

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## THURSDAY

3 ROUNDS OF EACH GROUP. GET A TIMER AND SET IT FOR 30 SECONDS PER EXERCISE FOLLOWED BY A 15 SECOND REST. YOUR GOAL IS TO GET AS MANY REPS IN THOSE 30 SECONDS AS POSSIBLE AND THEN TRY AND MATCH THAT NUMBER THE NEXT TWO ROUNDS.

### ROUND 1

STANDING OBLIQUE TWIST HIGH KNEE TO THE OPPOSITE ELBOW  
DOUBLE KNEE MOUNTAIN CLIMBERS  
FRONT/BACK LINE HOP (FEET CLOSE, JUMP AS FAST AS YOU CAN)

### ROUND 2

BOX JUMPS (USE A CHAIR IF YOU DO NOT HAVE A BOX)  
WIDE PUSH-UPS  
STANDING SQUATS

### ROUND 3

BRIDGE KICKS  
PLANK UPS  
LATERAL LUNGE