

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

MONDAY

WARM-UP

SQUATS (2X8)

PLAYERS WITH ACCESS TO WEIGHTS

SQUAT (10 X 8 X 6)

BENCH PRESS(10 X 8 X 6)

STRAIGHT LEG DEADLIFT (3X5)

SINGLE ARM DUMBBELL SWINGS (4X8)

BARBELL WALKING LUNGE WITH KNEE DRIVE (4X20 STEPS)

BICEP CURL + SHOULDER PRESS (4X6)

BICYCLE + RUSSIAN TWISTS + V-UPS (20 REPS)

PLAYERS WITHOUT ACCESS TO WEIGHTS

5 ROUNDS WITH 1 MINUTE REST IN BETWEEN EACH ROUND

15 DEEP SQUATS

10 WIDE PUSH-UPS

15 BULGARIAN SPLIT SQUATS (USE A CHAIR)

10 BRIDGE KICKS (10 EACH LEG)

15 DIPS (USE A CHAIR)

10 TRUCK JUMPS

15 V-UPS (CORE)