

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

MONDAY

PLAYERS WITH ACCESS TO WEIGHTS

PARALLEL SQUAT (3X3) 80%, 85%, 90% OF YOUR 1 REP MAX

BENCH PRESS (3X3) 75%, 80%, 85% OF YOUR 1 REP MAX

(BURN OUT ON YOUR LAST SET OF BENCH PRESS)

SINGLE ARM DUMBBELL JERK PRESS (3X10)

FORWARD STEPPING LUNGE (3X8)

STRAIGHT LEG DEADLIFT (2X6)

SINGLE LEG BURPEES (3X10)

RUSSIAN TWISTS | BICEPS | V UPS (3X20)

PLAYERS WITHOUT ACCESS TO WEIGHTS

COMPLETE 5 ROUNDS

100 JUMP ROPES (SIMULATE JUMPING ROPE IF YOU DO NOT OWN ONE)

10 WALK OUT PUSH-UPS

10 BURPEES

10 LUNGE REBOUNDS (*STEP FORWARD WITH RIGHT LEG TOUCHING LEFT KNEE TO THE GROUND, DRIVE BACK TO STARTING POSITION, PUSHING OFF WITH RIGHT LEFT AND BRINGING THE RIGHT KNEE UP TO THE HIP LINE AND BALANCING ON THE LEFT LEG*)

10 LEG CLIMBS (ABS)