

MD MUSCLE DUMMIES



TOTAL GUIDE TO **WINTER OFF SZN** **HIGH SCHOOL FOOTBALL SUCCESS**

By: Isaac Hadac



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MD MUSCLE DUMMIES



**HIGHLY ADVANCED
D1 WINTER
WORKOUT**

By: Isaac Hadac



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WORKOUT CUSTOMIZATION

PULL-UPS	2DB/BB Spider Row
PULL-UPS	Inverted Row
BENCH PRESS	DB Press
SQUAT	2 DB Bulgarian Split Squats
DEADHANGS	Inverted Deadahang
HANG CLEAN	Single Arm DB Snatch
HANG CLEAN	Power Shrug
HEX BAR DL	Straight Bar DL (Lighter-Medium Weight)
ANYTHING BARBELL	Dumbbell Substitute
HEX BAR DL	Straight Bar DL
*BANDS/CHAINS	Add To Any Of Your Main Lifts For Extra Work
KETTLEBELL	Dumbbell Substitute
MED BALL	Mimic Movement With Bodyweight/Band



RECOMMENDED USE

Congrats!! You've made an awesome investment in yourself and your future! Read below so you can get the most out of the plan.

RECOMMENDED SPLIT

MONDAY	DAY 1
TUESDAY	DAY 2
WEDNESDAY	OFF
THURSDAY	DAY 3
FRIDAY	DAY 4
SATURDAY	DAY 5 OR OFF
SUNDAY	DAY 5 OR OFF *Day 5 is NOT optional!



The complex workouts contain hyperlinks (UNDERLINED) - All others can be found on **YOUTUBE!**





D1 HIGHLY ADVANCED FOOTBALL WORKOUT PLAN

FOOTBALL WORKOUT PLAN

If Resources Limit You, Refer To Customizable Workout Plan For Workout Substitutions
%\$ Based Loosely On 1 Rep Maxes

UPPER BODY O RECOVERY WEEK - DAY 1: PUSH EMPHASIS

YOGA MOVEMENTS

Core Activation:

- Wall Or Partner Leaning Neck Pendulum : 20 Sec Each
- High Plank : 1 X 45 Sec

Hang Clean	: 5, 5, 3, 3 (50%, 52.5%, 57.5%, 60%)
Wrist Rocks	: 3 X 10 (Front And Back Of Wrists)
Preacher Stretch	: 3 X 4 (10 Sec Hold)

Dumbbell Bench Press	: 10, 10, 8, 6 (Moderate Weight)
Inverted Row Or Spider Row	: 3 X 8-12
Band/Stick Passthrough	: 3 X 10

Kneeling Eccentric Landmine Press	: 3 X 6 (3 Sec Eccentric) Put Bar In The Corner Of A Wall – Weigh It Down With A Dumbbell Or Plate
<u>Birddog Rows</u>	: 3 X 15 Ea

<u>X-Band Or Cable Face Pulls</u>	: 3 X 10-15
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Post Work:

- Deadhang : 1 X 45 Seconds
- Wall Dumbbell External Rotation : 15 Reps Ea
- Doorway Pec Stretch : 1 Minute

LOWER BODY O RECOVERY WEEK - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

<u>Cable Woodchop</u>	: 2 X 8 Ea
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Hex Bar Deadlift	: 8, 6, 6, 5, 5 (WU, 60%, 65%, 65%, 70%)
Assisted Vertical Jump	: 3 X 5 (Begin After 2 Sets Of Deadlifts)
<u>Squat Rocks W/Plate</u>	: 2 X 45 Sec

Kettlebell Swings	: 3 X 10
Side Plank	: 3 X 20 Sec
Hamstring Curls	: 3 X 8

Assisted Single Leg Pistol Squat	: 3 X 4 Ea. (Hold Onto Doorway/Rack/Band)
Jefferson Curls	: 3 X 10 (Light – Full Range)
Single Leg Glute Bridge Hold	: 2 X 20 Sec Ea

Post Work:

- Full Body Stretch





UPPER BODY O RECOVERY WEEK - DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

- Wall Or Partner Leaning Neck Pendulum : 20 Sec Each
- High Plank W/ Single Arm "Y" Raise : 1 X 10 Ea

Single Arm Dumbbell Snatch : 5, 5, 5, 3 Ea. (Light)

Wrist Rocks : 3 X 15 (Front And Back Of Wrists)

Preacher Stretch : 3 X 4 (10 Sec Hold)

BOR From The Ground (Pendlay Rows) : 10, 8, 8, 6

Lat Pulldown : 3 X 10

Dumbbell Reverse Flies : 3 X 15

Pull-Ups : 3 X 5-8

Barbell Shrugs : 3 X 15 (Light)

High Plank Shoulder Taps : 2 X 20

Post Work:

- Bent Over "W" Hold : 1 X 45 Sec
- Plate External Rotations : 15 Reps Ea
- Deadhang : 1 Minute



LOWER BODY O RECOVERY WEEK - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

Core Activation:

- Plank Series (Front, Side, Side) : 1 X 20 Sec Ea
- Hip Bridge : 1 X 30 Sec
- Single Leg Hip Bridge : 1 X 30 Sec Ea

Front Squat : 8, 6, 6, 5, 5 (Wu, 52.5%, 55%, 60% X 2)

Depth Drops : 3 X 5

Spiderman Lunge : 2 X 30 Sec

Barbell Hip Thrust : 3 X 5 (1 Sec Pause At The Top)

Med Ball Side Wall Toss : 3 X 10 Ea

Bear Plank : 2 X 30 Sec

1 Dumbbell Goblet Hold Bulgarian Split Squat : 3 X 6 Ea (Light - Full Range Of Motion)

Seated Vertical Jump : 2 X 4

Lying Hamstring Heel Slides : 3 X 6 (Pause At The Top - 2 Towels Under Feet On A Slippery Floor Like Tile)

Post Work:

- Atg Squat Hold : 1 X 60 Sec
- Rfe Lunge Hold W/ A Twist : 3 X 4 (4 Sec Ea) - Foot On Bench, Knee On Ground



EXTRA O RECOVERY WEEK - DAY 5: ARMS + CORE

DYNAMIC STRETCH

Band Walks:

- ✓ 2 Sets, 20 Steps Each
 - ✓ Forward
 - ✓ Backward
 - ✓ Lateral
- : Both Ways

Barbell Clean To Press : 3 X 6 (Light)

Dumbbell Reverse Flies : 2 X 10

Dumbbell Front Raises : 2 X 10

Dumbbell Side Raises : 2 X 10

Barbell Curls : 4 X 10

Tricep Pushdowns Or DB Kickbacks : 4 X 12-15

Bicep Choice : 3 X 10-15

Tricep Choice : 3 X 10-15



UPPER BODY 1 - DAY 1: PUSH EMPHASIS

YOGA MOVEMENTS

Core Activation:

- ✓ [Wall Or Partner Leaning Neck Pendulum](#) : 20 Sec Each
- ✓ High Plank : 1 X 45 Sec

Hang Clean : 8, 5, 5, 3, 3 (WU, 55%, 62.5%, 65% X 2)

Wrist Rocks : 3 X 12 (Front And Back Of Wrists)

Preacher Stretch : 3 X 4 (10 Sec Hold)

Barbell Bench Press (3 Sec. Eccentric) : 6, 6, 5, 5, 5 (50%, 52.5%, 55%, 60%, 62.5%)

Neutral Grip Pull-Ups ([Assisted Negatives If Failing](#)) : 3 X 8

Band/Stick Passthrough : 3 X 8

Single Arm Eccentric Landmine Press : 3 X 6 Ea. (3 Sec Eccentric) Put Bar In The Corner
Of A Wall - Weigh It Down With A Dumbbell Or Plate

Single Arm DB Row : 3 X 8 Ea (Heavier)

[Band Resisted Push-Up](#) Or Weighted Push-Ups : 3 X 10 (Explosive)

Post Work:

- ✓ Deadhang : 1 X 45 Seconds
- ✓ Dumbbell External Rotation : 15 Reps Ea
- ✓ Doorway Pec Stretch : 1 Minute



LOWER BODY 1 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

• Plank Series (Front, Side, Side)	: 1 X 30 Sec Ea
• Hip Bridge	: 1 X 30 Sec
• Single Leg Hip Bridge	: 1 X 30 Sec Ea

<u>Dumbbell Dip- Jump - Stick (The Landing)</u>	: 4 X 5
Barbell Goodmornings	: 3 X 8
<u>Squat Rocks W/Plate</u>	: 2 X 45 Sec

Hex Bar Deadlift	: 8, 6, 6, 5, 5 (WU, 60%, 65%, 65%, 70%)
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<u>Lying Straight Leg Side Raises Or Banded Clamshells</u>	: 2 X 15 Ea
Side Plank	: 2 X 20 Sec Ea

