

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## FRIDAY

### WARM-UP

½ MILE JOG

**COMPLETE 4 ROUNDS WITH 1 MINUTE REST IN BETWEEN EACH  
ROUND**

JUMP ROPES (100 REPS)

TUCK JUMPS (25 REPS)

DIAMOND PUSH-UPS (10 REPS)

LUNGE JUMPS (20 REPS)

BURPEE PLANK JACKS (10 REPS)

SQUAT JUMPS (20 REPS)

PLANK UPS (15 REPS)

LUNGE KNEE DRIVE (20 REPS)

BRIDGES KICKS PER LEG (10 REPS)