

Name: _____

Springfield Tiger Weight Training



2021 Spring Workout Program

“I’m not telling you it’s going to be easy, I’m telling you it’s going to be worth it.” -Arthur Williams

Benefits of Strength Training

1. Boost in energy
2. Higher self-esteem
3. Exercise results in better sleep
4. More likely to be active all-day
5. Better mood
6. Reduces anxiety
7. Increased muscle mass
8. Stronger bones
9. Decreased risk of injury
10. It is FUN!

Workout/Diet Tips

1. Always have water with you when working out
2. Follow the rest times to have an efficient/effective workout
3. Proper form is more important than heavy weight!
4. Follow the plan in order (warm-up, core lifts, optional (if time), abs)
5. Track weights each day to see growth over time
6. Eat a good breakfast!
7. Eat proteins (chicken, fish, turkey, steak, burger) especially after a workout
8. If possible, limit sugars and sweets
9. Never skip meals
10. Have FUN!

****All exercises listed on the workout plan can be found on the football website:**

- Go to Springfieldtigerfootball.com
- Select the “Strength Training” tab
- Select the “Day” you are completing for a list of the exercises
- Click on the link for a short video example of the lift

****If you are unable to get to a weight room**

- Go to Springfieldtigerfootball.com
- Click “Strength Training” Tab
- Click on “At-Home Workouts”
- Choose one workout per day (complete warm up first).

***These lifts should take 45 minutes or less to complete!

Pre-Workout Warm-up

- A proper warm-up will allow you to have a better workout.
- Warm-up reduces the risk of injury
- Warm-up provides your mind and body time to prepare for the workout
- Each exercise should be completed by going roughly 10 yards both ways unless stationary

Dynamic Warm-up #1

1. Light Sprint
2. Skip To My Lou
3. Lateral Shuffle
4. Karaoke
5. Butt Kicks
6. Straight Leg Kicks
7. Lateral Groin Stretcher
8. Groin over the Hurdle
9. Knee Hugs
10. High Knees

Dynamic Warm-up #2

1. Stationary leg swings side to side (20x ea leg)
2. Stationary leg swings forward/backward (20x ea leg)
3. Arm circles forward/backward (20x ea)
4. 20 Jumping jacks
5. high skips
6. distance skips
7. Knee hugs
8. 10 air squats
9. Tiptoe walks
10. Heel walks

**Cooldown each day can be 3-5 minutes of static stretching



Speed and Agility Drills

- If you have time, these are drills that can be done at the end of a workout or days you don't lift.
- Start slow and do each drill correctly, increase speed as you are able.
- Limit rest time between sets if possible for maximum benefit.
- You should choose **one** set of drills each time you work on speed/agility after a workout. You can complete **both** if you did not lift that day.

Speed Ladder Drills

**Each exercise should finish with a short burst out of the ladder

1. One foot each square
2. Side shuffle- 2 feet each square
3. Ickey shuffle
4. Lateral in and out-both feet each square
5. 5 hops and sprint (2x)
6. Side facing high knees
7. Centipede
8. Side straddle hop
9. Carioca
10. One foot each square

Dot Drill

**Time yourself if able and try to improve each time

**You will complete each drill 6 times

1. Apart-together-apart
2. Right foot
3. Left foot
4. Both feet together
5. Apart-together-apart-turn around

“Your TALENT determines what you can do. Your MOTIVATION determines how much you are willing to do. Your ATTITUDE determines how well you do it.” – Lou

Holtz