Box Jumps	: 4 X 4
<u>Single Leg Single Dumbbell RDL</u>	: 3 X 6 Ea
Glute Bridge Holds	: 3 X 20 Sec

Post Work:

- Full Body Stretch



UPPER BODY 1 - DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

• Wall Or Partner Leaning Neck Pendulum	: 20 Sec Each
• High Plank W/Single Arm "Y" Raise	: 1 X 10 Ea

Incline Barbell Bench Press	: 8, 8, 5, 5, 3
<u>Med Ball Chest Press</u>	: 3 X 4
Preacher Stretch	: 3 X 4 (10 Sec Hold)

<u>BOR From The Ground (Pendlay Rows)</u>	: 8, 8, 6, 6, 10
Cable Straight Arm Pulldowns	: 3 X 6-8
Dumbbell Reverse Flies	: 3 X 15

Kneeling Landmine Press	: 4 X 5
Dumbbell Front Raises	: 3 X 6 Ea
Barbell Shrugs	: 3 X 10-15

Post Work:

• Bent Over "W" Hold	: 1 X 45 Sec
• Wall Dumbbell External Rotation	: 15 Reps Ea
• Deadhang	: 1 Minute





LOWER BODY 1 - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

Core Activation:

✓ Plank Series (Front, Side, Side)	: 1X 30 Sec Ea
✓ Hip Bridge	: 1X 30 Sec
✓ Single Leg Hip Bridge	: 1X 30 Sec Ea

Back Squat	: 8, 6, 6, 5, 5 (62.5%, 65%, 70%, 72.5%, 75%) (3 Sec Eccentric)
Band Assisted Or Continuous Vertical Jump	: 3 X 8 (Start After 2 Sets Of Squats)

Goblet Squat (Full Range Of Motion)	: 3 X 8
Split Squat Med Ball Side Wall Toss	: 3 X 10 Ea
Bear Plank	: 2 X 45 Sec

Quad Extension	: 3 X 12
Hamstring Nordics	: 3 X 5 (3 Sec Eccentric)
Frog Stretch	: 3 X 20 Sec

Post Work:

✓ Atg Squat Hold	: 1X 60 Sec
✓ Rfe Lunge Hold W/ A Twist	: 3 X 4 (4 Sec Ea) - Foot On Bench, Knee On Ground



EXTRA 1 - DAY 5: ARMS + CORE

DYNAMIC STRETCH

BAND WALKS	: 2 Sets, 20 Steps Each
✓ Forward ✓ Backward ✓ Lateral	: Both Ways

Plank Series	: 2 X 30 Sec Ea
Barbell Clean To Press	: 3 X 8 (35%)

Dumbbell Reverse Flies	: 2 X 10
Dumbbell Front Raises	: 2 X 10
Dumbbell Side Raises	: 2 X 10

Barbell Curls	: 4 X 10
Tricep Pushdowns Or DB Kickbacks	: 4 X 12-15

Bicep Choice	: 3 X 10-15
Tricep Choice	: 3 X 10-15



UPPER BODY 2 - DAY 1: PUSH EMPHASIS

YOGA MOVEMENTS

Core Activation:

<input checked="" type="checkbox"/> Wall Or Partner Leaning Neck Pendulum	: 20 Sec Each
<input checked="" type="checkbox"/> Bear Plank	: 1X 45 Sec

Hang Clean	: 8, 5, 5, 3, 3 (WU, 60%, 65%, 67.5%, 72.5%)
Wrist Rocks	: 3 X 15 (Front And Back Of Wrists)
Preacher Stretch	: 3 X 4 (10 Sec Hold)

Barbell Bench Press (3 Sec. Eccentric)	: 8, 6, 5, 5, 3, 3 (WU, 60%, 65%, 67.5%, 72.5%, 75%)
Underhand Pull-Ups (Assisted Negatives If Failing)	: 3 X 5-8
Band/Stick Passthrough	: 3 X 8

Single Arm Eccentric Landmine Press	: 3 X 6 Ea. (3 Sec Eccentric) Put Bar In The Corner Of A Wall - Weigh It Down With A Dumbbell Or Plate
2 Dumbbell BOR	: 3 X 12
Band Resisted Push-Up Or Weighted Push-Ups	: 3 X 5 (3 Sec Eccentric)

Post Work:

<input checked="" type="checkbox"/> Deadhang	: 1X 45 Seconds
<input checked="" type="checkbox"/> Dumbbell External Rotation	: 12 Reps
<input checked="" type="checkbox"/> Doorway Pec Stretch	: 1 Minute



LOWER BODY 2 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

<input checked="" type="checkbox"/> Plank Series (Front, Side, Side)	: 1X 30 Sec Ea
<input checked="" type="checkbox"/> Hip Bridge	: 1X 45 Sec
<input checked="" type="checkbox"/> Single Leg Hip Bridge	: 1X 30 Sec Ea

Continuous Hex Bar Jumps	: 4 X 5 (25%)
90-90 Hip Rotations	: 3 X 10
Squat Rocks W/ Plate	: 2 X 45 Sec

Hex Bar Deadlift	: 8, 5, 5, 5, 8 (WU, 60%, 65%, 65%, 70%, 75%)
Copenhagen Planks	: 2 X 20 Sec Ea
Banded Tib Raises Or Wall Tib Raises	: 2 X 15 Ea
Box Jumps	: 4 X 3
Bulgarian Split Squat	: 3 X 5 Ea
Single Leg Glute Bridge Holds	: 3 X 15 Sec Ea

Post Work:

<input checked="" type="checkbox"/> Full Body Stretch





UPPER BODY 2 – DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

- [Wall Or Partner Leaning Neck Pendulum](#) : 20 Sec Each
- [High Plank W/ Single Arm "Y" Raise](#) : 1 X 10 Ea

Incline Barbell Bench Press : 8, 8, 5, 5, 3

[Med Ball Chest Press](#) : 3 X 4

Preacher Stretch : 3 X 4 (10 Sec Hold)

[BOR From The Ground \(Pendlay Rows\)](#) : 4 X 8

Seated Cable Neutral Grip Row : 3 X 12

Band Pull Aparts Or Dumbbell Reverse Flies : 3 X 15

One Leg Kneeling Single Arm Landmine Press : 4 X 5 Ea

Cable Face Pulls : 3 X 12

Barbell Shrugs : 3 X 10 (Heavier)

Post Work:

- Bent Over "W" Hold : 1 X 45 Sec
- Cable/Banded Internal & External Rotations : 15 Reps Ea
- Deadhang : 1 Minute



LOWER BODY 2 – DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

Core Activation:

- [Plank Series \(Front, Side\)](#) : 1 X 30 Sec Ea
- [Hip Bridge](#) : 1 X 30 Sec
- [Single Leg Hip Bridge](#) : 1 X 30 Sec Ea

Back Squat : 8, 6, 6, 5, 5 (62.5%, 65%, 70%, 72.5%, 75%) (3 Sec Eccentric)

Band Assisted Or Continuous Vertical Jump : 3 X 8 (Start After 2 Sets Of Squats)
Squat Rocks : 2 X 30 Sec

Barbell Split Squat : 3 X 8 Ea

Med Ball Side Wall Toss : 3 X 12 Ea

Bear Plank : 2 X 45 Sec

Quad Extension : 3 X 12

[Lying Hamstring Heel Slides](#) : 3 X 8 (Pause At The Top - 2 Towels Under Feet On A Slippery Floor Like Tile)

Cable Woodchop : 2 X 10 Ea

Post Work:

- Atg Squat Hold : 1 X 60 Sec
- Rfe Lunge Hold W/ A Twist : 3 X 4 (4 Sec Ea) - Foot On Bench, Knee On Ground





EXTRA 2 - DAY 5: ARMS + CORE

DYNAMIC STRETCH

BAND WALKS

- Forward : 2 Sets, 20 Steps Each
- Backward
- Lateral : Both Ways

Plank Series

Barbell Clean To Press : 2 X 30 Sec Ea

Dumbbell Reverse Flies : 3 X 8 (35%)

Dumbbell Front Raises : 2 X 10

Dumbbell Side Raises : 2 X 10

Barbell Curls : 4 X 10

Tricep Pushdowns Or DB Kickbacks : 4 X 12-15

Bicep Choice : 3 X 10-15

Tricep Choice : 3 X 10-15



UPPER BODY 3 – DAY 1: PUSH EMPHASIS

YOGA MOVEMENTS

Core Activation:

- Wall Or Partner Leaning Neck Pendulum : 20 Sec Each
- Bear Plank : 1 X 45 Sec

Hang Clean : 6, 5, 3, 3, 2 (WU, 67.5%, 72.5%, 77.5%, 80%)

Wrist Rocks : 3 X 15 (Front And Back Of Wrists)

Preacher Stretch : 3 X 4 (10 Sec Hold)

