

# 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