**Football Off-season workouts**

**Winter Strength**

**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 so lift heavy weights.

Choose from-

* 4 x 5 @ 80% 1 RM
* 5 x 4 @ 85% 1 RM
* 5 x 3 @ 90% 1 RM
* 6 x 2 @ 95% 1 RM

OR

* 1 x 5 @ 80% 1 RM
* 1 x 4 @ 85% 1 RM
* 1 x 3 @ 90% 1 RM
* 1 x 2 @ 95% 1 RM

And do them as a set

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 Strength**

**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 so lift heavy weights.

Choose from-

* 4 x 5 @ 80% 1 RM
* 5 x 4 @ 85% 1 RM
* 5 x 3 @ 90% 1 RM
* 6 x 2 @ 95% 1 RM

OR

* 1 x 5 @ 80% 1 RM
* 1 x 4 @ 85% 1 RM
* 1 x 3 @ 90% 1 RM
* 1 x 2 @ 95% 1 RM

And do them as a set

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