

# **Southern Sports Academy**

# **Panthers**



**2017 Football Summer Strength  
& Conditioning Program**



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# 2017 Southern Sports Academy Football Schedule



Day	Date	Time	End Time	Status	Visitors
Sat	9/2/2017	2:30pm	6:00pm	TBP	Little Sports Academy
Sat	9/9/2017	2:30pm	TBA	TBP	Perseverance Sports Academy
Sun	9/24/2017	2:00pm	6:00pm	TBP	<a href="#">Southern Sports Academy</a>
Sat	9/30/2017	2:30pm	6:00pm	TBP	University of Faith FI
Sat	10/7/2017	2:00pm	5:00pm	TBP	<a href="#">Southern Sports Academy</a>
Sat	10/14/2017	2:30pm	6:00pm	TBP	SCF A&M
Sat	10/21/2017	2:30pm	6:00pm	TBP	CASA

# Weightlifting Techniques



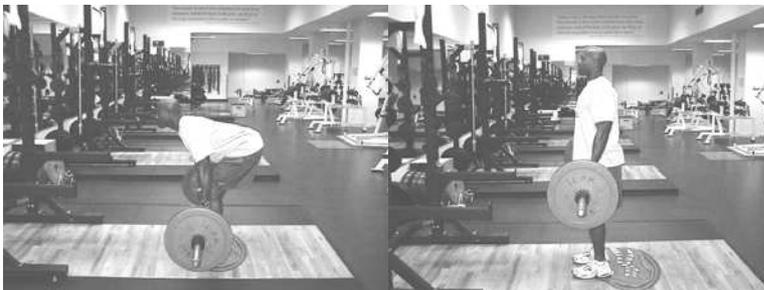
## SQUAT



**Starting Position:** Position the bar on the trapezius muscles. Adjust hands comfortably, wider than shoulder width. Lift the bar off the rack and take one step back. Position your feet slightly wider than shoulder width and flare the toes out at a 45 degree angle. Legs should be wide enough to allow to squat at a proper depth but not too wide so that the knees come inward when squatting.

**Movement:** Keep heels flat on the floor, chest out and chin up. Begin the descent by flexing at the hips, sticking the rear end out slightly and bending the knees. Keep the head up and chest out throughout the movement. Squat until the thighs are parallel to the floor. Do not bounce in the bottom. Rise from the bottom position forcefully but under control. Imagine pushing the heels through the floor. The shoulders must rise before the hips so that the body stays in the correct position. The back should be flat but angled forward slightly. Raise the hips and chest at the same time. Slow down near the top to maintain control. Settle at the top, take a couple of breaths and perform another rep.

## RDL (Romanian Deadlift)



**Starting Position:** Place hands in an overhand grip slightly wider than shoulder width. Align the feet under the armpits. At the top, slightly bend the knees and tilt the pelvis so the rear end is extended. Retract the shoulder blades.

**Movement:** While keeping the back flat, chest out, and head up, tilt over with the bar traveling down the legs until the chest is parallel to the floor. Keep the same slight bend in the knee through the entire movement. Keep the rear end high and push the hips back. Weight should be on the heels. Return to the top under control and repeat. Do not round the back during the movement! Only go down as far as parallel. The movement is not at the waist, but rather at the hips. The hips must rotate backwards.

## BARBELL INCLINE PRESS



**Starting Position:** Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Position the bar above the eyes at the start, arms straight. The feet must remain flat on the floor, rear end on the bench, and the head and shoulders stationary. Squeeze the shoulder blades together, put the head flat on the bench and feet flat on the floor. Make sure that there are secure collars on each side of the bar and that it is evenly loaded.

**Movement:** Lower the bar slowly to a point just below the clavicles and just higher than the nipples. Keep the elbows under the bar. Touch the chest lightly making sure not to bounce. Forcefully, but under control, press the bar back up to arm length.

## DUMBBELL INCLINE PRESS



**Starting Position:** Grasp two dumbbells of even weight. Set them upright on the thighs. Slowly lie back onto the bench and position the dumbbells at nipple level. Squeeze the shoulder blades together, put the head flat on the bench and feet flat on the floor. Hand placement can vary from a standard “bench press” grip to one where the hands are angled inwards slightly.

**Movement:** Press the dumbbells upward under control. When pressing, allow the dumbbells to come towards the mid-line so that they touch lightly at the top. Pause and lower them back to the starting position. Do not stretch excessively at the bottom. Another version of this exercise has the palms turning toward each other as you press upwards. At the top the palms are facing each other and they rotate away from each other as the dumbbells are lowered. When the set is complete, set the dumbbells back on the thighs upright. Sit up with dumbbells carefully and return them to the rack.

## BARBELL OR DUMBBELL PUSH PRESS



**Starting Position:** Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Begin the exercise with the bar on the upper chest (clavicles). Keep the elbows under the bar. Keep the torso erect and tight. Eyes face straight ahead. Keep the feet flat and solid underneath the body, slightly wider than shoulder width.

**Movement:** Begin the movement with a slight bend of the knees. Use the strength of the legs, shoulders and arms to forcefully press the weight overhead. As the bar passes the eyes, slowly push the head “through” to keep the torso erect. Do not lean backwards when pressing. Pause at the top before lowering the barbell back to the shoulders slowly. When using a barbell, it is easiest to take the bar from a rack set at chest height. When using dumbbells, CLEAN them to the shoulders.

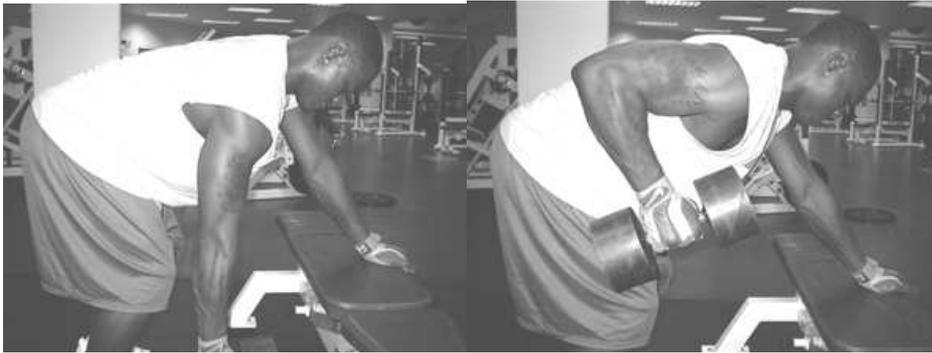
## POWER SHRUG



**Starting Position:** Hold the weight with straight arms. Bend the knees and hips to get the bar directly above the knees. Lock into a flat, arched position. Chest out, chin up.

**Movement:** This is a simultaneous movement of extending the ankles, knees, and hips and shrugging the shoulders forcefully upward as high as possible. Pause at the top before lowering

## DUMBBELL ROWS



**Starting Position:** Place the opposite hand on a bench for support. Place feet slightly behind the hips with the knees slightly bent and “soft.” Keep the rear end up through the entire movement. Back flat and head up. Grasp the dumbbell in one hand.

**Movement:** Begin the exercise with the weight at arm length. Slowly pull the weight to the chest while squeezing the shoulder blades together. Attempt to pull the elbows behind the body. Think of the hands as hooks and pull the weight with the upper back muscles. Pause the weight at the chest and slowly lower the weight to the starting position. Avoid using the lower back muscles by not swinging or throwing the weight at the top.

## DUMBBELL SIDE RAISE



**Starting Position:** Begin with arms hanging by the side of the body, thumbs pointed straight ahead.

**Movement:** With arms straight, but not locked at the elbow, raise the arms out to the side until hands are parallel with the shoulders. Pause at the top and lower weight. Do not rest at the bottom. Do not swing the weight at the top.

## PLATE RAISE



**Starting Position:** Begin with arms hanging between legs. Thumbs pointed toward the ceiling.

**Movement:** With arms straight, but not locked at the elbow, raise plate until arms are parallel with the ground. Pause at the top and lower weight.

