

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

THURSDAY

WARM-UP

50 JUMPING JACKS

100-JUMP ROPES

25 PUSH-UPS

OUTSIDE

1. 20-YARD SPRINTS (5 REPS)
2. 10-YARD HIGH KNEES, THEN 10-YARD BURST SPRINT(4 REPS)
3. 10-YARD BUTT KICK, THEN 10-YARD BURST SPRINT (3 REPS)
4. 15-YARD BOUNDING (3 REPS)
5. 15-YARD SINGLE LEG BOUNDING (2 REPS)

INSIDE (IN CASE OF RAIN)

1. 20 SPLIT JUMPS, THEN 10 WALKOUT PUSH-UPS (3 SETS)
2. 20 SPIDERMAN MOUNTAIN CLIMBERS, THEN 10 SKATER HOPS (3 SETS)
3. 20 SQUATS, THEN 10 PLANK SAWS (3 SETS)
4. 20 DIPS (USE A CHAIR), THEN 10 SINGLE LEG GLUTE BRIDGE (3 SETS)