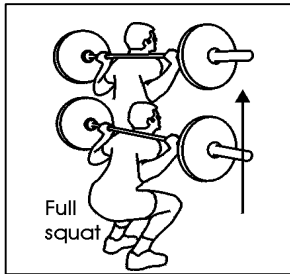


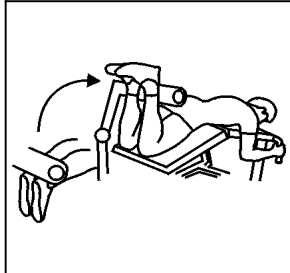
SPORT Football

SEASON Off-Season Strength Phase 1 2X/week



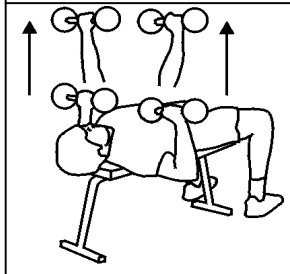
Sets	Repetitions	Resistance
3	12	

Note: Barbell Squats



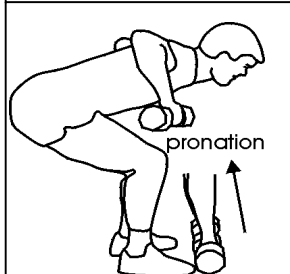
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Lying Hamstring Curl



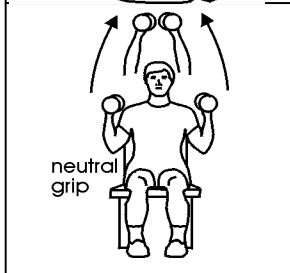
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Dumbbell Bench Press



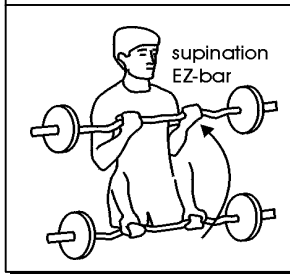
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Barbell Rows



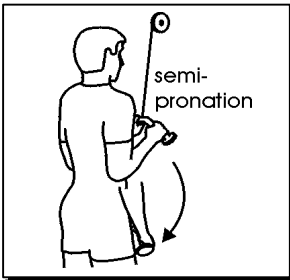
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Dumbbell Shoulder Press



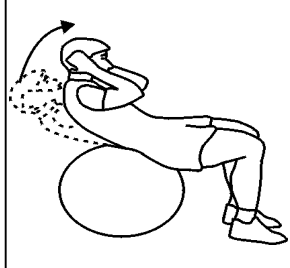
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Barbell Curls



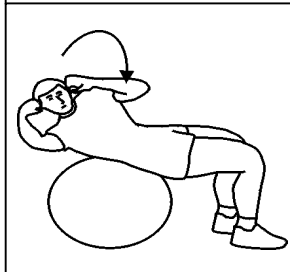
Sets	Repetitions	Resistance
3	12	

Note: Tricep Pressdowns



Sets	Repetitions	Resistance	Frequency
3	12		

Note: Crunches on Stability Ball



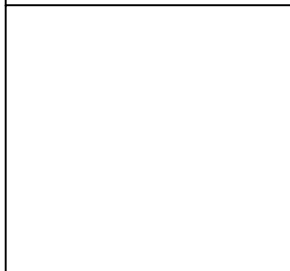
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Oblique Crunches



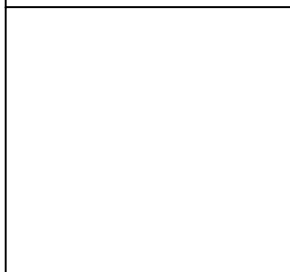
Sets	Repetitions	Resistance	Frequency

Note:



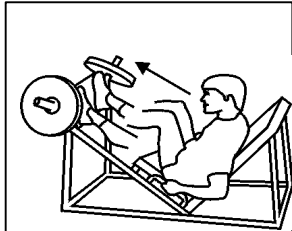
Sets	Repetitions	Resistance	Frequency

Note:



