

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## FRIDAY

### WARM-UP

1-MILE RUN

*THE MAJORITY OF WORKOUTS CAN BE COMPLETED WITH DUMBBELLS. FOR THOSE WITHOUT DUMBBELLS, YOU CAN USE A BACKPACK FILLED WITH BOOKS OR A GALLON OF MILK (BE CREATIVE).*

### TERRIBLE 10'S

THE WORKOUTS WILL CONSIST OF 10 REPS FOR EACH EXERCISE IN THE CIRCUIT. YOUR GOAL IS TO DO 4 ROUNDS OF EACH CIRCUIT. YOU CAN DO ALL 4 ROUNDS AT EACH CIRCUIT BEFORE MOVING ON TO OTHERS, OR CIRCULATE THROUGH THE CIRCUITS 4 TIMES.

CIRCUIT 1	CIRCUIT 2	CIRCUIT 3	CIRCUIT 4
SUMO SQUAT JUMPS	LATERAL STEP UPRIGHT ROW	TWISTING BICEP CURL	BURPEES
BENT OVER ROW	FRONT + SIDE DELTOID (SHOULDER)	HEAVY DUMBBELL KETTLE SQUAT	SHOULDER PRESS
HEAVY DUMBBELL SWING	PLANK JACKS	TRICEPS EXTENSION	BOX JUMPS (FIND A CHAIR OR ANYTHING TO JUMP ON)