

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

THURSDAY

COMPLETE 3 SETS OF EACH ROUND. SET A TIMER FOR 30 SECONDS FOR EACH EXERCISE AND TAKE 15 SECONDS OF REST BETWEEN EACH. THE OBJECTIVE IS TO COMPLETE AS MANY REPS AS POSSIBLE FOR EACH EXERCISE.

ROUND 1

1. SPEED JACKS (*FAST JUMPING JACKS*)
2. HIGH KNEES
3. FRONT/BACK LINE HOP (*FEET CLOSE TOGETHER, JUMP BACK AND FORTH AS FAST AS POSSIBLE*)

ROUND 2

1. BOX JUMPS (*USE A CHAIR IF YOU DO NOT HAVE A BOX*)
2. INWARD OBLIQUE MOUNTAIN CLIMBERS
3. LATERAL LINE HOP (*FEET CLOSE TOGETHER, JUMP SIDE TO SIDE AS FAST AS POSSIBLE*)

ROUND 3

1. SINGLE LEG LATERAL LONG JUMPS (*PUSH OFF RIGHT LEG AND JUMP Laterally AS FAR AS YOU CAN LANDING ON THE LEFT LEG. BEND AND THEN PUSH OFF THE LET LEG AND JUMP Laterally BACK TO THE RIGHT LEG*)
2. WALK OUT PUSH-UPS (LOCK LEGS, REACH DOWN TO TOES, THEN WALK YOUR HANDS OUT UNTIL YOU ARE IN A PUSH-UP POSITION, DO A PUSH-UP, AND WALK HANDS BACK UNTIL YOU ARE TOUCHING YOUR TOES)
3. SQUAT JUMPS