## Skull Crushers



**Starting Position:** Lie back firmly on bench. Hold the bar evenly on the inside curve with palms facing out.

**Movement:** Lower the bar slowly to the top of the head with elbows pointing towards the ceiling. Feel a stretch in the triceps before extending upwards and outwards until once again in starting position.

## STEP-UP



**Starting Position:** Use a box that allows the front leg to be bent at 90 degrees. Place front leg on the top of box with foot flat. Stay tall with chest out and chin up.

**Movement:** Using predominantly the front leg, drive up onto the box keeping the upper torso vertical with chest out chin up. Slowly return the back leg to the floor and repeat. The reps can also be done with alternating the up leg. Simply switch the leg that remains up every rep.

## SINGLE LEG SQUAT



**Starting Position:** Place the back foot on a bench with the front leg out. Hold dumbbells in both hands. The front leg should be out far enough so that the shin will be perpendicular to the ground in the bottom position.

**Movement:** With the upper torso vertical, chest out, chin up, lower yourself until the thigh of the front leg is parallel to the ground. The back leg should be bent. Down slow, pause at the bottom, and up under control. At the top, the front leg should not be locked out.

## WALKING LUNGE



**Movement:** Hold dumbbells in both hands. Step out with the right foot and bend the right leg until it is parallel to the floor. Keep the torso near vertical throughout the rep, chest out, chin up. Step out far enough so that at the bottom the shin is perpendicular to the floor. Stand up straight then step out with the left foot (this is one rep) and repeat alternating legs until completing the required number of reps. Can also be done for distance.

## LATERAL PULL DOWNS

### Starting Position

Using a Lat Pull Down Machine

Grip the Bar and get into a seated position. This will start to bring the weight down. Your arms should be fully extended above your head as you grip the bar.

### Movement

Slowly pull down in a controlled manner.

Pull down until the bar reaches mid chest.

Control the weight as you move back into the starting position.

## FRONT SQUATS

### Starting Position

Place bar across your chest and grip it as if you would be in the rack position of a power clean.

Feet should be slightly wider than shoulder width and toes pointed out.

### Movement

Kick your hips out creating an arch in the back and unlocking your hips.

Lower yourself down as if you were sitting in a chair.

To the point which the back part of your thigh is parallel to ground.

Keep a big chest and your eyes on the horizon of looking up.

Concentrating on keeping your high elbows so that you don't lose your balance forward.

Heels should be flat on the floor.

Drive your hips up, pushing from your heels, returning to a standing position.

## **LATERAL LUNGES**

### Starting Position

Stand straight up with dumbbells at your side or your hands interlocked over your head.

Feet should be hip width apart.

### Movement

With your left foot step out directly to the side.

Lower your body keeping your right leg as straight as possible creating a stretch in your groin and that your left leg is at 90 degrees with your toe pointed straight ahead.

Push back with your left leg back into the starting position.

Repeat with your right leg.

## **STEP UPS**

### Starting Position (Using a Plyo Box or a Bench)

5. Face the box with dumbbells in both hands. Or as if you were running

### Movement

Step on to the box with your right foot.

Drive up with your left knee to your chest.

Slowly lower yourself back down to the position of having your right foot on the box and your left on the floor.

Step off the box with your right foot and repeat the motion leading with your left leg.

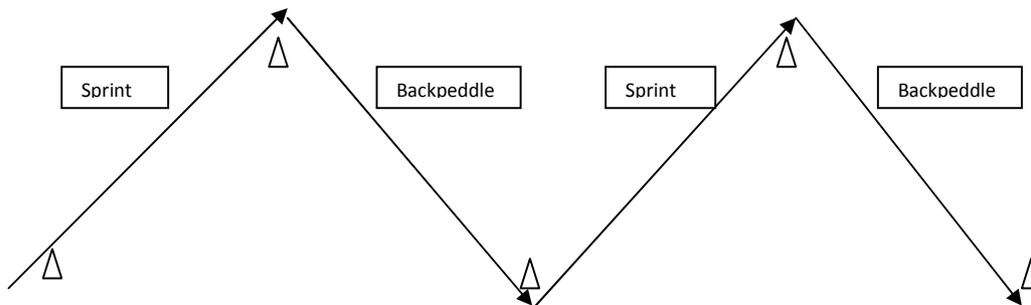
# Speed Agility



# AGILITY DRILLS

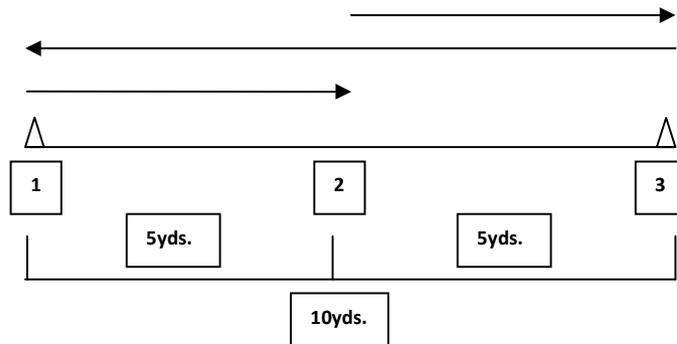
The following are the descriptions for the agility drills to be done during your summer workouts.

1. **W- Drill**- Begin in an athletic stance beside the first cone (feet shoulder-width apart, shoulders over your toes, back flat). Sprint to the second cone. Push off the outside foot when making the cut around the second cone (**Do Not “Round The Cones!!!!**) sprint to the third cone. Continue sprinting around all cones until passing the last cone.



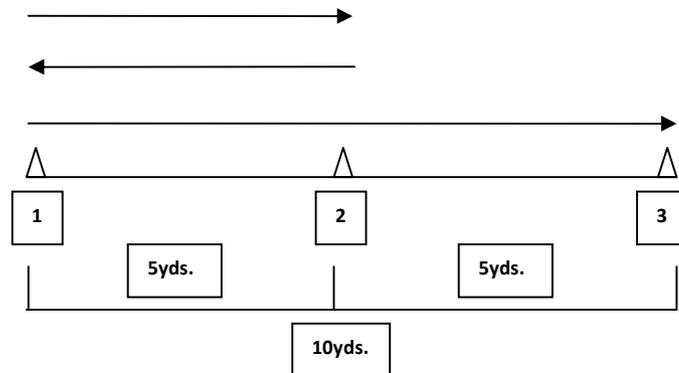
- Variations-**
- A. Sprint/Shuffle-keep knees apart while shuffling.
  - B. Sprint/Backpeddle-remain Low and lead with your butt, Not your shoulders while backpeddling.
  - C. Shuffle/Backpeddle

**5-10-5 Change of Direction Drill**-Place two cones ten yards apart. Begin drill by assuming a three point stance between the two cones[if you're moving to the right left hand should be down-If you're moving to the left, right hand should be down]. Sprint to the right cone and touch the base of the cone with your right hand, then sprint to the left cone[crossing the center line]and touch the base of the cone with your left hand. Finish the drill by sprinting through the center line. You Should stay as low as possible during the turns. Never Turn your back.



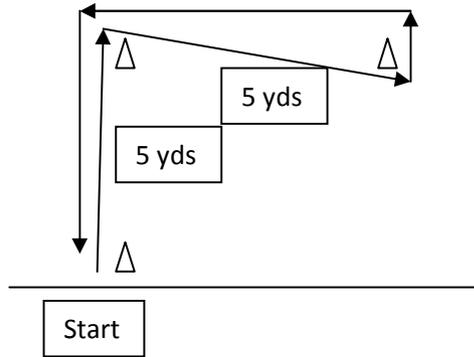
**Variations-** A. Shuffle instead of sprinting to each cone.

**5-5-10 Drill-** Place Three cones five yards apart. Begin drill beside the first cone in an athletic stance. Sprint to the second cone, backpeddle back to the first cone, then sprint through the third cone. Concentrate on quick change of directions, and staying low in the backpeddle. Lead with your butt [not your shoulder] in the backpeddle.