Barbell Bench Press : 8, 6, 5, 5, 3, 8 (WU, 67.5%, 72.5%, 77.5%, 80%, 75%)

Dumbbell Pullover : 3 X 8

Underhand Band Pull Aparts Or Cable Face Pulls : 3 X 15

Kneeling Landmine Press : 3 X 6-8 Put Bar In The Corner Of A Wall
Weigh It Down With A Dumbbell Or Plate

Single Arm Dumbbell Row : 3 X 8 Ea

Med Ball Wall Press : 3 X 10

Post Work:

- Deadhang : 1 X 45 Seconds
- Wall Dumbbell External Rotation : 15 Reps Ea
- Doorway Pec Stretch : 1 Minute





LOWER BODY 3 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

<input checked="" type="checkbox"/> Plank Series (Front, Side, Side)	: 1 X 30 Sec Ea
<input checked="" type="checkbox"/> Hip Bridge	: 1 X 45 Sec
<input checked="" type="checkbox"/> Single Leg Hip Bridge	: 1 X 30 Sec Ea

Continuous Hex Bar Jumps	: 4 X 5 (30%)
<u>Hip Flexor Raises Or Banded Reverse Squat</u>	: 3 X 8 Ea
<u>Squat Rocks W/Plate</u>	: 2 X 45 Sec

Hex Bar Deadlift	: 8, 5, 5, 5, 3 (WU 65%, 75%, 77.5%, 82.5%, 85%)
------------------	--

Banded Clamshells	: 2 X 20 Ea
<u>Banded Tib Raises Or Wall Tib Raises</u>	: 2 X 15 Ea

<u>Depth Drops To Broad Jump</u>	: 4 X 2
Bulgarian Split Squat	: 3 X 8 Ea
<u>Med Ball Slams</u>	: 3 X 15

Post Work:

- Full Body Stretch



UPPER BODY 3 - DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

<input checked="" type="checkbox"/> Wall Or Partner Leaning Neck Pendulum	: 20 Sec Each
<input checked="" type="checkbox"/> High Plank W/ Single Arm "Y" Raise	: 1 X 10 Ea

Incline Barbell Bench Press	: 8, 5, 5, 5, 3 (WU, 65%, 70%, 75%, 80%)
-----------------------------	--

<u>Explosive Med Ball Push-Up</u>	: 3 X 8
Neutral Grip Pull-Ups (Negatives If Failing)	: 3 X 8

BOR	: 3 X 8
Seated Cable Neutral Grip Row	: 3 X 10
Dumbbell/Cable Chest Flies	: 3 X 12 (Slow & Controlled)

Standing Single Arm Dumbbell Military Press	: 3 X 8
Cable Face Pulls	: 3 X 12
Single Arm Dumbbell Shrugs	: 3 X 10 Ea

Post Work:

- Bent Over "W" Hold : 1 X 45 Sec
- Cable/Banded Internal & External Rotations : 15 Reps Ea
- Deadhang : 1 Minute





LOWER BODY 3 - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

Core Activation:

✓ Plank Series (Front, Side, Side)	: 1X 30 Sec Ea
✓ Hip Bridge	: 1X 30 Sec
✓ Single Leg Hip Bridge	: 1X 30 Sec Ea

Back Squat	: 8, 6, 5, 5, 3, 2 (WU, 72.5%, 75%, 77.5%, 82.5%, 85%)
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Band Assisted Or Continuous Vertical Jump	: 3 X 4 (For Max Height)
Squat Rocks	: 2 X 30 Sec

Overhead Squat	: 3 X 5 (Light)
Med Ball Rotational Slams	: 3 X 12
Bear Plank	: 2 X 45 Sec

Speed Split Squats	: 3 X 5 Ea (Light)
Single Leg Hamstring Heel Slides	: 3 X 8 (Pause At The Top - 1 Towel Under Foot On A Slippery Floor Like Tile)
High Plank W/Shoulder Taps	: 2 X 20

Post Work:

✓ Atg Squat Hold	: 1 X 60 Sec
✓ Rfe Lunge Hold W/ A Twist	: 3 X 4 (4 Sec Ea) - Foot On Bench, Knee On Ground



EXTRA 3 - DAY 5: ARMS + CORE

DYNAMIC STRETCH

BAND WALKS : 2 Sets, 20 Steps Each

- ✓ Forward
 - ✓ Backward
 - ✓ Lateral
- : Both Ways

Plank Series : 2 X 30 Sec Ea

Barbell Snatch To Oh Squat : 3 X 8 (35%)

Dumbbell Reverse Flies : 2 X 10

Dumbbell Front Raises : 2 X 10

Dumbbell Side Raises : 2 X 10

Ez Bar Curl : 4 X 10

Weighted Bench Dips : 4 X 12-15

Bicep Choice : 3 X 10-15

Tricep Choice : 3 X 10-15



UPPER BODY 4 - DAY 1: PUSH EMPHASIS

YOGA MOVEMENTS

Core Activation:

- ✓ [Wall Or Partner Leaning Neck Pendulum](#) : 20 Sec Each
- ✓ Bear Plank : 1 X 45 Sec

Hang Clean : 5, 3, 3, 3, 1 (WU, 67.5%, 75%, 80%, 87.5%)

Wrist Rocks : 3 X 10 (Front And Back Of Wrists)

Preacher Stretch : 3 X 4 (10 Sec Hold)

Barbell Bench Press : 10, 6, 5, 5, 3, 1 (WU, 67.5%, 72.5%, 77.5%, 85%, 87.5%)

Overhand Pull-Ups : 3 X 8-10

Band Pull Apart Or Cable Face Pulls : 3 X 15

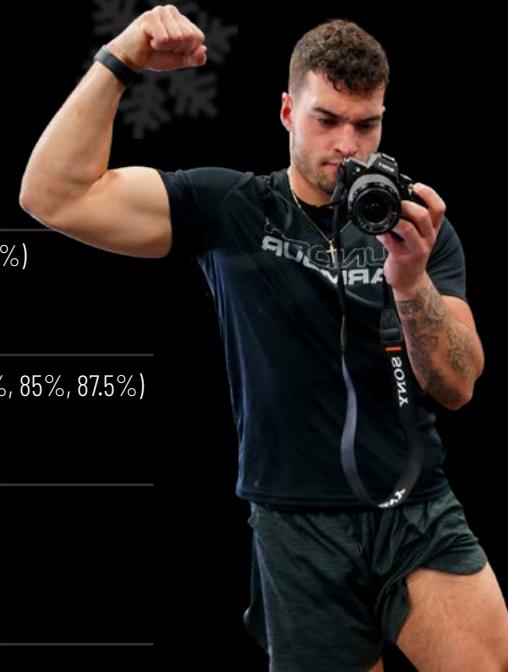
Incline Alternating Dumbbell Press : 3 X 10 (Keep Off Arm Fully Extended)

Single Arm Dumbbell Row : 3 X 8 Ea

Cable Straight Arm Pulldowns : 3 X 12

Post Work:

- ✓ Deadhang : 1 X 45 Seconds
- ✓ Dumbbell External Rotation : 15 Reps Ea
- ✓ Doorway Pec Stretch : 1 Minute



LOWER BODY 4 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

- ✓ [Plank Series \(Front, Side, Side\)](#) : 1 X 30 Sec Ea
- ✓ [Hip Bridge](#) : 1 X 45 Sec
- ✓ [Single Leg Hip Bridge](#) : 1 X 30 Sec Ea

[Dumbbell Dip - Jump - Stick](#) : 4 X 5

[Copenhagen Plank](#) : 2 X 20 Sec Ea

[Squat Rocks W/ Plate](#) : 2 X 45 Sec

One Plate Elevated Hex Bar Deadlift : 8, 5, 5, 3, 3, 2 (WU, 65%, 75%, 82.5%, 85%, 87.5%)

[Depth Drops](#) To Vertical Jump : 4 X 3

[Banded Tib Raises](#) Or Wall Tib Raises : 3 X 8 Ea (2 Sec Hold At Top Of Each Rep)

Suitcase Deadlift : 3 X 4 Ea (Heavier)

Banded Clamshells : 2 X 20 Ea

[Med Ball Slams](#) : 3 X 15

Post Work:

- ✓ Full Body Stretch





UPPER BODY 4 – DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

- [Wall Or Partner Leaning Neck Pendulum](#) : 20 Sec Each
- [High Plank W/ Single Arm "Y" Raise](#) : 1 X 10 Ea

Incline Barbell Bench Press : 2 X 8 Then 2 X 5-6
[Explosive Med Ball Push-Up](#) : 3 X 10
 Weighted Neutral Grip Pull-Ups Or Weighted Negatives : 3 X 5-8

BOR : 4 X 8
 Seated Cable Neutral Grip Row : 3 X 8 Ea
 Dumbbell/Cable Chest Flies : 3 X 10 (Slow & Controlled)

