

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

TUESDAY

SPEED TRAINING OPTION

WARM-UP

50 JUMPING JACKS (3 SETS)

25 PUSH-UPS

200 JUMP ROPES

1. 40-YARD SPRINTS (6 SETS)
2. BUZZ FEET (RAPID FIRE) FOR 5 YARDS, THEN 10-YARD SPRINT (4 SETS)
3. LATERAL BUZZ FOR 5 YARDS, THEN 10 YARD SPRINT (3 EACH WAY, 4 SETS)
4. 15-YARD BOUNDING (4 SETS)
5. SINGLE-LEG BOUNDING (2 SETS)

3 ROUNDS

50 JUMP ROPES

40 MOUNTAIN CLIMBERS

30 STANDING ELBOW TO KNEE CRUNCH

20 SINGLE LEG FRONT TO BACK LINE JUMPS (10 PER LEG)

10 WALK OUT PUSH-UPS