

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## WEDNESDAY

### PLAYERS WITH ACCESS TO WEIGHTS

POWER CLEANS (5 X 4 X 3 X 2 X 1)  
STRAIGHT BAR DEADLIFT (5 X 4 X 3 X 2 X 1)  
HANG CLEAN/FRONT SQUAT (3 X 8)  
PUSH PRESS (4 X 5)  
HAMMER CURLS (3 X 6)  
WALKING LUNGE (3 X 10)  
LEG CLIMBS (3 X 20)  
CORE

### PLAYERS WITHOUT ACCESS TO WEIGHTS

*COMPLETE 3 ROUNDS OF THESE EXERCISES.*

JUMP SQUATS (20 REPS)  
DIAMOND PUSH-UPS (10 REPS)  
BURPEES (10 REPS)  
CURTSY LUNGES (20 REPS)  
CRUNCHES (20 REPS)