2 Dumbbell Military Press : 1 X 8 Then 3 X 6 (Full Extension)
[X-Band Face Pull](#) : 3 X 10 (1 Sec Pause At The Top Of Each Rep)
 2 Dumbbell Seated Shrugs : 3 X 12

Post Work:

- [Bent Over "W" Hold](#) : 1 X 45 Sec
- [Cable/Banded Internal & External Rotations](#) : 15 Reps Ea
- [Deadhang](#) : 1 Minute



LOWER BODY 4 – DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

Core Activation:

- [Plank Series \(Front, Side, Side\)](#) : 1 X 30 Sec Ea
- [Hip Bridge](#) : 1 X 30 Sec
- [Single Leg Hip Bridge](#) : 1 X 30 Sec Ea

[Box Back Squat](#) : 5, 5, 3, 3, 2 (WU, 70%, 77.5%, 85%, 90%) (Pause For 1 Sec On Box, Then Drive – Do Not Tap And Go!)
 Seated Max Vertical Jump : 3 X 4 (Reset After Every Rep)
 Spiderman Lunge Stretch : 2 X 30 Sec

Single Dumbbell Goblet Squat : 3 X 5 (Full Range Of Motion)
 Med Ball Side Wall Toss : 3 X 12
 Mountain Climbers : 2 X 30 Sec

[Speed Split Squats](#) : 2 X 8 Ea (Light)
 Hamstring Nordics : 3 X 5
 High Plank : 2 X 30 Sec

Post Work:

- [Atg Squat Hold](#) : 1 X 60 Sec
- [Rfe Lunge Hold W/ A Twist](#) : 3 X 4 (4 Sec Ea) – Foot On Bench, Knee On Ground



EXTRA 4 - DAY 5: ARMS + CORE

DYNAMIC STRETCH

BAND WALKS

- ✓ Forward : 2 Sets, 20 Steps Each
- ✓ Backward
- ✓ Lateral : Both Ways

Plank Series

Barbell Snatch To Oh Squat : 2 X 30 Sec Ea

Barbell Snatch To Oh Squat : 3 X 8 (35%)

Dumbbell Reverse Flies : 2 X 10

Dumbbell Front Raises : 2 X 10

Dumbbell Side Raises : 2 X 10

Ez Bar Curl : 4 X 10

Weighted Bench Dips : 4 X 12-15

Bicep Choice : 3 X 10-15

Tricep Choice : 3 X 10-15



UPPER BODY 5 DELOAD - DAY 1: PUSH EMPHASIS

YOGA MOVEMENTS

Core Activation:

- ✓ Wall Or Partner Leaning Neck Pendulum : 20 Sec Each
- ✓ Bear Plank : 1 X 45 Sec



Hang Clean : 5, 5, 3, 3 (WU, 60%, 65%, 70%)

Wrist Rocks : 3 X 10 (Front And Back Of Wrists)

Preacher Stretch : 3 X 3 (10 Sec Hold)

Barbell Bench Press : 10, 8, 6, 6 (WU, 65%, 67.5%, 72.5%)
(1 Sec Pause At Top Of Rep)

Assisted Eccentric Underhand Pull-Ups : 3 X 8

Band Pull Aparts Or Cable Face Pulls : 3 X 15

Incline Alternating Dumbbell Press : 3 X 10 (Keep Off Arm Fully Extended)

Bird Dog Row : 3 X 5 Ea

Cable Straight Arm Pulldowns : 3 X 10

Post Work:

- ✓ Deadhang : 1 X 45 Seconds
- ✓ Dumbbell External Rotation : 15 Reps Ea
- ✓ Doorway Pec Stretch : 1 Minute





LOWER BODY 5 DELOAD - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

<input checked="" type="checkbox"/> Plank Series (Front, Side, Side)	: 1X 30 Sec Ea
<input checked="" type="checkbox"/> Hip Bridge	: 1X 30 Sec
<input checked="" type="checkbox"/> Single Leg Hip Bridge	: 1X 30 Sec Ea

<u>Dumbbell Dip - Jump - Stick</u>	: 4 X 5
Copenhagen Plank	: 2 X 20 Sec Ea
<u>Squat Rocks W/Plate</u>	: 2 X 45 Sec

Barbell RDL	: 3 X 8
Banded Clamshells	: 2 X 20 Ea
<u>Banded Tib Raises Or Wall Tib Raises</u>	: 3 X 5 Ea (2 Sec Hold At Top Of Each Rep)

Suitcase Deadlift	: 3 X 5 Ea (Moderate Weight)
<u>Depth Drops To Vertical Jump</u>	: 3 X 3
Kettlebell Swings	: 3 X 10

Post Work:

- Full Body Stretch



UPPER BODY 5 DELOAD - DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

Core Activation:

<input checked="" type="checkbox"/> Wall Or Partner Leaning Neck Pendulum	: 20 Sec Each
<input checked="" type="checkbox"/> High Plank W/ Single Arm "Y" Raise	: 1X 10 Ea

Incline Barbell Bench Press	: 8, 8, 8 (60%, 65%, 67.5%)
Med Ball Wall Chest Press	: 3 X 10
Underhand Pull-Ups	: 3 X 5-8

BOR	: 4 X 8
Seated Cable Neutral Grip Row	: 3 X 5 Ea (3 Sec Eccentric Each Rep)
Cable/Band Pallof Hold	: 2 X 20 Sec Ea

<u>Split Stance Single Arm Landmine Press Switches</u>	: 3 X 5 Ea
X-Band Face Pull	: 3 X 5 (3 Sec Pause At The Top Of Each Rep)
Single Dumbbell Shrug	: 3 X 10 Ea

Post Work:

<input checked="" type="checkbox"/> Bent Over "W" Hold	: 1X 45 Sec (2.5 Or 5lb Plate In Each Hand)
<input checked="" type="checkbox"/> Cable/Banded Internal & External Rotations	: 15 Reps Ea
<input checked="" type="checkbox"/> Deadhang	: 1 Minute

LOWER BODY 5 DELOAD - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

Core Activation:

✓ Plank Series (Front, Side, Side)	: 1 X 30 Sec Ea
✓ Hip Bridge	: 1 X 30 Sec
✓ Single Leg Hip Bridge	: 1 X 30 Sec Ea



Overhead Squat	: 3 X 8 (Light)
Assisted Single Leg Pogo Hops	: 3 X 10 Ea
Spiderman Lunge Stretch	: 2 X 30 Sec

Assisted Pistol Squats	: 3 X 5 Ea (Full Range Of Motion)
Med Ball Slam	: 3 X 12
Mountain Climbers	: 2 X 30 Sec

Bird Dog Rows	: 2 X 8 Ea
Hamstring Nordics	: 3 X 4
High Plank	: 2 X 30 Sec

Post Work:

✓ Atg Squat Hold	: 1 X 60 Sec
✓ Rfe Lunge Hold W/ A Twist	: 3 X 4 (4 Sec Ea) - Foot On Bench, Knee On Ground



EXTRA 5 - DAY 5: ARMS + CORE

DYNAMIC STRETCH

5lb Plate Series:

✓ Scarecrows	: 10
✓ External Rotation	: 10
✓ Front Raise	: 10
✓ Side Raise	: 10
✓ Reverse Fly	: 10
✓ Half Moon	: 10

Plank Series	: 2 X 30 Sec Ea
--------------	-----------------

Straight Bar Curl	: 3 X 12
Rope Pushdown	: 3 X 15
High Bridge Pose	: 3 X 30 Sec

Inverted Row Or Spider Row	: 3 X 5-8 (1 Sec Pause At Top + Bottom)
Triceps Bench Dips	: 3 X 10-12 (1 Sec Pause At Top)
Band Palloff Hold	: 3 X 20 Sec Ea

Alternating DB Curl	: 3 X 16
Rope Pushdown Or Triceps Kickback	: 3 X 15
High Plank Weighted Shoulder Taps	: 2 X 20

Upon Finishing The Workout Plan, You Should Max Out (3 Rep Is Recommended) *Use Calculator To Determine 1RM* And Go Back Through The Plan In Full With Updated Numbers!

CALCULATE HERE



CONTACT US

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WINTER FIELD/INDOOR D1 SPEED & CONDITIONING WORKOUT PLAN

By: Isaac Hadac



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RECOMMENDED USE

RECOMMENDED SPLIT

WEEK 1	DAY 1 - DAY 3
WEEK 2	DAY 4 - DAY 7
WEEK 3	DAY 8 - DAY 9
WEEK 4	DAY 10 - DAY 12
WEEK 5	3 ACTIVE RECOVERY DAYS



When it comes to Field Work always listen to your body. Push yourself, but be cautious of muscle pulls if you are sore (especially in the legs). If you are feeling very sore push Field Work to the next day!

