



FOOTBALL EXPLOSIVE POWER TRAINING PROGRAM

SPEED, POWER & EXPLOSIVE STRENGTH DEVELOPMENT

This specialized football power program is engineered to build maximum explosive strength, speed, and force generation on the gridiron through dynamic compound movements and plyometrics.

WARM-UP

- **Light Cardio:** 5 minutes of light cardio, such as jogging or jumping jacks.
- **Dynamic Stretching:** 5-10 minutes of dynamic stretching, such as arm circles, leg swings, and torso twists.

WORKOUT EXERCISES

EXERCISE	SETS & REPS	COACHING NOTES
Squats with Resistance Bands	3 sets of 10-12 reps	Use a resistance band that is challenging but allows you to maintain good form.
Power Cleans	3 sets of 5-8 reps	Use a weight that is challenging but allows you to maintain good form.
Vertical Jumps	3 sets of 10-12 reps	Use a resistance band to help you jump higher.
Box Jumps	3 sets of 5-8 reps	Weighted or unweighted. Use a box the height of your knee or thigh.
Sprints	3 sets of 20-30 yards	Sprint as fast as you can.

COOL-DOWN

- **Light Cardio:** 5 minutes of light cardio.
- **Static Stretching:** 5-10 minutes of static stretching, holding each stretch for 30 seconds.

PROGRAM NOTES & GUIDELINES

- You can adjust the number of sets and repetitions to fit your fitness level.
- You can also add or remove exercises from the workout depending on your goals.
- Be sure to listen to your body and take breaks when needed.

ADDITIONAL TIPS FOR INCREASING EXPLOSIVE POWER IN FOOTBALL

- **Focus on Compound Exercises:** Work multiple muscle groups simultaneously.
- **Moderate Weight with Power:** Use a moderate weight and focus on generating maximum power with each repetition.
- **Plyometrics:** Perform plyometric exercises to train your body to produce more force in a short period of time.
- **Regular Sprinting:** Sprint regularly to improve your speed and agility.
- **Rest & Recovery:** Get enough rest and recovery to allow your body to adapt to the training.

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This program is for educational purposes. Consult a physician before beginning any new training program. Stop if you experience pain. Results vary based on individual effort and consistency.