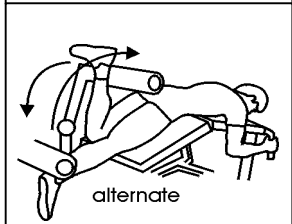
Sets	Repetitions	Resistance	Frequency

Note:



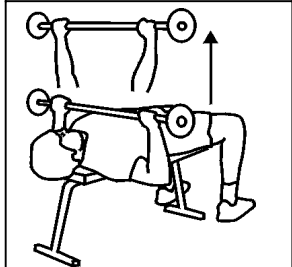
Sets	Repetitions	Resistance
3	12	

Note: Leg Press



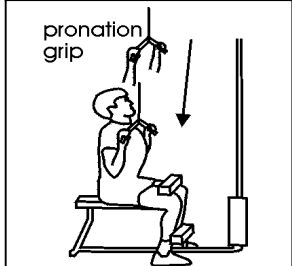
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Single Leg Hamstring Curl



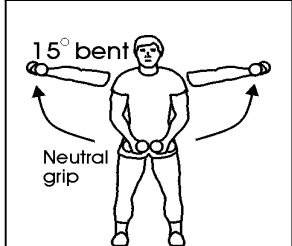
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Barbell Chest Press



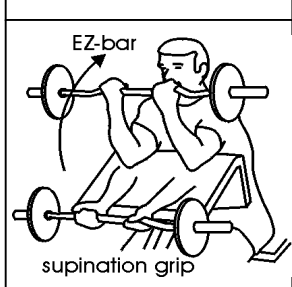
Sets	Repetitions	Resistance	Frequency
3	12		

Note: Lat Pulldowns



Sets	Repetitions	Resistance	Frequency
3	12		

Note: Dumbbell Lateral Raises



Sets	Repetitions	Resistance	Frequency
3	12		

Note: Preacher Curls



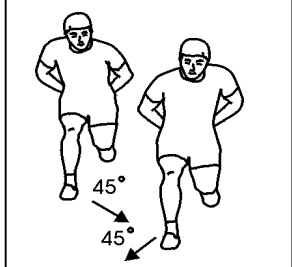
Sets	Repetitions	Resistance
3	12	

Note: Lying Tricep Extensions



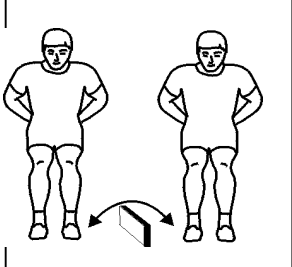
Lying Tricep Extensions

Sets	Repetitions	Resistance	Frequency
3	15		



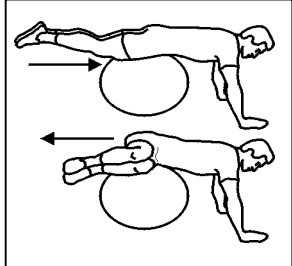
Note: Single Leg Hops

Sets	Repetitions	Resistance	Frequency
3	15		



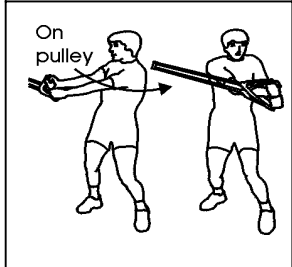
Note: Lateral Jumps- Start in an athletic stance and jump laterally to one side as far as you can and then immediately jump back to starting spot. Continue to jump back and forth for 20 repetitions.

Sets	Repetitions	Resistance	Frequency
3	20		



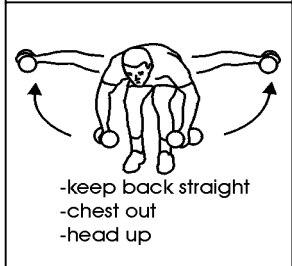
Note: Prone Trunk Rotations on Stability Ball: Feet on ball and pull knee towards chest while rotating legs and hip to the side. Extend legs out and repeat with other side.