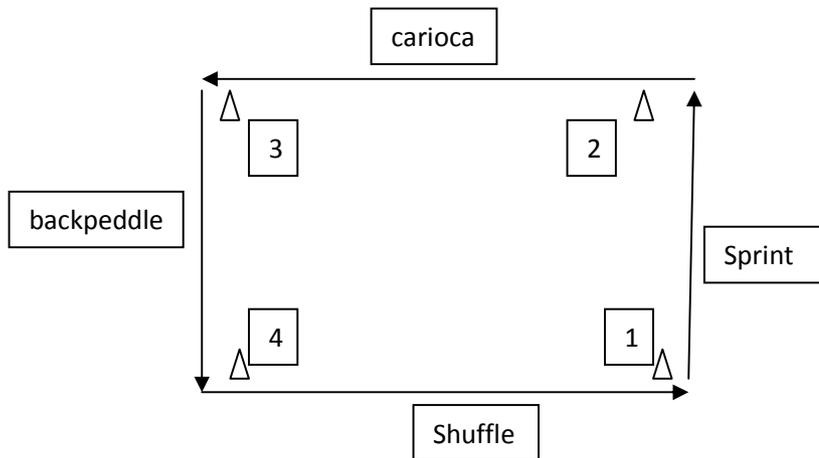


**Variations-** A. Shuffle/Shuffle/Sprint  
B. Carioca/Carioca/Sprint

**Three Cone Drill-** Out of a three point stance, sprint 5 yards, Around the outside of the first cone. Staying tight to that cone sprint to the Inside of the next cone and around, staying close and sprint pass the first one, and back to starting point.



**4 Cone Drill-** Begin in an athletic Stance beside the first cone. Sprint forward to the second cone. Carioca to the left past the third cone. Backpeddle to the fourth cone. Shuffle to the right past the first cone. **10 Yards between each Cone.**



# Plyometric Exercises



## BOX JUMPS



### Directions:

Begin drill with a 1/4 squat. Then using double arm swing, jump from the ground onto the center of the box. Land with the knees bent, under control and on the balls of the feet. The box should be 12"-36" high, depending on the skill level.

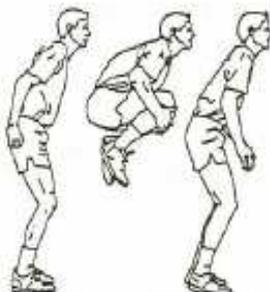
## POWER JUMPS



### Directions:

Stand with feet shoulder width apart and in an upright position. Drop hips into a power position and explode upward. Use your arms to jump as high as possible. Land in the same place, regroup and repeat. Emphasis on height and form.

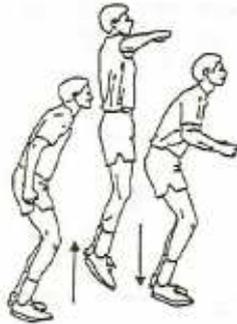
## TUCK JUMPS



### Directions:

Stand with feet shoulder width apart. Drop hips into the power position and explode upward. Bring knees to chest and grab with both hands, then release. Upon landing, immediately repeat. Emphasize grabbing the knees. Skill and big players only.

### DOUBLE LEG HOPS



#### Directions:

Stand with feet shoulder width apart and in the power position Drop hips and while using arms explode outward and upward. Upon landing repeat. Emphasis is on speed and distance. Perform in a diagonal pattern.

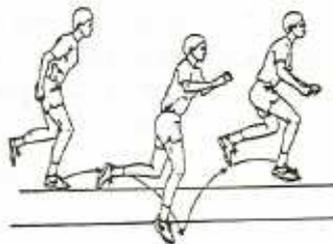
### POWER SKIPS



#### Directions

Stand with one foot in front of the other and arms to the side. Begin to skip and then hard and explosively push off the support leg and bring opposite leg as high as possible toward the chest. Swing arm of the support leg through as in running. Repeat for required distance.

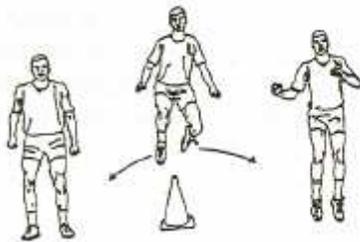
### SINGLE LEG ICE SKATERS



#### Directions:

Start on one foot and arms to the side as a skater. Hard and explosively push off the leg while swinging arms across the body. Land on the other foot and repeat. Emphasis on distance and speed of movement.

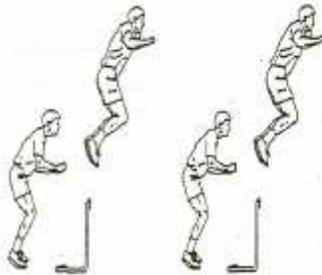
## LATERAL CONE JUMPS



### Directions

Begin with the feet together and knees bent starting next to a small 4-6" cone. Begin by jumping over the cone as quick as possible for a desired time. Emphasis is on speed.

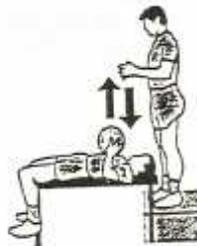
## HURDLE HOPS



### Directions

Jump forward over the hurdles(12-36"). Keep feet close together and action comes from the hips and knees. Keep the body vertical. Use double arm swing to maintain balance and gain height.

## BENCH PRESS THROW



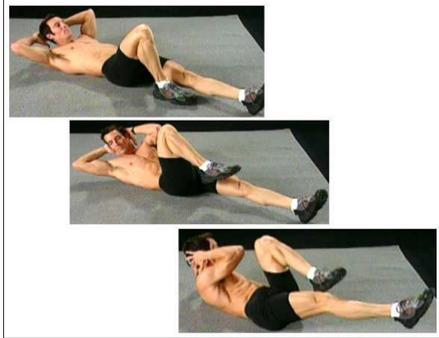
### Directions

Begin drill on a supine bench with arms extended in front of the body. Catch the ball over the chest, bend the arms, and explode the ball back to your partner standing above.

# Abdominal Exercises & Description

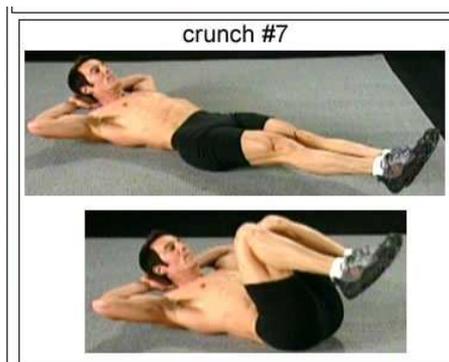
## Bicycle Crunch

Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring knees up to about 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Keep even, relaxed breathing throughout.



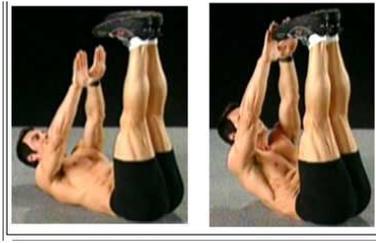
## Knee-Ups

Feet Six inches from the floor, bring knees to chest, then return to extended leg position. Do not let legs touch the floor until set is over.



## V-Ups

- 1) Start position: Lie back onto floor or bench with knees bent and hands extended towards ceiling. Head should be in a neutral position with a space between chin and chest.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Also raise legs up towards ceiling and attempt to touch your hands to your feet.
- 3) Return to start position and repeat



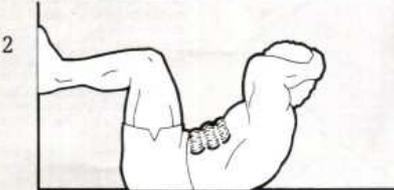
## Weight Side to Side

Over & Back=1 Rep.(Use Weight Requested) While sitting, lean back so torso of body is 45 degrees to the floor. Rotate torso side to side touching weight to the floor.



