

## MO Football Alternate Workout

Lift 3 days per week, have a day off in between each workout. Can do other alternate non weight workouts on days off.

### Day 1

Power Cleans – 4x6

Deadlift – 4x6

Push Press – 4x8-10

Front Squat – 4x6-8

Bent Over Rows – 4x8-10

Push Ups – Get 60 (however you have to, 60 straight or 6 sets of 10, whatever it takes)

Auxiliary Exercise: Chose 2 from list Power outs, Plank Jacks, Kips, Knee Tucks, Ski Tucks, Good Mornings. (Power Outs, Kips3x8, everything else 3x10-15)

### Day 2

Upright Rows – 4x8

Shrugs – 4x8

Deadlift - 4x6

Lunges – 3x8

Lateral Squat – 3x8

Push Ups – Get 60

Auxiliary Exercise: Chose 2, Power outs, Plank Jacks, Kips, Knee Tucks, Ski Tucks, Good Mornings. (Power Outs, Kips3x8, everything else 3x10-15)

### Day 3

Hang Cleans – 4x6

Push Press – 4x6

5 Second Squat – 4x5 (5 seconds on the way down, hold 1 sec then up fast)

Bent Over Rows 4x8-10

Single Leg RDL w/ plates or DB's

Push Ups – Get 60

Auxiliary Exercise: Chose 2, Power outs, Plank Jacks, Kips, Knee Tucks, Ski Tucks, Good Mornings. (Power Outs, Kips3x8, everything else 3x10-15)