**Football in-season workouts**

**Game day workout**

Warm-up –

Do warm-up with your P.E. class

Exercises-

This workout is designed to participate in P.E. strength training classes on game day. Your teacher has the final decision if this can count as your participation for the day.

Freshman – Wednesday

JV – Thursday

Varsity - Friday

Ladder drills – 4 reps (any variety)

Dot Drills – 1 x 5 reps of each pattern (see the patterns on the bulletin board)

Single leg balance on Bosu ball – 2 x 30 seconds with eyes open/closed

Single leg balance on Bosu ball – 2 x 30 seconds while tossing a ball with a partner

Toe/heel walk – 2 x length of room

Ab/core exercises – 3 sets (see choices on bulletin board)

Foam roll legs and back

Stretch

**Football in-season workouts**

**Workout 1 - do 2 x week with 1-2 days in between**

**Legs/whole body**

Warm-up – Choose 2 exercises (2 minutes total)

run, jump rope, dot drills, ladder drills Y,T,L,W with elastic bands.

Choose 3 exercises

Linemen – concentrate on the whole-body lifts.

Specialties – can pick from the alternatives list if you want

* 2 x 8-10 @ 70% 1 RM

Foam roll and stretch after workouts

Squat

Deadlift

Power Cleans

Standing leg press (hack squat)

Angle bar push press

Alternatives for RB’s, receivers, DB’s, LB’s-

Squat med ball throws

Barbell hip thrusts

Box jumps

Box steps (with weight)

Squat jumps (with weight)

Choose 4 ab/core exercises – 2 x 30-60 seconds each

You can use the Abs/Core Stability Exercises on the bulletin board or make-up your own

Auxiliaries –

Bicep curls – any variety

Triceps – cable extensions, overhead extensions, dips, seated dips, triangle pushups, tricep kickbacks, skull crushers

**Football in-season workouts**

**Workout 2 - do 2 x week with 1-2 days in between**

**Upper body**

Warm-up – Choose 2 exercises (2 minutes total)

run, jump rope, dot drills, ladder drills Y,T,L,W with elastic bands.

Choose 2 exercises

* 2 x 8-10 @ 70% 1 RM

Foam roll and stretch after workouts

Bench Press

Incline bench press

Cable chest press

Alternatives for RB’s, receivers, DB’s, LB’s-

Pushups

Med ball chest passes

Flys

Choose 2 exercises

Lat pulls

Rows – any variety

Pullups or supine pullups

Reverse Flys

Low back extensions

Choose 2 exercises

Overhead press

Shrugs

Upright row

Dumbbell front and lateral raises

Choose 4 ab/core exercises – 2 x 30-60 seconds each

You can use the Core Stability Exercises on the bulletin board or make-up your own