3

### CRUNCHES



**Start Position**

Lie on your back with knees bent and feet up against the wall as in illustration 1. Hands should be placed behind the head.

**Execution**

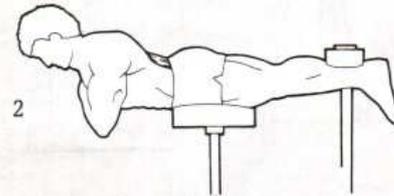
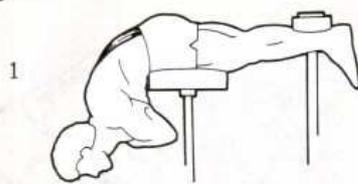
Slowly raise your upper body towards your knees until you reach a fully contracted position and return to the start position. This movement exercises the upper abdominals.

**Special Notes**

Try to keep your lower back on the floor throughout the movement. This movement may also be effected with legs crossed whilst sitting on the bed or on the floor.

5

### HYPEREXTENSIONS



**Start Position**

Lie across a hyperextension bench with the pelvis supported by the cushion pad and the heels tucked under the heel pads as in illustration 1.

**Execution**

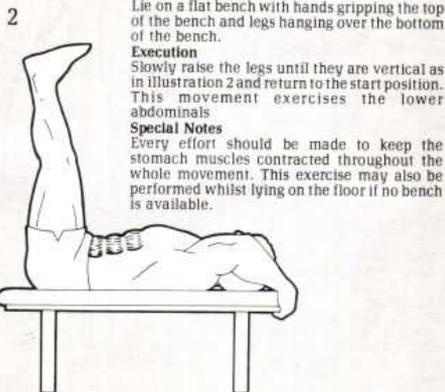
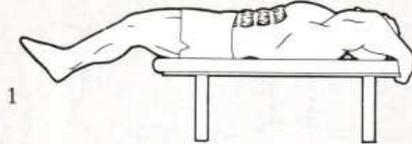
Keeping the arms crossed over the chest raise the upper body as high as possible as in illustration 2, and return to the start position. This exercise works the lower back muscles (Erectors).

**Special Notes**

For maximum effect ensure the heels are in line with the pelvis.

4

### LYING LEG RAISES



**Start Position**

Lie on a flat bench with hands gripping the top of the bench and legs hanging over the bottom of the bench.

**Execution**

Slowly raise the legs until they are vertical as in illustration 2 and return to the start position. This movement exercises the lower abdominals.

**Special Notes**

Every effort should be made to keep the stomach muscles contracted throughout the whole movement. This exercise may also be performed whilst lying on the floor if no bench is available.

## Superman

Starting Position: Start the movement in a plank position. Holding that position raise your right arm and left leg off of the ground.

Return to the starting position and repeat with the other arm and leg. Hold each lift for 1-2 seconds and repeat for the desired number or repetitions.

Step 1



Step 2



Superman

## 2017 Running Test

Follow the running calendar that has been included in this manual. For maximum benefits adhere to the following.

1. Perform *the entire* running on the calendar. If you perform all of the running at the proper intensity, we guarantee you will be ready to compete in camp.
2. Realize that fatigue should *not* be a factor when training for speed. Maximum speed and explosion, after the warm-up, with complete recovery between efforts, should dictate the tempo of the workout.
3. Fatigue *should* be a factor during our conditioning workouts. We condition hard all year round! Keep any extra speed-development workouts that you wish to perform separate from our scheduled conditioning workouts.
4. **Realize that your teammates and competitors are training at a high level of intensity. Match it.**

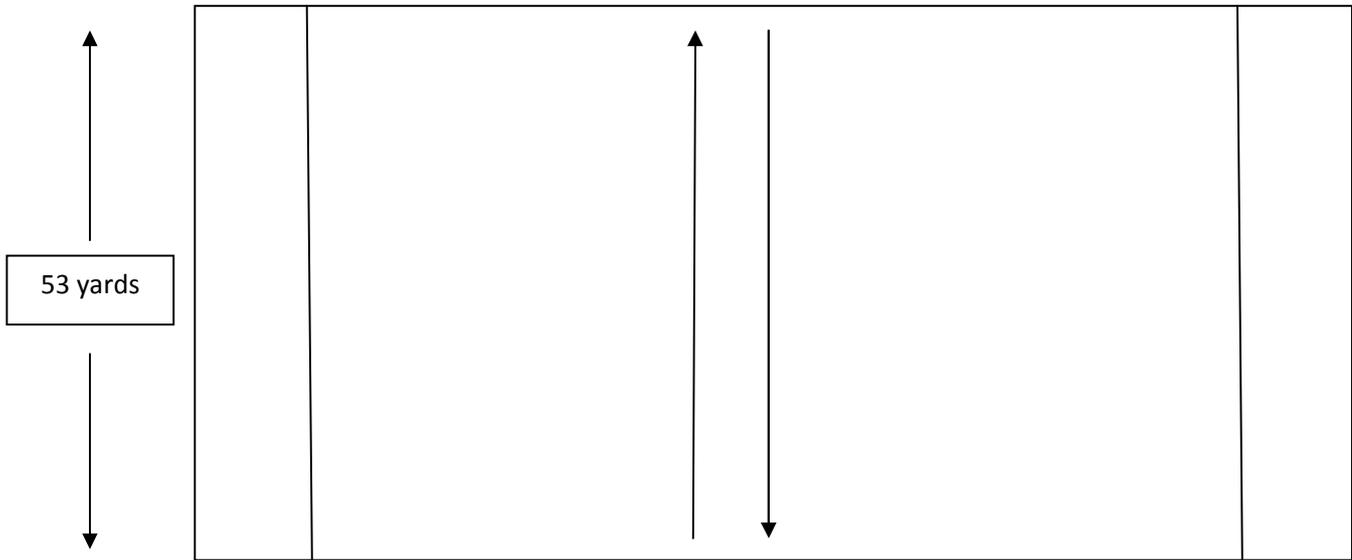
	<b>First 10</b>	<b>Second 10</b>
OL/DL	21 Sec.	22 Sec.
TE/FB/LB/SS/K	19 Sec.	20 Sec.
DB/WR/TB/QB	17 Sec.	18 Sec.

A. The first set of 10 intervals will be run with 30 seconds rest between

B. The second set of 10 intervals will be run with 45 seconds rest between

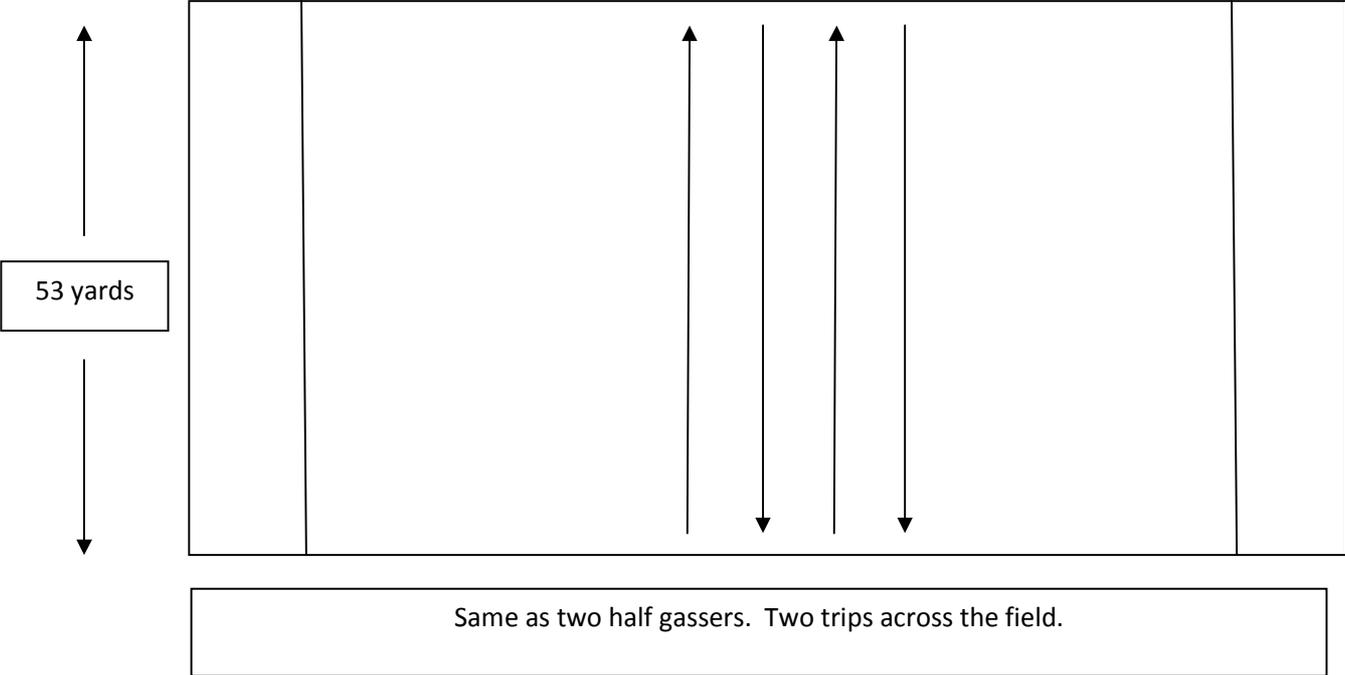
- The interval running is run on a football field going from sideline to sideline. Also known as a ½ Gasser

