

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

WEDNESDAY

PLAYERS WITH ACCESS TO WEIGHTS

POWER CLEAN (3 X 3)

STRAIGHT BAR DEADLIFT (3 X 3)

HANG CLEAN + FRONT SQUAT COMPLEX (2 X 8)

DB BENT OVER ROWS (2 X 10)

FIGURE 8'S (3 X 8)

JERK PRESS (2 X 6)

TRICEP EXTENSION (3 X 10)

HEAVY TWISTING BICEP CURL (3 X 5)

CORE

PLAYERS WITHOUT ACCESS TO WEIGHTS

COMPLETE 4 ROUNDS

10 SPLIT JUMP LUNGES

10 SIDE TO SIDE PUSH-UPS

10 BURPEE SQUATS

20 INWARD OBLIQUE MOUNTAIN CLIMBERS

20 SCISSORS