DAY 1: LINEAR SPEED CONDITIONING

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke

WORKOUT:

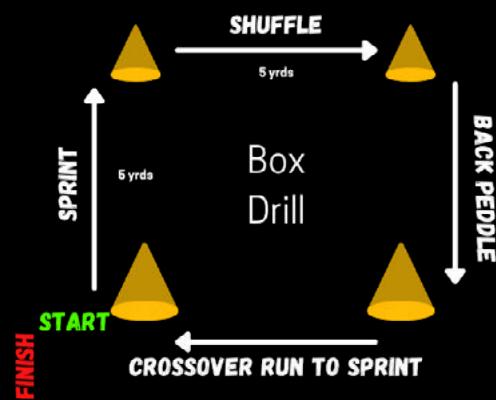
High Knees To Sprint	: 4 Reps
Butt Kicks To Sprint	: 4 Reps
Toy Soldiers To Sprint	: 4 Reps

(10 Yards For Movement, 20 Yards For Sprint)

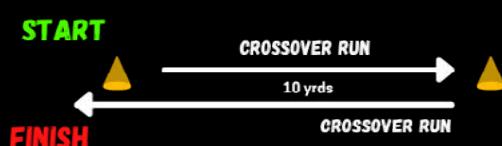
1 Minute Rest Between Each

50 Yard Striders (90%)	: 4 Reps
80 Yard Build-Ups (To 100% Sprint)	: 3 Reps
Push-Up Sprints (15 Yards)	: 4 Reps (2 Each Leg)

Full Body Static Stretch: 5-10 Mins



Crossover Run
to Crossover Run



DAY 2: LATERAL SPEED

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT:

Crossover Run (Shoulders Square)	: 6 Reps Each Way
Shuffle To Shuffle (Shuffle 10 Yards, Shuffle Back 10)	: 4 Reps Each Way
Lateral Skaters With Vertical Hop	: 3 Sets X 10 Reps
Box Drill	: 4 Reps Each Way

Full Body Static Stretch: 5-10 Mins



DAY 3: CONDITIONING

DYNAMIC WARM UP (10 YARDS EACH):

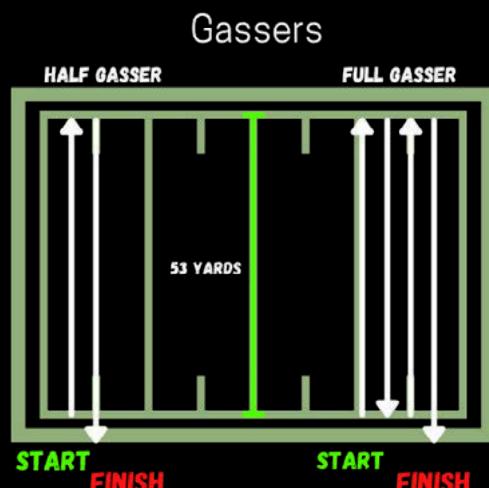
- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT:

1 Minute Rest Between Each

100 Yard Striders (90%)	: 3 Reps
Full Gasser	: 3 Reps
Half Gasser (Faster Tempo)	: 4 Reps

Full Body Static Stretch: 5-10 Mins



DAY 3: SPEED LADDER/FOOTWORK

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT (TECHNICAL/BASIC):

One In Each	: 4 Reps
Two In Each	: 4 Reps Each Lead Foot
Three In Each	: 4 Reps
Icky Shuffle	: 4 Reps
In And Out	: 2 Each Way
Scissors	: 2 Each Way

Finish:

Lateral Line Hops	: 1 Minute
Front To Back Line Hops	: 1 Minute

Full Body Static Stretch: 5-10 Mins



DAY 4: SPEED CONDITIONING

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT:

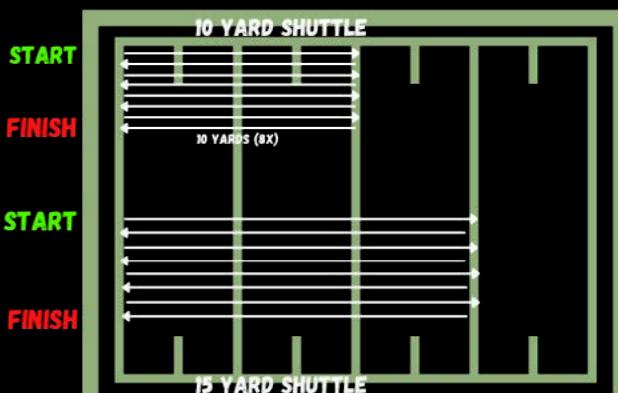
1 Minute Rest Between Each

10 Yard Get Off's (From Positional Stance - 100%)	: 4 Reps
15 Yard Shuttle	: One Set - 15 Yards Down And Back 10x
10 Yard Shuttle	: One Set - 10 Yards Down And Back 8x
Extra Hamstring Stretches	: At Least 3 Sets

Full Body Static Stretch: 5-10 Mins



Speed Conditioning Shuttles



**STAY IN STRAIGHT LINE (EX: STAY ON HASHES/NUMBERS)





DAY 5: CHANGE OF DIRECTION

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT: OFFENSIVE PLAYERS (READ THE PURPLE TEXT)

45 Degree Drop To Vertical Break
 Crossover Run To Stop And Sprint
 Juke Drill

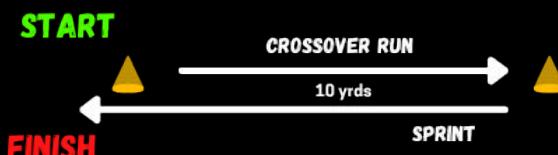
Full Body Static Stretch: 5-10 Mins

45° Drop/Sprint
to Vertical Break

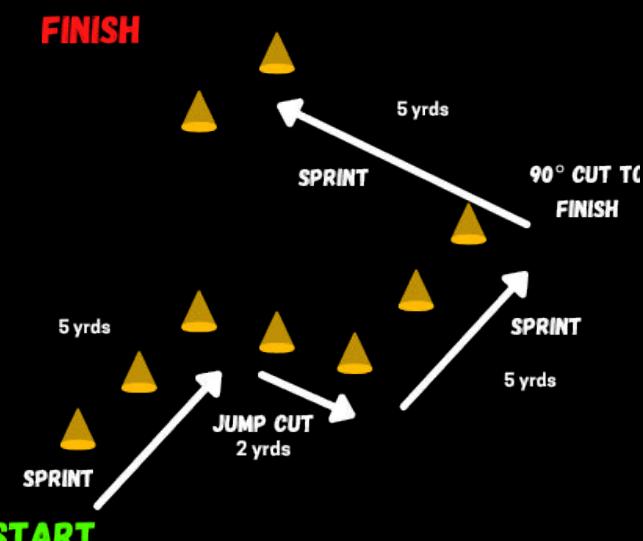


Offensive players do these sprinting forward (sprint to 45 degree speed break) - get release at start

Crossover Run to Sprint



Juke Drill



DAY 6: HIPS

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

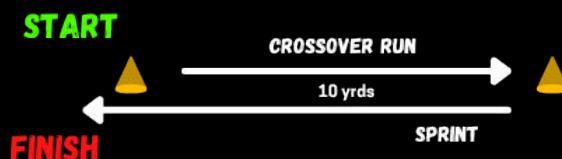


WORKOUT: OFFENSIVE PLAYERS READ THE PURPLE TEXT

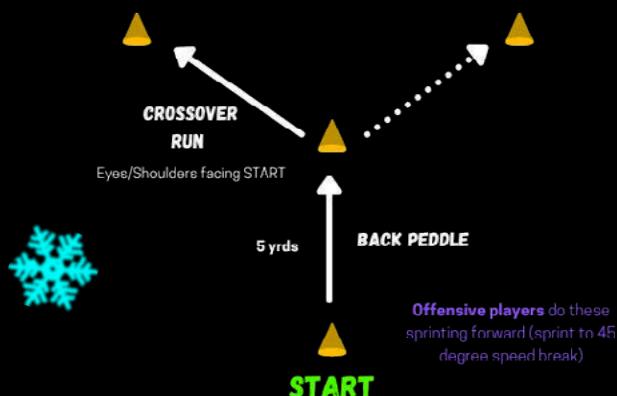
45 Degree Drop Flip	: 4 Reps
90 Degree Drop Flip	: 4 Reps
180 Degree Drop Flip	: 4 Sets
Back Peddle/Sprint (15 Yards) To Vertical Break	: 4 Sets
Crossover Run To Crossover Run Opp. Way	: 3 Reps Each Way