## ½ Gasser

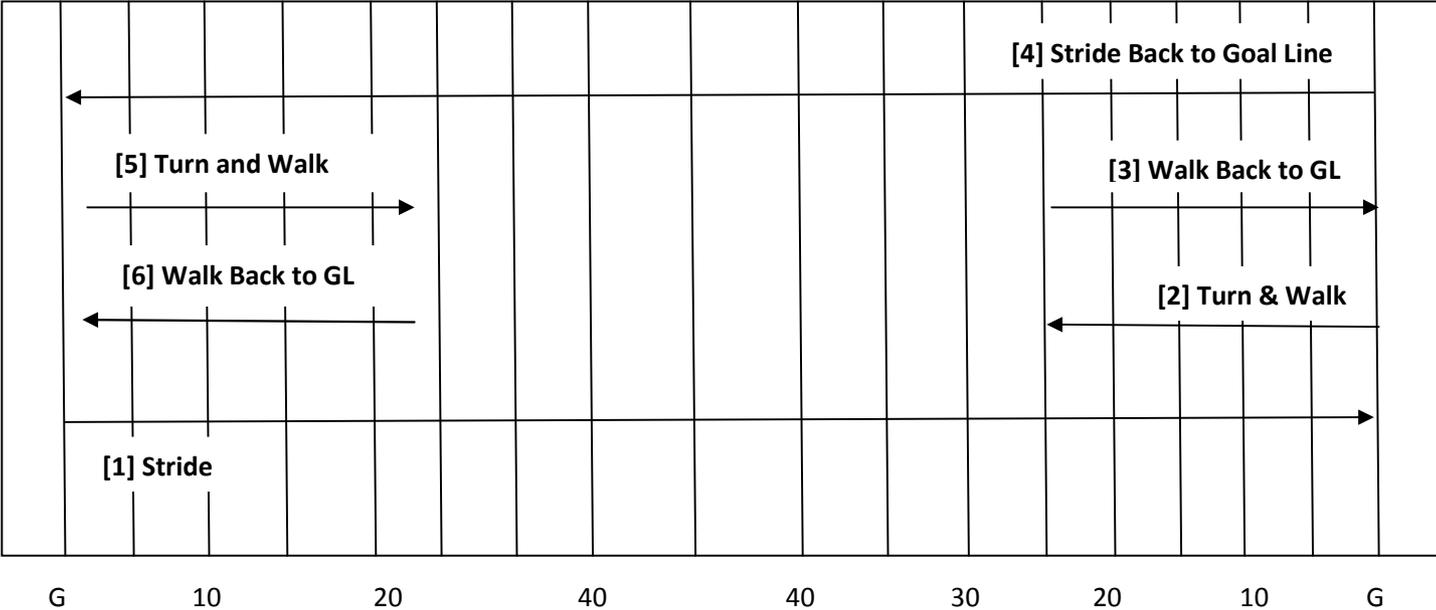


Beginning on the Sideline of a football field or a [Marked off 53Yds], Sprint Across the field touching the line with your hand. Immediately sprint back across the field to finish where you started.

# Full Gasser



# Tempo Run



Start on the Goal Line of a marked football. Stride 100yds(75-85% Sprint).  
 When you reach the opposite goal line, turn and walk up to the 25 yd line, then turn and walk  
 back to the goal line, then stride back down the field 100yds.

DOWN & BACK = 1 Trip

**Summer Strength  
&  
Conditioning**



# Strength Percentage Chart

Chart Described to be used for the amount of weight to be used during exercises.

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
295	280.2	272.8	265	258	250	24	236	228	221	213	206	199	191	184	177	169	162	154	147
290	275	268	261	253	246	239	232	224	217	210	203	195	188	181	174	166	159	152	145
285	270	263	256	249	242	235	228	220	213	206	199	192	185	178	171	163	156	149	142
280	266	259	252	245	238	231	224	217	210	203	196	189	182	175	168	161	154	147	140
275	261	254	247	240	233	226	220	213	206	199	192	185	178	171	165	158	151	144	137
270	265	249	243	236	229	222	216	209	202	195	189	182	175	168	162	155	148	141	135
265	251	245	238	231	225	218	212	205	198	192	185	178	172	165	159	152	145	139	132
260	247	240	234	227	221	214	208	201	195	188	182	175	169	162	156	149	143	136	130
255	242	235	229	223	216	210	204	197	191	184	178	172	165	159	153	146	140	133	127
250	237	231	225	218	212	206	200	193	187	181	175	168	162	156	150	143	137	131	125
245	232	226	220	214	208	202	196	189	183	177	171	165	159	153	147	140	134	128	122
240	228	222	216	210	204	198	192	186	180	174	168	162	156	150	144	138	132	126	120
235	223	217	211	205	199	193	188	182	176	170	164	158	152	146	141	135	129	123	117
230	218	212	207	201	195	189	184	178	172	166	161	155	149	143	138	132	126	120	115
225	213	208	202	196	191	185	180	174	168	163	157	151	146	140	135	129	123	118	112
220	209	203	195	192	187	181	176	170	165	159	154	148	143	137	132	126	121	115	110
215	204	198	193	188	182	177	172	166	161	155	150	145	139	134	129	123	118	112	107
210	199	194	189	183	178	173	168	162	157	152	147	141	136	131	126	120	115	110	105
205	194	189	184	179	174	169	164	158	153	148	143	138	133	128	123	117	112	107	102
200	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100
195	185	180	175	170	165	160	156	151	146	141	136	131	126	121	117	112	107	102	97
190	180	175	171	166	161	156	152	147	142	137	133	128	124	118	114	109	104	99	95
185	175	171	166	161	157	152	148	143	138	134	129	124	120	115	111	106	101	97	92
180	171	166	162	157	153	148	144	139	135	130	126	121	117	112	108	103	99	94	90
175	166	161	157	153	148	144	140	135	131	126	122	118	113	109	105	100	96	91	87
170	161	157	153	148	144	140	136	131	127	123	119	114	110	106	102	97	93	89	85
165	156	152	148	144	140	136	132	127	123	119	115	111	107	103	99	94	90	86	82
160	152	148	144	140	136	132	128	124	120	116	112	108	104	100	96	92	88	84	80
155	147	143	139	135	131	127	124	120	116	112	108	104	100	96	93	89	85	81	77
150	142	138	135	131	127	123	120	116	112	108	105	101	97	93	90	86	82	78	75
145	137	134	130	126	123	119	116	112	108	105	101	97	94	90	87	83	79	76	72
140	133	129	126	122	119	115	112	108	105	101	98	94	91	87	84	80	77	73	70
135	128	124	121	118	114	111	108	104	101	97	94	91	87	84	81	77	74	70	67
130	123	120	117	113	110	107	104	100	97	94	91	87	84	81	78	74	71	68	65
125	118	115	112	109	106	103	100	96	93	90	87	84	81	78	75	71	68	65	62
120	114	111	108	105	102	99	96	93	90	87	84	81	78	75	72	69	66	63	60
115	109	106	103	100	97	94	92	89	86	83	80	77	74	71	69	66	63	60	57
110	104	101	99	96	93	90	88	85	82	79	77	74	71	68	66	63	60	57	55
105	99	97	94	91	89	86	84	81	78	76	73	70	68	65	63	60	57	55	52
100	95	92	90	87	85	82	80	77	75	72	70	67	65	62	60	57	55	52	50

