

Football Spring Workouts: Week 1

Agilities: Boxes, Hurdles, Ladder

Station Monday 10,8,8,6 Auxillary 4x8

- 1) **Flat Bench** / Lat Pull
- 2) **Power Cleans (4 x 4, 80%)** /DB Shoulder Combo
- 3) **Squats** / Single Leg RDL
- 4) Incline DB Bench / Med Ball (3x8)

Finisher, Abs, Hydrants

Agilities: Ladders, Boxes, Hurdles

Station Wed. 10,8,8,6 Auxillary 4x8

- 1) **Incline Bench** / Lat Pull or Seated Rows
- 2) **RDL's** / DB Rear Raises (3x10)
- 3) Front Squat / Kettle Bells or Leg Curls
- 4) Push Press / DB Shrugs
- 5) Flat DB Bench / Tri Push Down or Dips (4x8)

Sprints, Abs, Hydrants

Agilities: Boxes, Hurdles, Ladder

Station Thursday, 10,8,8,6 Auxillary 4x8

- 1) **Flat Bench** / Lat Pull or Seated Rows
- 2) **Hang Cleans** / DB Rear Raises
- 3) **Squats** / Single Leg RDL
- 4) DB Incline Bench / Lateral Squats

Finisher, Abs, Hydrants

Each week alternate Flat & Incline Bench