Sets	Repetitions	Resistance	Frequency
3	15		



Note: Trunk Rotations with cable machine

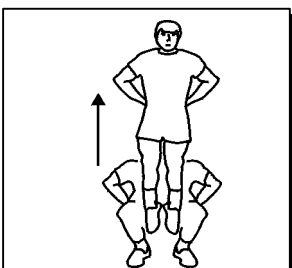
Sets	Repetitions	Resistance	Frequency
3	15		



- keep back straight
- chest out
- head up

Note: Dumbbell Reverse Flyes

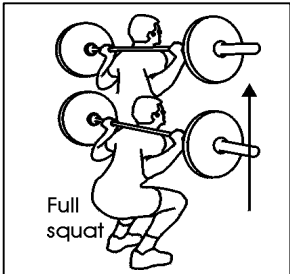
Sets	Repetitions	Resistance	Frequency
3	20		



Note: Squat Jumps

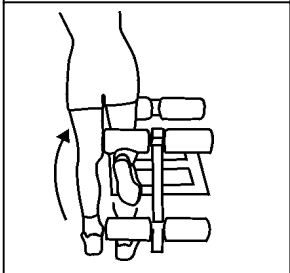
Sets	Repetitions	Resistance
3	12	

SEASON Pre-Season 5 weeks prior to season
2 times a week



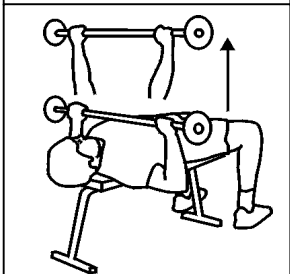
Sets	Repetitions	Resistance
3	8	

Note: Barbell Squats



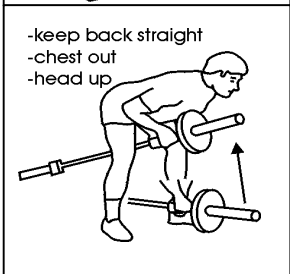
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Standing Hamstring Curl



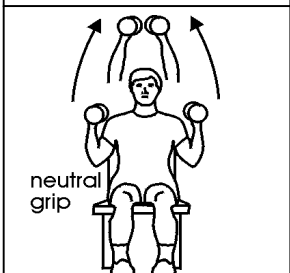
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Barbell Chest Press



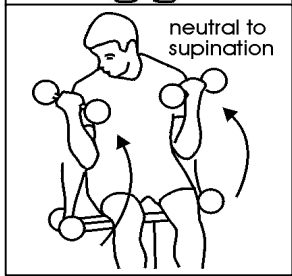
Sets	Repetitions	Resistance	Frequency
3	8		

Note: T-Bar Rows



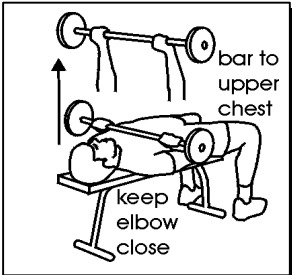
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Dumbbell Shoulder Press



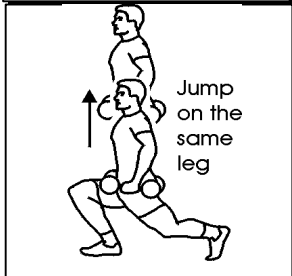
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Dumbbell Curls



Sets	Repetitions	Resistance
3	8	

Note: Close Grip Bench Press- Keep elbows close to body when pressing up and down instead of out to the side like a bench press.



