**Football Off-season workouts**

**Winter/Spring Hypertrophy**

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

**Legs & arms**

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

This is a hypertrophy (growth) phase

* 3-4 x 8-12 @ 60 - 80% 1 RM

Squat

Stationary lunge

Hang Cleans

RDL

Power Cleans

Snatch

Deadlift

Bulgarian split squat

Step box – forward

Choose 2 exercises

Bicep curls

Bicep supination curls

Bicep hammer curls

Tricep extension

Tricep kick-back

Dips (weighted)

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

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

**Football Off-season workouts**

**Winter/Spring Hypertrophy**

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

**Chest, back and shoulders**

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

Bench Press – barbell or dumbbells

Incline bench press – barbell or dumbbells

This is a hypertrophy (growth) phase

* 3-4 x 8-12 @ 60 - 80% 1 RM

Pushups (any variation)

Cable chest press

Flys

Choose 2 exercises

Lat pulls

Rows

Cable rows

Pullups

Supine pullups

Reverse Flys

Choose 2 exercises

Overhead press

Dumbbell lateral raises

Dumbbell front raises

Shrugs

Upright row

Angle bar push press

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

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