

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

WEDNESDAY

WEIGHTED OPTION

POWER CLEAN (4X4X2)

STRAIGHT BAR DEADLIFT (4X4X2)

DB BENT OVER FLY (2X10)

DB SQUAT PRESS (3X8)

STABILIZATION LUNGE (2X6)

TWISTING BICEP CURL (2X10)

TRICEP KICK BACKS (2X10)

RUSSIAN TWIST, BICYCLE PLANK SAW 3X10

BODY WEIGHT OPTION

TIME YOURSELF FOR EACH ROUND. YOU WILL DO 5 ROUNDS OF THIS SET.
YOUR GOAL IS TO BEAT YOUR TIME EACH ROUND.

JUMP LUNGES (20 REPS)

SIDE TO SIDE PUSHUPS (10 REPS)

BURPEE SQUATS (10 REPS)

MOUNTAIN CLIMBERS (20 REPS)

PLANK SAWS (20 REPS)

SCISSORS (20 REPS)