

# 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