Full Body Static Stretch: 5-10 Mins

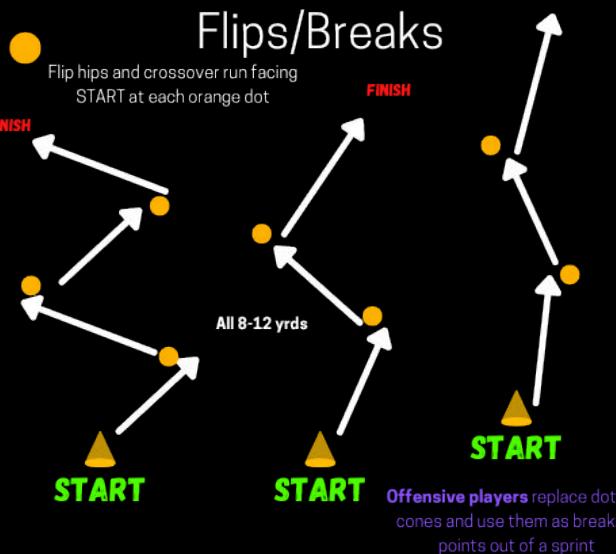
Crossover Run to Sprint



Back Peddle/Sprint to 45° Break



45°, 90°, 180° Drop





DAY 7: HILL SPRINTS

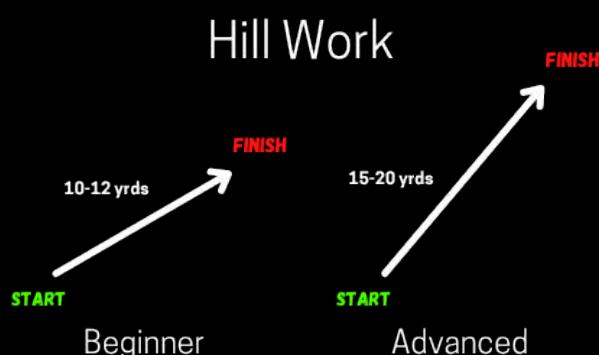
DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT (ALL DONE UP A HILL)

Straight Up Sprint	: 5 Reps
Stride Up Hill	: 4 Reps
Broad Jump Up Hill	: 4 Reps
Single Leg Jumps With Knee Pull	: 2 Reps Each Leg
Side Shuffle Up Hill To Sprint	: 4 Reps Each Leg
Straight Up Sprint	: 2 Reps

Full Body Static Stretch: 5-10 Mins



DAY 8: LINEAR SPEED

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT (ALL DONE UP A HILL)

10 Yard Get Offs (Out Of 40 Stance)	: 5 Reps
100 Yard Striders (85%)	: 4 Reps
80 Yard Sprints At (90%)	: 4 Reps
60 Yard Sprints At (95%)	: 4 Reps
40 Yard Dash At (100%)	: 4 Reps
100 Yard Striders (75%)	: 2 Reps

Full Body Static Stretch: 5-10 Mins

DAY 9: SPEED LADDER ADVANCED

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT

Icky Shuffle	: 3 Reps
In-Out Slide	: 3 Reps Each Way
Front Foot Weave	: 4 Reps
2 Feet In-Out	: 4 Reps
Front Hip Twists	: 3 Reps Each Leg
Rear Hip Twists	: 3 Reps Each Leg

Full Body Static Stretch: 5-10 Mins



DAY 10: GET OFF'S

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT

Push-Up Starts	: 5 Reps
One Knee Down Lateral Get Off's	: 3 Reps Each
40 Stance Get Off	: 4 Reps
Split Stance Get Off	: 4 Reps Each
Positional Stance Get Off	: 4 Reps Each (8 Total If Stance Doesn't Differ)
10 Yard Shuttle	: 4 Reps, 3 Sets (Choose Any Stance)

Full Body Static Stretch: 5-10 Mins

10 Yard Shuttle Directions

- ✓ Sprint (10 Yards)
Touch Line
- ✓ Sprint Back (10 Yards)
Touch Line
- ✓ Sprint (10 Yards)
Touch Line
- ✓ Sprint Back (10 Yards)



DAY 11: PRO DAY

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

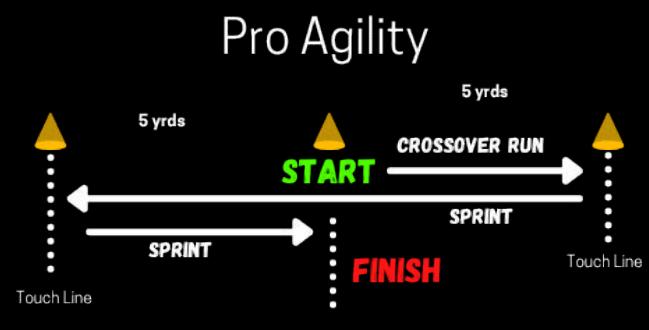
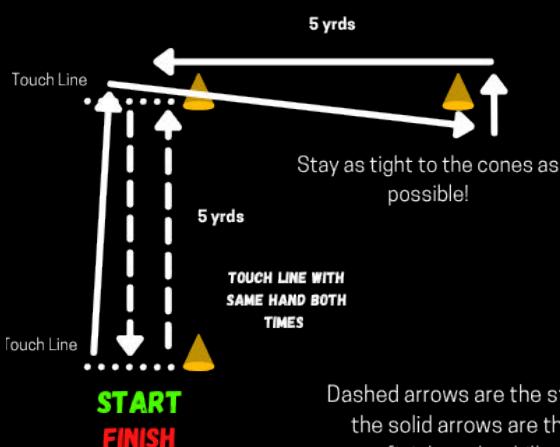


WORKOUT

Pro Agility	: 5 Reps Each Way
L-Drill	: 5 Reps Each Way
Broad Jumps	: 5 Reps
Continuous Broad Jumps (5 Jumps)	: 4 Reps
Vertical Jumps	: 8 Reps
Continuous Vertical Jumps (10 Jumps)	: 4 Reps

Full Body Static Stretch: 5-10 Mins

3 Cone Drill (L Drill)



DAY 12: HURDLE WORK

DYNAMIC WARM UP (10 YARDS EACH):

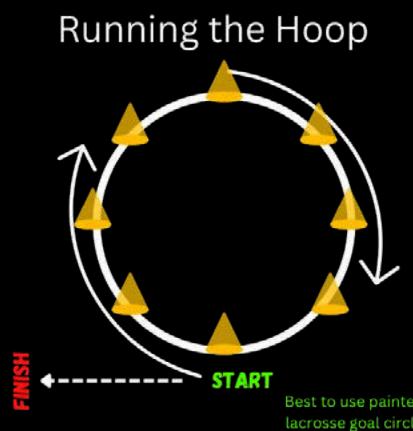
- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges



WORKOUT

1 Foot In Sprint Through	: 3 Reps
2 Feet In	: 2 Reps Each Lead Foot
Lateral Shuffles	: 4 Reps
Forward-Back Weaves (Sprint To Back Peddle)	: 2 Reps Each Way
Laterals	: 3 Reps Each Way
Lateral Retraces	: 3 Each Way
Hip Flips/Tight Sprint Throughs (Fast Feet)	: 4 Reps

Full Body Static Stretch: 5-10 Mins



DAY 13: ABSTRACT SPEED

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges



WORKOUT

Seated Ankle Rotations For Mobility	: 3 X 15 Each
Lateral Line Hops	: 3 X 20 Each
Forward + Back Line Hops	: 4 X 20 Each
Hoop Jog/March	: 3 Reps, 4x Around Each
¾ Speed Hoop Run	: 3 Reps, 3x Around Each
Full Hoop Sprints	: 5 Reps, 2x Around Each
Weaving Sprints	- Finish With A 10 Yard Sprint : 4 Reps Each Way

Full Body Static Stretch: 5-10 Mins



DAY 14: ADVANCED HILL SPEED

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT

Backpeddle	: 4 Reps (60% - Nice And Easy)
Hill Sprints	: 4 Reps (75%)
Lateral Shuffle Up Hill	: 3 Each Way
Back Peddle Up Hill	: 4 Reps - Full Go
Lateral Shuffle To Sprint Up Hill	: 3 Reps Each
Back Peddle To Sprint Up Hill	: 2 Reps Each
Full Sprint	: 4 Reps

Full Body Static Stretch: 5-10 Mins



Hill Work





DAY 15: TREADMILL SPRINTS (INDOOR SUB #1)

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT

Jogging Warmup : 2 Minutes – Medium Speed, Slight Incline
Rest For 30 Seconds

Incline Interval Treadmill Sprints

- ✓ 8 Second Sprint – Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds
- ✓ 8 Second Sprint- Max Speed, Max Incline Off – For 30 Seconds

Cool Down : 1 Minute Jog – Slow Speed, No Incline Off

Full Body Static Stretch: 5-10 Mins





DAY 16: STATIONARY BIKE SRPINTS (INDOOR SUB #2)