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
495	470	457	445	433	420	408	396	383	371	358	346	334	321	309	297	284	272	259	247
490	465	453	441	428	416	404	392	379	367	355	343	330	318	306	294	281	269	257	245
485	460	448	436	424	412	400	388	375	363	351	339	327	315	303	291	278	266	254	242
480	456	444	432	420	408	396	384	372	360	348	336	324	312	300	288	276	264	252	240
475	451	439	427	415	403	391	380	368	356	344	332	320	308	296	285	273	261	249	237
470	446	434	423	411	399	387	376	364	352	340	329	317	305	293	282	270	258	246	235
465	441	430	418	406	395	383	372	360	348	337	325	313	302	290	279	267	255	244	232
460	437	425	414	402	391	379	368	356	345	333	322	310	299	287	276	264	253	241	230
455	432	420	409	398	386	375	364	352	341	329	318	307	295	284	273	261	250	238	227
450	427	416	405	393	382	371	360	348	337	326	315	303	292	281	270	258	247	236	225
445	422	411	400	389	378	367	356	344	333	322	311	300	289	278	267	255	244	233	222
440	418	407	396	385	374	363	352	341	330	319	308	297	286	275	264	253	242	231	220
435	413	402	391	380	369	358	348	337	326	315	304	293	282	271	261	250	239	228	217
430	408	397	387	376	365	354	344	333	322	311	301	290	279	268	258	247	236	225	215
425	403	393	382	371	361	350	340	329	318	308	297	286	276	265	255	244	233	223	212
420	399	388	378	367	357	346	336	325	315	304	294	283	273	262	252	241	231	220	210
415	394	383	373	363	352	342	332	321	311	300	290	280	269	259	249	238	228	217	207
410	389	379	369	358	348	338	328	317	307	297	287	276	266	256	246	235	225	215	205
405	384	374	364	354	344	334	324	313	303	293	283	273	263	253	243	232	222	212	202
400	380	370	360	350	340	330	320	310	300	290	280	270	260	250	240	230	220	210	200
395	375	365	355	345	335	325	315	306	296	286	276	266	256	246	237	227	217	207	197
390	370	360	350	341	331	321	312	302	292	282	273	263	253	243	234	224	214	204	195
385	365	356	346	336	327	317	308	298	288	279	269	259	250	240	231	221	211	202	192
380	361	351	342	332	323	313	304	294	285	275	266	256	247	237	228	218	209	199	190
375	356	346	337	328	318	309	300	290	281	271	262	253	243	234	225	215	206	196	187
370	351	342	333	323	314	305	296	286	277	268	259	249	240	231	222	212	203	194	185
366	346	337	328	319	310	301	292	282	273	264	255	246	237	228	219	209	200	191	182
360	342	333	324	315	306	297	288	279	270	261	252	243	234	225	216	207	198	189	180
355	337	328	319	310	301	292	284	275	266	257	248	239	230	221	211	204	195	186	177
350	332	323	315	306	297	288	280	271	262	253	245	236	227	218	210	201	192	183	175
345	327	319	310	301	293	284	276	267	258	250	241	232	224	215	207	198	189	181	172
340	323	314	306	297	289	280	272	263	255	246	238	229	221	212	204	195	187	178	170
335	318	309	301	293	284	276	268	259	251	242	234	226	217	209	201	192	184	175	167
330	313	305	297	288	280	272	264	255	247	239	231	222	214	206	198	189	181	173	165
325	308	300	292	284	276	268	260	251	243	235	227	219	211	203	195	186	178	170	162
320	304	296	288	280	272	264	256	248	240	232	224	216	208	200	192	184	176	168	160
315	299	291	283	275	267	259	251	244	236	228	220	212	204	196	189	181	173	165	157
310	294	286	279	271	263	255	248	240	232	224	217	209	201	193	186	178	170	162	155
305	289	282	274	266	259	251	244	236	228	221	213	205	198	190	183	175	167	160	152
300	285	277	270	262	255	247	240	232	225	217	210	202	195	187	180	172	165	157	150

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
895	850	827	805	783	760	738	716	693	671	648	626	604	581	559	537	514	492	469	447
890	845	823	801	778	756	734	712	689	667	645	623	600	578	556	534	511	489	467	445
885	840	818	796	774	752	730	708	685	663	641	619	597	575	553	531	508	486	464	442
880	836	814	792	770	748	726	704	682	660	638	616	594	572	550	528	506	484	462	440
875	831	809	787	765	743	721	700	678	656	634	612	590	568	546	525	503	481	459	437
870	826	804	783	761	739	717	696	674	652	630	609	587	565	543	522	500	478	456	435
865	821	800	778	756	735	713	692	670	648	627	605	583	562	540	519	497	475	454	432
860	817	795	774	752	731	709	688	666	645	623	602	580	559	537	516	494	473	451	430
855	812	790	769	748	726	705	684	662	641	619	598	577	555	534	513	491	470	448	427
850	807	786	765	743	722	701	680	658	637	616	595	573	552	531	510	488	467	446	425
845	802	781	760	739	718	697	676	654	633	612	591	570	549	528	507	485	464	443	422
840	798	777	756	735	714	693	672	651	630	609	588	567	546	525	504	483	462	441	420
835	793	772	751	730	709	688	668	647	626	605	584	563	542	521	501	480	459	438	417
830	788	767	747	726	705	684	664	643	622	601	581	560	539	518	498	477	456	435	415
825	783	763	742	721	701	680	660	639	618	598	577	556	536	515	495	474	453	433	412
820	779	758	738	717	697	676	656	635	615	594	574	553	533	512	492	471	451	430	410
815	774	753	733	713	692	672	652	631	611	590	570	550	529	509	489	468	448	427	407
810	769	749	729	708	688	668	648	627	607	587	567	546	526	506	486	465	445	425	405
805	764	744	724	704	684	664	644	623	603	583	563	543	523	503	483	462	442	422	402
800	760	740	720	700	680	660	640	620	600	580	560	540	520	500	480	460	440	420	400
795	755	735	715	695	675	655	636	616	596	576	556	536	516	496	477	457	437	417	397
790	750	730	711	691	671	651	632	612	592	572	553	533	513	493	474	454	434	414	395
785	745	726	706	686	667	647	628	608	588	569	549	529	510	490	471	451	431	412	392
780	741	721	702	682	663	643	624	604	585	565	546	526	507	487	468	448	429	409	390
775	736	716	697	678	658	639	620	600	581	561	542	523	503	484	465	445	426	406	387
770	731	712	693	673	654	635	616	596	577	558	539	519	500	481	462	442	423	404	385
765	726	707	688	669	650	631	612	592	573	554	535	516	497	478	459	439	420	401	382
760	722	703	684	665	646	627	608	589	570	551	532	513	494	475	456	437	418	399	380
755	717	698	679	660	641	622	604	585	566	547	528	509	490	471	453	434	415	396	377
750	712	693	675	656	637	618	600	581	562	543	525	506	487	468	450	431	412	393	375
745	707	689	670	651	633	614	596	577	558	540	521	502	484	465	447	428	409	391	372
740	703	684	666	647	629	610	592	573	555	536	518	499	481	462	444	425	407	388	370
735	698	679	661	643	624	606	588	569	551	532	514	496	477	459	441	422	404	385	367
730	693	675	657	638	620	602	584	565	547	529	511	492	474	456	438	419	401	383	365
725	688	670	652	634	616	598	580	561	543	525	507	489	471	453	435	416	398	380	362
720	684	666	648	630	612	594	576	558	540	522	504	486	468	450	432	414	396	378	360
715	679	661	643	625	607	589	572	554	536	518	500	482	464	446	429	411	393	375	357
710	674	656	639	621	603	585	568	550	532	514	497	479	461	443	426	408	390	372	355
705	669	652	634	616	599	581	564	546	528	511	493	475	458	440	423	405	387	370	352
700	665	647	630	612	595	577	560	542	525	507	490	472	455	437	420	402	385	367	350

