

# TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

## FRIDAY

### **PLAYERS WITH ACCESS TO WEIGHTS**

*COMPLETE 3 ROUNDS OF THESE EXERCISES USING DUMBBELLS.*

4 WAY LUNGE (10 REPS)  
BENT OVER ROW- 34/45 LBS (15 REPS)  
HEAVY KETTLEBELL SWING (10 REPS)  
LATERAL STEP UPRIGHT ROW (15 REPS)  
3-WAY DELTOID (10 REPS)  
BENT OVER FLY (15 REPS)  
TWISTING BICEP CURL (10 REPS)  
HEAVY DUMBBELL KETTLE SQUAT (15 REPS)  
TRICEPS EXTENSION (10 REPS)  
FIGURE 8'S (15 REPS)

### **PLAYERS WITHOUT ACCESS TO WEIGHTS**

*COMPLETE 3 ROUNDS OF THESE EXERCISES.*

AIR SQUATS (15 REPS)  
DIVE BOMBER PUSH-UPS (10 REPS)  
WALKING LUNGES (15 REPS)  
MULE KICKS (10 REPS)  
DOUBLE LEG MOUNTAIN CLIMBERS (15 REPS)  
BURPEE JUMP JACKS (10 REPS)