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges

WORKOUT

Jogging Warmup : 2 Minutes - Medium Pace, Heavier Resistance
Rest For 30 Seconds

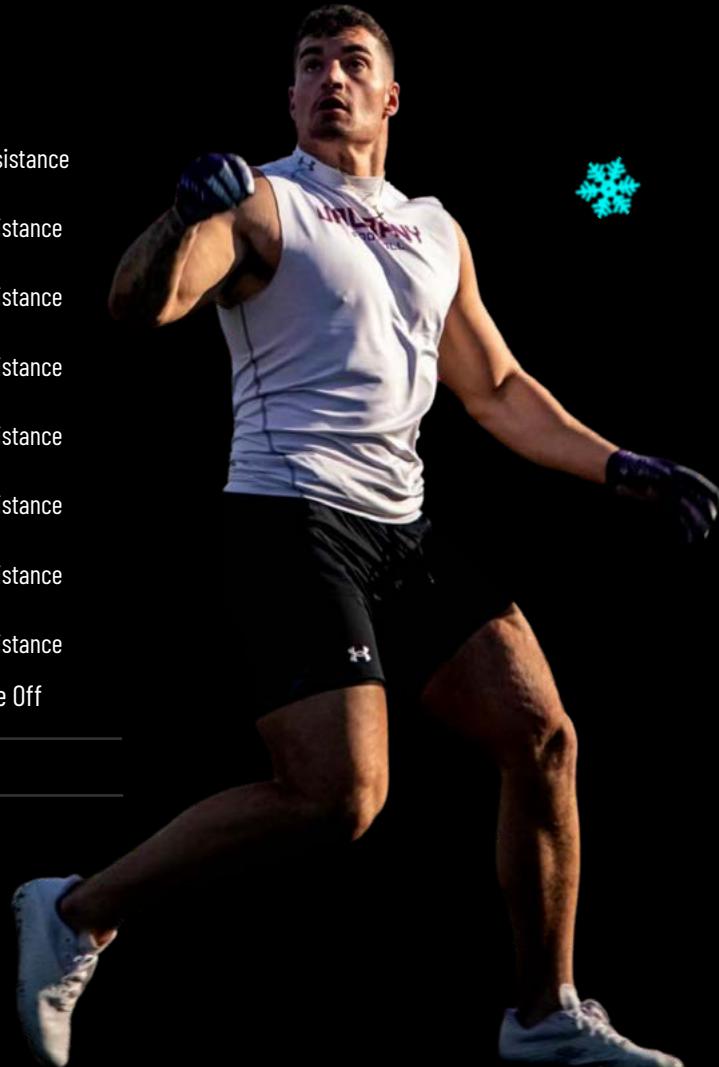
Stationary Bike Interval Sprints : 8 Reps

Stationary Bike Interval Sprints

- ✓ 15 Second Sprint - Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds
- ✓ 15 Second Sprint- Max Speed, Slight Resistance Off - For 30 Seconds

Cool Down : 2 Minutes - Low Speed, Low Resistance Off

Full Body Static Stretch: 5-10 Mins



DAY 17: PLYO HIIT WORKOUT (INDOOR SUB #3)

DYNAMIC WARM UP (10 YARDS EACH):

- ✓ High Knees
- ✓ Butt Kicks
- ✓ Side Shuffle
- ✓ Soldier Kicks
- ✓ Karaoke
- ✓ Shuffle Touch
- ✓ Spiderman Lunges



WORKOUT

Straight Leg Pogo Hops

: 3 Sets (30 Seconds Each)

Or 10 Yards Of Work - Max Effort)

Split Squat Alternating Lateral Jumps

: 4 Sets (30 Seconds Each Or 10

Yards Of Work - Max Effort)

Broad Jump - Vertical Jump + 180° Spin

: 5 Reps, 3 Sets

- Broad Jump - Vertical Jump + 180° Spin

: 10 Reps, 3 Sets

Continuous Max Vertical Jumps

: 10 Reps, 3 Sets

Continuous Max Squat Jumps

: 6 Reps, 3 Sets

Continuous Max Split Stance Jumps

: 3 X 10

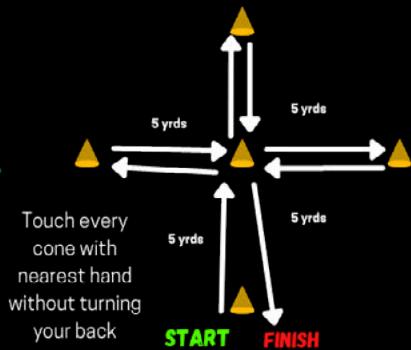
Explosive Push-Ups Or Assisted Explosive Push-Ups

Full Body Static Stretch: 5-10 Mins

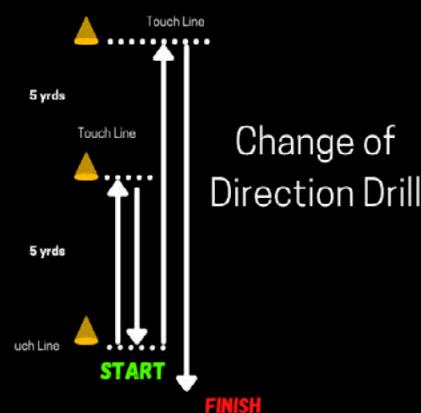
EXTRA DRILLS



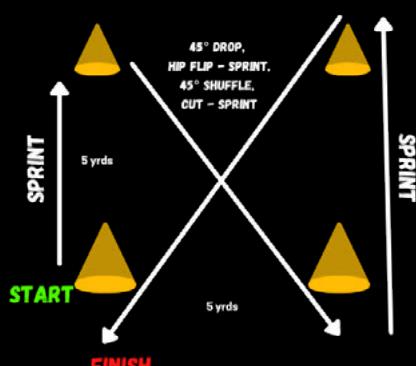
Star Drill



Change of Direction Drill



Advanced, Option Box Drill



**RESTART PROGRAM
ONCE COMPLETED**



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5starfootballpackage.com/overview

MD MUSCLE DUMMIES



D1 WINTER FOOTBALL NUTRITION PLAN

By: Isaac Hadac



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Pre/Post Game/Workout Fuel	03
HOW TO STRUCTURE YOUR PLATE	03
CHOOSE A SIDE BASED ON YOUR GOALS	04-07
• Breakfast:	
• Snacks:	
• Lunch/Dinner:	





NUTRITION IS WHAT DIFFERENTIATES BETWEEN AN AVERAGE ATHLETE AND A GREAT ATHLETE!!

When Fueling For Pre/Post Game, It Is Best To Stay Consistent With Meals - Stick With Foods You Are Used To Avoid Upset Stomach!

PRE-GAME FUEL

1-2 Hours Prior

- Eggs, Oatmeal/Bagel/Toast, Fruit
- Breakfast Sandwich: Bagel, Eggs, Bacon
- Sandwich: Turkey/Chicken, Fruit, Rice/Pasta

POST-GAME FUEL

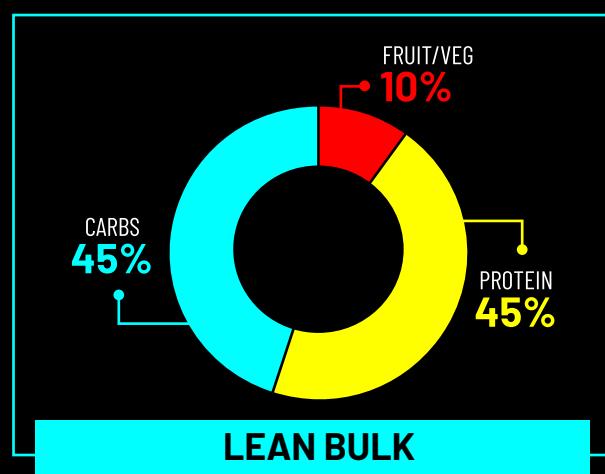
30 Minutes Following

- Protein Shake
- Fruit
- Gatorade/Water
- Peanut Butter & Jelly, Sandwich

HOW TO STRUCTURE YOUR

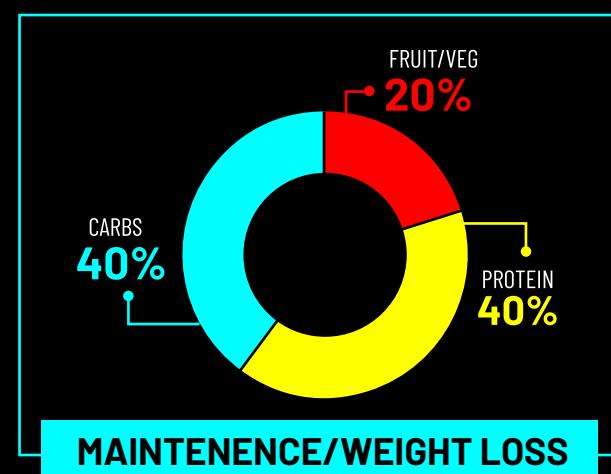
Trying To Put On Some Mass?

Make Sure Your Plate Looks Like This!



Trying To Maintain Weight?

Make Sure Your Plate Looks Like This!



Trying To Lose Weight?

