

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## WEDNESDAY

### WEIGHTED OPTION

POWER CLEAN (4X4X2)

STRAIGHT BAR DEADLIFT (4X4X2)

DB BENT OVER FLY (2X10)

DB SQUAT PRESS (3X8)

STABILIZATION LUNGE (2X6)

TWISTING BICEP CURL (2X10)

TRICEP KICK BACKS (2X10)

RUSSIAN TWIST, BICYCLE PLANK SAW 3X10

### BODY WEIGHT OPTION

TIME YOURSELF FOR EACH ROUND. YOU WILL DO 5 ROUNDS OF THIS SET.  
YOUR GOAL IS TO BEAT YOUR TIME EACH ROUND.

JUMP LUNGES (20 REPS)

SIDE TO SIDE PUSHUPS (10 REPS)

BURPEE SQUATS (10 REPS)

MOUNTAIN CLIMBERS (20 REPS)

PLANK SAWS (20 REPS)

SCISSORS (20 REPS)