

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

FRIDAY

WARM-UP

25 JUMPING JACKS

25 TREE HUGGERS

25 HIGH KNEES

CIRCUITS

COMPLETE 3 ROUNDS OF EACH CIRCUIT

CIRCUIT 1

REVERSE LUNGE / PUSH PRESS (20 REPS)

WIDE PUSH-UPS (20 REPS)

SUMO SQUAT JUMPS (20 REPS)

CIRCUIT 2

CRAB TOE TOUCHES (20 REPS)

BOX STEP KNEE DRIVE (10/LEG)--*STEP UP ONTO A CHAIR DRIVING THE DOWN
LEG UP TO PARALLEL*

PLANK WALKS (10 REPS)--*FROM PLANK, WALK YOUR TOES BACK AS FAR AS YOU
CAN AND THEN FORWARD*

CIRCUIT 3

NARROW SQUAT JUMP PUSH OUTS (20 REPS)

PLANK JACK AND MOUNTAIN CLIMBERS (20 REPS OF EACH)

SINGLE LEG UPWARD BRIDGE (20, 10 PER LEG)