

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

WEDNESDAY

PLAYERS WITH ACCESS TO WEIGHTS

POWER CLEAN (3 X 3)
STRAIGHT BAR DEADLIFT (3 X 3)
HANG CLEAN + FRONT SQUAT COMPLEX (2 X 8)

DB BENT OVER ROWS (2 X 10)
FIGURE 8'S (3 X 8)
JERK PRESS (2 X 6)
TRICEP EXTENSION (3 X 10)
HEAVY TWISTING BICEP CURL (3 X 5)
CORE

PLAYERS WITHOUT ACCESS TO WEIGHTS

COMPLETE 4 ROUNDS

10 SPLIT JUMP LUNGES
10 SIDE TO SIDE PUSH-UPS
10 BURPEE SQUATS
20 INWARD OBLIQUE MOUNTAIN CLIMBERS
20 SCISSORS