**Football Off-season workouts**

**Summer power**

**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 exercise pairs

This is a power phase so lift weights at a rapid pace. Do the exercises in pairs with minimal rest between the two exercises.

* **3-4 x 8-10 @ 60-70% 1 RM**

Squat and squat med ball throws

Lunges and weighted sled push

RDL and barbell hip thrusts

Power Cleans and box jumps

Hack Squat and box steps

Angle bar landmine press and squat jumps

Push Press and scissor squats

Step boxes and med ball jumps

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

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**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 and pushups

Incline bench press and med ball chest passes

This is a power phase so lift weights at a rapid pace. Do the exercises in pairs with minimal rest between the two exercises.

* **3-4 x 8-10 @ 60-70% 1 RM**

Cable chest press and dumbbell flys

Choose 2 exercises

Lat pulls and pullovers

Rows and low back extensions

Cable rows and pullups

Reverse Flys and supine pullups

Choose 2 exercises

Overhead press and dumbbell lateral raises

Shrugs and upright row

Angle bar single arm push press and dumbbell front raises

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