

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

MONDAY

PLAYERS WITH ACCESS TO WEIGHTS

PARALLEL SQUAT (3X3)
BENCH (3X3)
HEAVY DUMBBELL UPRIGHT ROW (2X10)
DUMBBELL SHOULDER PRESS (3X8)
STRAIGHT LEG DEADLIFT(2X6)
BURPEE SQUATS (3X10)
CORE

PLAYERS WITHOUT ACCESS TO WEIGHTS

TIME YOURSELF FOR EACH ROUND, YOU WILL DO 5 ROUNDS OF THIS SET. YOUR GOAL IS TO BEAT YOUR TIME EACH ROUND.

10 SQUAT JUMPS
10 PUSH-UPS
10 BURPEES
10 SPLIT JUMP LUNGES
10 LEG CLIMBS