

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

FRIDAY

COMPLETE 3 ROUNDS OF EACH CIRCUIT

ROUND 1

1. 20 REVERSE LUNGE / PUSH PRESS
2. 15 WIDE PUSH-UPS
3. 20 SUMO SQUAT JUMPS

ROUND 2

1. 20 CRAB TOE TOUCHES
2. 20 BOX STEP KNEE DRIVE, 10 PER LEG (STEP ONTO A CHAIR DRIVING THE DOWN LEG UP TO PARALLEL
3. 10 PLANK WALKS

ROUND 3

1. 20 NARROW SQUAT JUMP PUSH-OUTS
2. 20 PLANK JACK / 20 MOUNTAIN CLIMBERS
3. 20 SINGLE LEG UPWARD BRIDGE (10 PER LEG)