

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

FRIDAY

PLAYERS WITH ACCESS TO WEIGHTS

COMPLETE 3 ROUNDS OF THESE EXERCISES USING DUMBBELLS.

4 WAY LUNGE (10 REPS)
BENT OVER ROW- 34/45 LBS (15 REPS)
HEAVY KETTLEBELL SWING (10 REPS)
LATERAL STEP UPRIGHT ROW (15 REPS)
3-WAY DELTOID (10 REPS)
BENT OVER FLY (15 REPS)
TWISTING BICEP CURL (10 REPS)
HEAVY DUMBBELL KETTLE SQUAT (15 REPS)
TRICEPS EXTENSION (10 REPS)
FIGURE 8'S (15 REPS)

PLAYERS WITHOUT ACCESS TO WEIGHTS

COMPLETE 3 ROUNDS OF THESE EXERCISES.

AIR SQUATS (15 REPS)
DIVE BOMBER PUSH-UPS (10 REPS)
WALKING LUNGES (15 REPS)
MULE KICKS (10 REPS)
DOUBLE LEG MOUNTAIN CLIMBERS (15 REPS)
BURPEE JUMP JACKS (10 REPS)