# Tuesday/Thursday Warm Up

## 1 Warm Up

High knee walk & grab	10 yards
Heel up & grab	10 yards
Knee hug & skip	10 yards
High knee run	10 yards
Lung walk	10 yards
Backwards lung walk	10 yards
Backwards round walk	10 yards
Squat shuffle each way	10 yards
High knee run	20 yards
Backwards high knee run	20 yards
High knee crossovers each way	20 yards
Butt kicks	20 yards

## 2 Glute Ham Routine

- 1.Back Raise 10
- 2.Glute Ham Raise 10
- 3.Sit Ups 10
- 4.Sit Up Twist

## 3 Tumbling

- 1.Forward Roll-3
- 2.Backward Roll-3
- 3.Diving Roll-3
- 4.Backward Roll to Extension-3
- 5.Roll to Crab Crawl-10 yards
- 6.Roll to Bear Crawl-10 yards
- 7.Cartwheel Roll Cartwheel
- 8.Duck walk -10 yards

## 4 Low Hurdles

- 1.Walk overs
- 2.Right Leg Lead
- 3.Left Leg Lead
- 4.Bent Knee Scissors Kick

## 5 High Hurdles

- 1.Squat Under Step over
- 2.Straight & Bent Knee Kicks

## 6 Cat Drill All Four

- 1.Seat Roll
- 2.Belly Down
- 3.Seat Roll
- 4.Belly Roll
- 5.Forward Roll
- 6.Jumps
- 7.Belly Downs
- 8.Sprint 10 yards

## 7 On Feet

- 1.Shuffle
- 2.Belly Down
- 3.Shuffle
- 4.Belly Down
- 5.Forward Roll
- 6.Belly Down
- 7.Back Pedal
- 8.Belly Down
- 9.Jump
- 10.Belly Down
- 11.Sprint 10 yards

## 8 On All Fours

- 1.Shuffle
- 2.Belly Down
- 3.Shuffle
- 4.Belly Down
- 5.Bear Crawl
- 6.Belly Down
- 7.Jump
- 8.Belly Down
- 9.Sprint 10 yards

## 9 Bag Drills

- 1.Run Over
- 2.Hop Over
- 3.One Leg Run Over
- 4.Shuffle Over
- 5.Sprint & Back Pedal

# Week 1

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

**Barbell Warm-ups (Use 155 lbs.)**

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

### Monday 23-May Workout

Lift	Reps	Weight
Front Squat	4x5	50%
Power Clean	5,4,3,3	70%
Bench Press	10,8,6,4	65%
Bent Rows	3x10	135 lbs. (Plus)
Chins / Pushups	5x5 / 20	
Box Jumps	2x10	
Side Dumbbell Rais	3x10	Use 10 -20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	
Run	6x60 Yard Build ups	
Post Flex		

### Vednesda 25-May Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	135 lbs. (Plus)
Hang Snatch or Split Jerks	4x5+5	135 lbs. (Plus)
Incline Bench	10,8,6,4	135 lbs. (Plus)
Push Press	4x5	135 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	3x20	Lateral Leg Raises/Torso Twist/Crunches
Run	6x60 Build ups	
Post Flex		

### Friday 27-May Workout

Lift	Reps	Weight
Back Squat	5,4,3,3	65%
Hang Clean	4x5	60%
Close Grip Bench	10,8,6,4	70%
Barbell Press	4x5	135 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x6	135 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	6x60 Build ups	
Post Flex		

### Tuesday 24-May Run

**Refer to Warm-up page**

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Gassers- 1 set  
Stretch

### Thursday 26-May Run

**Refer to Warm-up page**

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Gassers- 1 set  
Stretch

# Week 2

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

**Barbell Warm-ups (Use 155 lbs.)**

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

### Monday 30-May Workout

Lift	Reps	Weight
Front Squat	4x5	55%
Power Clean	5,4,3,3	75%
Bench Press	10,8,6,4	65%
Bent Rows	3x10	135 lbs. (Plus)
Chins / Pushups	3x8 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 -20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	6x60 Yard Build ups	
Post Flex		

### Tuesday 31-May Run

**Refer to Warm-up page**

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Gassers- 1 set  
Stretch

### Vednesda 1-Jun Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	135 lbs. (Plus)
Split Jerks	4x5	135 lbs. (Plus)
Incline Bench	10,8,6,4	135 lbs. (Plus)
Push Press	4x5	135 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	3x20	Lateral Leg Raises/Torso Twist/Crunches
Run	6x60 Build ups	
Post Flex		

### Thursday 2-Jun Run

**Refer to Warm-up page**

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Gassers- 1 set  
Stretch

### Friday 3-Jun Workout

Lift	Reps	Weight
Back Squat	5,4,3,3	70%
Hang Clean	4x5	60%
Close Grip Bench	10,8,6,4	75%
Barbell Press	4x5	135 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x6	135 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	6x60 Build ups	
Post Flex		

# Week 3

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 6-Jun Workout

Lift	Reps	Weight
Front Squat	4x5	60%
Power Clean	5,4,3,3	70%
Bench Press	10,8,6,4	65%
Bent Rows	3x10	135 lbs. (Plus)
Chins / Pushups	3x8 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 -20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 7-Jun Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Gassers- 1 set  
Stretch

#### Vednesda 8-Jun Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	135 lbs. (Plus)
Split Jerks or Hang Clean	4x5	135 lbs. (Plus)
Incline Bench	10,8,6,4	135 lbs. (Plus)
Push Press	4x5	135 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 9-Jun Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Gassers- 1 set  
Stretch

#### Friday 10-Jun Workout

Lift	Reps	Weight
Back Squat	10,8,6,4	70%
Hang Clean	4x5	65%
Close Grip Bench	10,8,6,4	70%
Barbell Press	4x5	135 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x6	135 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 4

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 13-Jun Workout

Lift	Reps	Weight
Front Squat	4x5	60%
Power Clean	5,4,3,3	80%
Bench Press	10,8,6,4	65%
Bent Rows	4x6	155 lbs. (Plus)
Chins / Pushups	3x8 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	4x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 14-Jun Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Gassers- 1 set  
Stretch

#### Vednesda 15-Jun Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	135 lbs. (Plus)
Split Jerks or Hang Clean	4x5	155 lbs. (Plus)
Incline Bench	10,8,6,4	155 lbs. (Plus)
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	35 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 16-Jun Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Gassers- 1 set  
Stretch

#### Friday 17-Jun Workout

Lift	Reps	Weight
Back Squat	10,8,6,4	80%
Hang Clean	4x5	65%
Close Grip Bench	10,8,6,4	80%
Barbell Press	4x5	135 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x6	135 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 5

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 20-Jun Workout

Lift	Reps	Weight
Front Squat	4x5	65%
Power Clean	5,4,3,3	75%
Bench Press	10,8,6,4	70%
Bent Rows	4x5	155 lbs. (Plus)
Chins / Pushups	4x10 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 21-Jun Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Gassers- 1 set  
Stretch

