNDING (2 SETS)
6. 3-CONE SHUTTLE DRILL, CONES 5-YARDS APART (5 SETS)