

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

WEDNESDAY

WARM-UP

POWERCLEAN (4X4X2)
STRAIGHT BAR DEADLIFT (4X4X2)

PLAYERS WITH ACCESS TO WEIGHTS

DB BENT OVER ROW (2X10)
FIGURE 8'S (3X8)
STABILIZATION LUNGE (2X6)
JERK PRESS CORE (2X10)

PLAYERS WITHOUT ACCESS TO WEIGHTS

*TIME YOURSELF EACH ROUND. YOU WILL DO 5 ROUNDS OF THIS SET. THE GOAL IS
TO BEAT YOUR BEST TIME EACH ROUND.*

20 JUMP LUNGES
10 SIDE TO SIDE PUSH-UPS
10 BURPEE SQUATS
20 MOUNTAIN CLIMBERS
20 PLANK SAWS
20 SCISSORS