#### Vednesda 22-Jun Workout

Lift	Reps	Weight
Box Step Ups	3x5+5	135 lbs. (Plus)
Split Jerks or Hang Clean	4x5	155 lbs. (Plus)
Incline Bench	10,8,6,4	155 lbs. (Plus)
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	35 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	3x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 23-Jun Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Gassers- 1 set  
Stretch

#### Friday 24-Jun Workout

Lift	Reps	Weight
Back Squat	4x5	70%
Hang Clean	4x5	65%
Close Grip Bench	10,8,6,4	75%
Barbell Press	4x5	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	4x6	135 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 6

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 27-Jun Workout

Lift	Reps	Weight
Front Squat	4x5	70%
Power Clean	5,4,3,3	80%
Bench Press	10,8,6,4	70%
Bent Rows	3x10	135 lbs. (Plus)
Chins / Pushups	5x5 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 28-Jun Run

#### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Gassers- 1 set  
Stretch

#### Vednesda 29-Jun Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	135 lbs. (Plus)
Split Jerks or Hang Clean	4x5	135 lbs. (Plus)
Incline Bench	10,8,6,4	135 lbs. (Plus)
Push Press	4x5	135 lbs. (Plus)
RDL's	4x5	135 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 30-Jun Run

#### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Gassers- 1 set  
Stretch

#### Friday 1-Jul Workout

Lift	Reps	Weight
Back Squat	10,8,6,4	80%
Hang Clean	4x5	65%
Close Grip Bench	10,8,6,4	80%
Barbell Press	4x5	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x10	155 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 7

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 4-Jul Workout

Lift	Reps	Weight
Front Squat	4x5	65%
Power Clean	2x3, 3x2	75%
Bench Press	8,6,4,2	70%
Bent Rows	3x8	155 lbs. (Plus)
Chins / Pushups	5x5 / 10	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 5-Jul Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Sprint 10x10, 8x20, 6x40, 1x100  
Stretch

#### Wednesday 6-Jul Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	155 lbs. (Plus)
Split Jerks or Hang Clean	4x5	135 lbs. (Plus)
Incline Bench	8,6,4,2	155 lbs. (Plus)
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 7-Jul Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Sprint 5x80, 5x60, 5x40  
Stretch

#### Friday 8-Jul Workout

Lift	Reps	Weight
Back Squat	8,6,4,2,2	75%
Hang Clean	5,4,3,3	70%
Close Grip Bench	8,6,4,2,2	75%
Barbell Press	5,4,3,3	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x10	155 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 8

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 11-Jul Workout

Lift	Reps	Weight
Front Squat	4x5	70%
Power Clean	3,3,2,2,2	85%
Bench Press	8,6,4,2	70%
Bent Rows	3x8	155 lbs. (Plus)
Chins / Pushups	5x5 / 10	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 12-Jul Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Sprint 10x10/ 8x20/ 6x40/ 1x100  
Stretch

#### Wednesday 13-Jul Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	155 lbs. (Plus)
Split Jerks or Hang Clean	4x5	135 lbs. (Plus)
Incline Bench	8,6,4,2	155 lbs. (Plus)
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	4x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 14-Jul Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Sprint 5x80/ 5x60/ 5x40  
Stretch

#### Friday 15-Jul Workout

Lift	Reps	Weight
Back Squat	8,6,4,2,2	85%
Hang Clean	5,4,3,3	70%
Close Grip Bench	8,6,4,2,2	85%
Barbell Press	5,4,3,3	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x10	155 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 9

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 18-Jul Workout

Lift	Reps	Weight
Front Squat	5,4,3,3	70%
Power Clean	3,3,2,2,2	80%
Bench Press	8,6,4,2	70%
Bent Rows	4x4	155 lbs. (Plus)
Chins / Pushups	4x10 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Wednesday 20-Jul Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	155 lbs. (Plus)
Split Jerks or Hang Clean	4x5	135 lbs. (Plus)
Incline Bench	8,6,4,2	155 lbs. (Plus)
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	3x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Friday 22-Jul Workout

Lift	Reps	Weight
Back Squat	8,6,4,2,2	80%
Hang Clean	5,4,3,3	70%
Close Grip Bench	8,6,4,2,2	80%
Barbell Press	5,4,3,3	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x10	155 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

#### Tuesday 19-Jul Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Sprint 10x40 rest 5 min, Sprint 10x40  
Stretch

#### Thursday 21-Jul Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Sprint 12x110 Yards  
Stretch

# Week 10

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 25-Jul Workout

Lift	Reps	Weight
Front Squat	4x5	70%
Power Clean	3,3,2,2,2	90%
Bench Press	8,6,4,2	70%
Bent Rows	3x8	155 lbs. (Plus)
Chins / Pushups	4x10 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	3x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 26-Jul Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Sprint 10x40 rest 5 min, Sprint 10x40  
Stretch

#### Wednesday 27-Jul Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	155 lbs. (Plus)
Split Jerks or Hang Clean	4x5	135 lbs. (Plus)
Incline Bench	8,6,4,2	155 lbs. (Plus)
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	3x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 28-Jul Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Sprint 14x110 Yards  
Stretch

#### Friday 29-Jul Workout

Lift	Reps	Weight
Back Squat	8,6,4,2,2	90%
Hang Clean	5,4,3,3	70%
Close Grip Bench	8,6,4,2,	90%
Barbell Press	5,4,3,3	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x10	155 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		

# Week 11

## Cals

5 Jumping Jacks/5 Squats/5+5Lungs/5 Squat Thrust/5 Pushups/5+5Leg Lifts

### Barbell Warm-ups (Use 155 lbs.)

5 Dead Lifts/5 Power Shrugs/5 Power Cleans/5 Hang Cleans/5 Push Press/5 Front Squats

#### Monday 1-Aug Workout

Lift	Reps	Weight
Front Squat	4x5	60%
Power Clean	3,3,2,2,2	80%
Bench Press	8,6,4,2	70%
Bent Rows	3x4	155 lbs. (Plus)
Chins / Pushups	4x10 / 20	
Box Jumps	2x10	
Side Dumbbell Raise	4x10	Use 10 - 20 lbs.
Weighted Sit-ups	4x20	Use 35 lbs. Plates
Barbell Curls	3x10	10 lbs. + 10 lbs. Plates
Run	8x60 Yard Build ups	
Post Flex		

#### Tuesday 2-Aug Run

##### Refer to Warm-up page

Square Drill-2 sets  
M-Drill-2 set  
Pro Agility-2 sets  
3 Cone-2 sets  
Nebraska-2 sets  
Sprint 10x40 rest 5 min, Sprint 10x40  
Stretch

#### Wednesday 3-Aug Workout

Lift	Reps	Weight
Box Step Ups	4x5+5	155 lbs. (Plus)
Split Jerks or Hang Clean	4x5	155 lbs. (Plus)
Incline Bench	8,6,4,2	80%
Push Press	4x5	155 lbs. (Plus)
RDL's	4x5	155 lbs. (Plus)
Dumbbell Curls	3x10	30 lbs. (Plus)
Glute Ham Raise	3x10	
Lunges	3x5+5	135 lbs. (Plus)
Abb Circuit	4x20	Lateral Leg Raises/Torso Twist/Crunches
Run	8x60 Build ups	
Post Flex		

#### Thursday 4-Aug Run

##### Refer to Warm-up page

Bleachers-12 sets  
Tire Flips 10  
Sled Push -100 yards  
Sprint 16x110 Yards  
Stretch

#### Friday 5-Aug Workout

Lift	Reps	Weight
Back Squat	8,6,4,2,2	80%
Hang Clean	4x5	70%
Close Grip Bench	8,6,4,2,2	80%
Barbell Press	5,4,3,3	155 lbs. (Plus)
Chins	4x10	
Dips	4x10	
Bent Rows	3x10	155 lbs. (Plus)
Plate Raise	3x10	35 lbs. (Plus)
Vertical Jumps	2x10	
Run	8x60 Build ups	
Post Flex		