

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## FRIDAY

### *PLAYERS WITH ACCESS TO WEIGHTS*

4-WAY LUNGE (3X8)  
BENT OVER ROW (35/45 LB WEIGHT)-(3X6)  
HEAVY KETTLEBELL SWING (3X6)  
LATERAL STEP UPRIGHT ROW (3X8)  
3-WAY DELTOID (3X10)  
BENT OVER FLY (3X8)  
TWISTING BICEP CURL (4X5)  
HEAVY DUMBBELL KETTLE SQUAT (3X5)  
TRICEPS EXTENSION (3X10)  
FIGURE 8 WITH KETTLEBELLS (BETWEEN LEGS)-(3X8)

### *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 JUMP LUNGES  
10 SIDE TO SIDE PUSH-UPS  
10 BURPEE SQUATS  
20 MOUNTAIN CLIMBERS  
20 SCISSORS