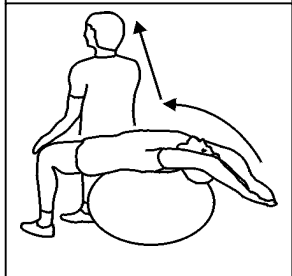
Sets	Repetitions	Resistance	Frequency
3	10		

Note: Split Jumps: Jump 5 times with right leg forward then switch and jump 5 times with left leg forward.



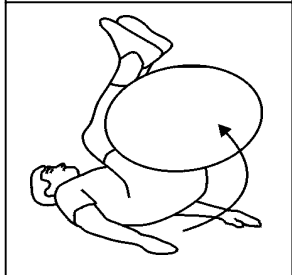
Sets	Repetitions	Resistance	Frequency
4	15yds		

Note: Carrioca (Grapevine) and Turn: Carrioca in one direction for for 10-15 yards then turn and sprint for another 10 yards. Repeat in other direction.



Sets	Repetitions	Resistance	Frequency
3	15		

Note: Long Lever Crunches on Ball



Sets	Repetitions	Resistance	Frequency
3	15		

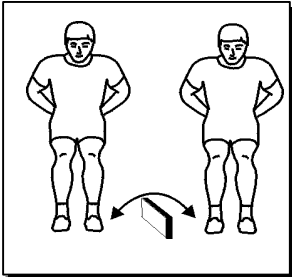
Note: Reverse Crunches



Sets	Repetitions	Resistance	Frequency
3	20		



Note: Single Leg Bounding- In a running position jump as far out as possible with one foot. Land with the opposite foot and proceed to jump for distance with that foot. Do this in a continuous motion until you have jumped 10 times with each leg.

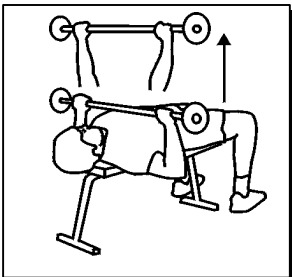


Sets	Repetitions	Resistance
3	20	

Note: Lateral Jumps- Start in an athletic stance and jump laterally to one side as far as you can and then immediately jump back to starting spot. Continue to jump back and forth for 20 repetitions.

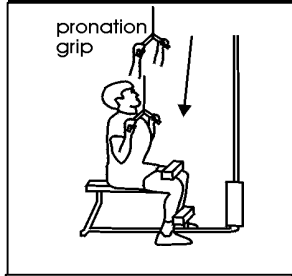
In-Season Maintenance

1-2x week



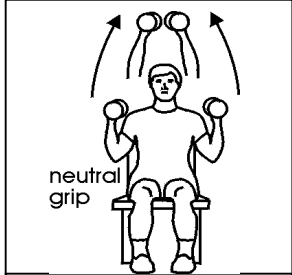
Sets	Repetitions	Resistance
2	12	

Note: Bench Press



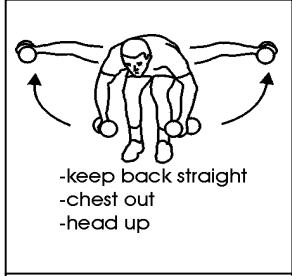
Sets	Repetitions	Resistance	Frequency
2	12		

Note: Lat Pulldowns



Sets	Repetitions	Resistance	Frequency
2	12		

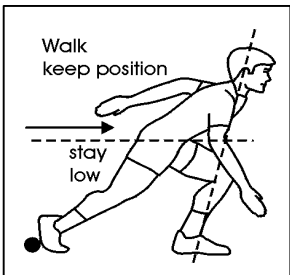
Note: Dumbbell Shoulder Press



Sets	Repetitions	Resistance	Frequency
2	12		

Note: Dumbbell Reverse Flyes





<i>Sets</i>	<i>Repetitions</i>	<i>Resistance</i>	<i>Frequency</i>
2	12		

Note: Lunge and Reach

<i>Sets</i>	<i>Repetitions</i>	<i>Resistance</i>	<i>Frequency</i>

Note:

