

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

WEDNESDAY

PLAYERS WITH ACCESS TO WEIGHTS

POWER CLEAN (5X5)
STRAIGHT BAR DEADLIFT (5X5)
HANG CLEAN + FRONT SQUAT (3X8)
HEAVY JERK PRESS (4X5)
REVERSE LUNGE (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.

20 SQUATS
10 DIAMOND PUSH-UPS
10 BURPEE PLANK JACKS
20 FORWARD + REVERSE LUNGES
20 RUSSIAN TWISTS