Use The **Maintenance Plate** Setup And Work Extra Hard In The Gym And On The Field!



CHOOSE A SIDE BASED ON YOUR GOALS

If Its Not Bold, It Is Optional/Extra!

BREAKFAST:

OATMEAL: MICROWAVE 1 MIN 30 SECONDS – 2 MINS

Lean Bulk

- Oats/Kodiak/Quaker (2 Cups)
- Water (2 Cups)- Milk (To Consistency)
- Whey Protein (1 Scoop/Optional)
- Peanut Butter (2 Tbsp)
- Honey Or Maple Syrup (2 Tbsp)
- Fruit
- Toast/Bagel/English Muffin
- Eggs (2 Whole)

Maintain

- Oats /Kodiak/Quaker (1 Cup)
- Water (1½ Cup)- Milk (To Consistency)
- Whey Protein (1 Scoop/Optional)
- Fruit
- Toast/Bagel/English Muffin
- Eggs (2 Whole)

BREAKFAST SANDWICHES

Lean Bulk

- Bagel (1 Whole)
- Eggs (4 Whole)
- Bacon/Sausage (Turkey)
- Cheese
- Hash Brown
- Fruit
- Protein Shake

Maintain

- English Muffin/Bread (1 Whole)
- Eggs (2 Whole)
- Bacon/Sausage (Turkey)
- Cheese
- Fruit
- Protein Shake



CEREAL

Lean Bulk

- Cereal (2 Cups)
- Toast/Bagel/English Muffin
- Peanut Butter/Jelly/Cream Cheese
- Fruit

Maintain

- Cereal (1 Cup)
- Toast/Bagel/English Muffin
- Peanut Butter/Jelly/Cream Cheese
- Fruit

EGGS/TOAST

Lean Bulk

- Eggs (4 Whole)
- Toast/Bagel/English Muffin
- Pb/Jelly/ Cream Cheese
- Fruit

Maintain

- Eggs (2 Whole)
- Toast/Bagel/English Muffin
- Pb/Jelly/ Cream Cheese
- Fruit

BREAKFAST BURRITO

Lean Bulk

- Tortilla (1 Whole)
- Eggs (4 Whole)
- Bacon/Sausage (Turkey)
- Cream Cheeses
- Hash Browns
- Salsa, Hot Sauce, Avocado
- Fruit
- Protein Shake

Maintain

- Tortilla (1 Whole)
- Eggs (2 Whole)
- Bacon/Sausage (Turkey)
- Cream Cheeses
- Salsa, Hot Sauce, Avocado
- Fruit
- Protein Shake

SNACKS:

- ✓ Protein Shake (1 Scoop) W/ Fruit
- ✓ Protein/Granola Bar W/ Fruit
- ✓ Peanut Butter & Jelly
- ✓ Greek Yogurt W/ Granola
- ✓ 3 Hard Boiled Eggs W/ Hot Sauce

- ✓ Deli Sandwich (Turkey, Chicken, Roast Beef)
- ✓ Chocolate Milk
- ✓ Turkey Roll Ups
- ✓ Protein Chips (Quest)



LUNCH/DINNER:

BASIC DINNER

Lean Bulk

- Protein: Chicken Breast/Thighs, Cut Turkey, Steak, Pork, Ground Beef/Turkey (2 Cups), Sliced Ham
- Carb: Potatoes (Served Any Way), Rice, Pasta
- Veggies/Fruit: At Least 1 Cup Of Your Choice

Maintain

- Protein: Chicken Breast/Thighs, Cut Turkey, Steak, Pork, Ground Beef/Turkey (2 Cups), Sliced Ham
- Carb: Potatoes (Served Any Way), Rice, Pasta
- Veggies/Fruit: At Least 1 Cup Of Your Choice

BURRITO/TACOS

Lean Bulk

- Protein: Ground Turkey, Chicken Breast/Thighs, Ground Beef (80/20), Or Steak (2 Cups)
- Carbs: 2 Tortillas Or 3 Taco Shells, 2 Cups Rice (White/Brown)
- Veggies: Lettuce, Onions, Peppers, Mushrooms, Etc.
- Black/Brown Beans: (1/4 Cup)
- Extras: Salsa, Hot Sauce, Pico De Gallo, Sour Cream, Guacamole

Maintain

- Protein: Ground Turkey, Chicken Breast/Thighs, Ground Beef (80/20), Or Steak (2 Cups)
- Carbs: 1 Tortilla Or 2 Taco Shells, 1-1.5 Cups Rice (White/Brown)
- Veggies: Lettuce, Onions, Peppers, Mushrooms, Etc.
- Black/Brown Beans: (1/4 Cup)
- Extras: Salsa, Hot Sauce, Pico De Gallo, Sour Cream, Guacamole

SANDWICHES

Lean Bulk

- Bread (2 Sandwiches)
- Protein: Turkey, Roast Beef, Chicken, Pb&J
- Cream Cheese
- Chips/Pretzels
- Fruit
- Protein Shake

Maintain

- Bread (1 Sandwich)
- Protein: Turkey, Roast Beef, Chicken, Pb&J
- Cream Cheese
- Chips/Pretzels
- Fruit
- Protein Shake



POWER BOWL

Lean Bulk

- Rice: White Or Brown (2 Cups)
- Protein: Ground Turkey, Chicken Breast/Thighs, Ground Beef (80/20), Or Steak (2 Cups)
- Veggies: Lettuce, Onions, Peppers, Mushrooms, Etc.
- Black/Brown Beans: (1/4 Cup)
- Extras: Salsa, Hot Sauce, Pico De Gallo, Sour Cream, Guacamole

Maintain

- Rice: White Or Brown (1 Cup)
- Protein: Ground Turkey, Chicken Breast/Thighs, Ground Beef (80/20), Or Steak (1 Cup)
- Veggies: Lettuce, Onions, Peppers, Mushrooms, Etc.
- Black/Brown Beans: (1/4 Cup)
- Extras: Salsa, Hot Sauce, Pico De Gallo, Sour Cream, Guacamole

PASTA

Lean Bulk

- Protein Pasta (2 Cups)
- Protein: Meatballs, Chicken, Ground Turkey, Or Ground Beef (1 Cup)
- Marinara
- Cream Cheese

Maintain

- Protein Pasta (1 Cup)
- Protein: Meatballs, Chicken, Ground Turkey, Or Ground Beef (1 Cup)
- Marinara
- Cream Cheese



Follow The Recipes As Best You Can. If Your
Parents Cook And It's Not Perfect, That's OK!
Just Follow As Much As You Can!



CONTACT US

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www.5starfootballpackage.com

MD MUSCLE DUMMIES



WINTER TRAINING SPORTS SCHEDULE

By: Isaac Hadac



WINTER TRAINING SPORTS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS	SATURDAY	SUNDAY
6:00 am	Gym- Day 3	6:30 Wake up Snack	Sleep	Sleep			
7:00 am	7:30 Post Workout Meal	Quick Stretch Breakfast	Quick Stretch Breakfast	Quick Stretch Breakfast	Quick Stretch Breakfast	Sleep	Sleep
8:00 am	Report to School	Sleep	Sleep				
9:00 am	Class	Class	Class	Class	Class	Gym-Day 1	Sleep
10:00 am	Class	Class	Class	Class	Class	Big Breakfast	Gym-Day 2
11:00 am	Lunch Meal #2	Chill / Practice	Big Breakfast				
12:00 am	Class	Class	Class	Class	Class	Chill / Practice	Homework
1:00 pm	Class	Class	Class	Class	Class	Chill / Practice	Homework
2:00 pm	Pre Practice Snack	Pre Practice Snack	Pre Practice Snack	Pre Practice Snack	Snack	Lunch Meal #2	Lunch Meal #2
3:00 pm	Practice	Practice	Practice	Practice	Practice	Chill / Practice	Homework
4:00 pm	Practice						
5:00 pm	Practice						
6:00 pm	Practice	Practice	Practice	Practice	Practice	Dinner Meal #3	Dinner Meal #3
7:00 pm	Dinner Meal #3 Homework	Dinner Meal #3 Homework	Gym-Day 4	Dinner Meal #3 Homework	Gym-Day 5	Chill	Chill
8:00 pm	Chill	Chill	Dinner Meal #3 Homework	Chill	Dinner Meal #3 Homework	Snack	Snack
9:00 pm	Snack & Wind Down	Chill	Chill				
10:00 pm	10 PM Sleep	10 PM Sleep	10 PM Sleep	10 PM Sleep	11 PM Sleep	Bed No later Than 11 PM	Bed No later Than 11 PM

Perform Winter Conditioning/Drills when you feel up for it or have extra time. You should stay in relatively good condition from your sport practices! 2 Conditioning days/week MAX!



MD MUSCLE DUMMIES



WINTER TRAINING NON-SPORTS SCHEDULE

By: Isaac Hadac

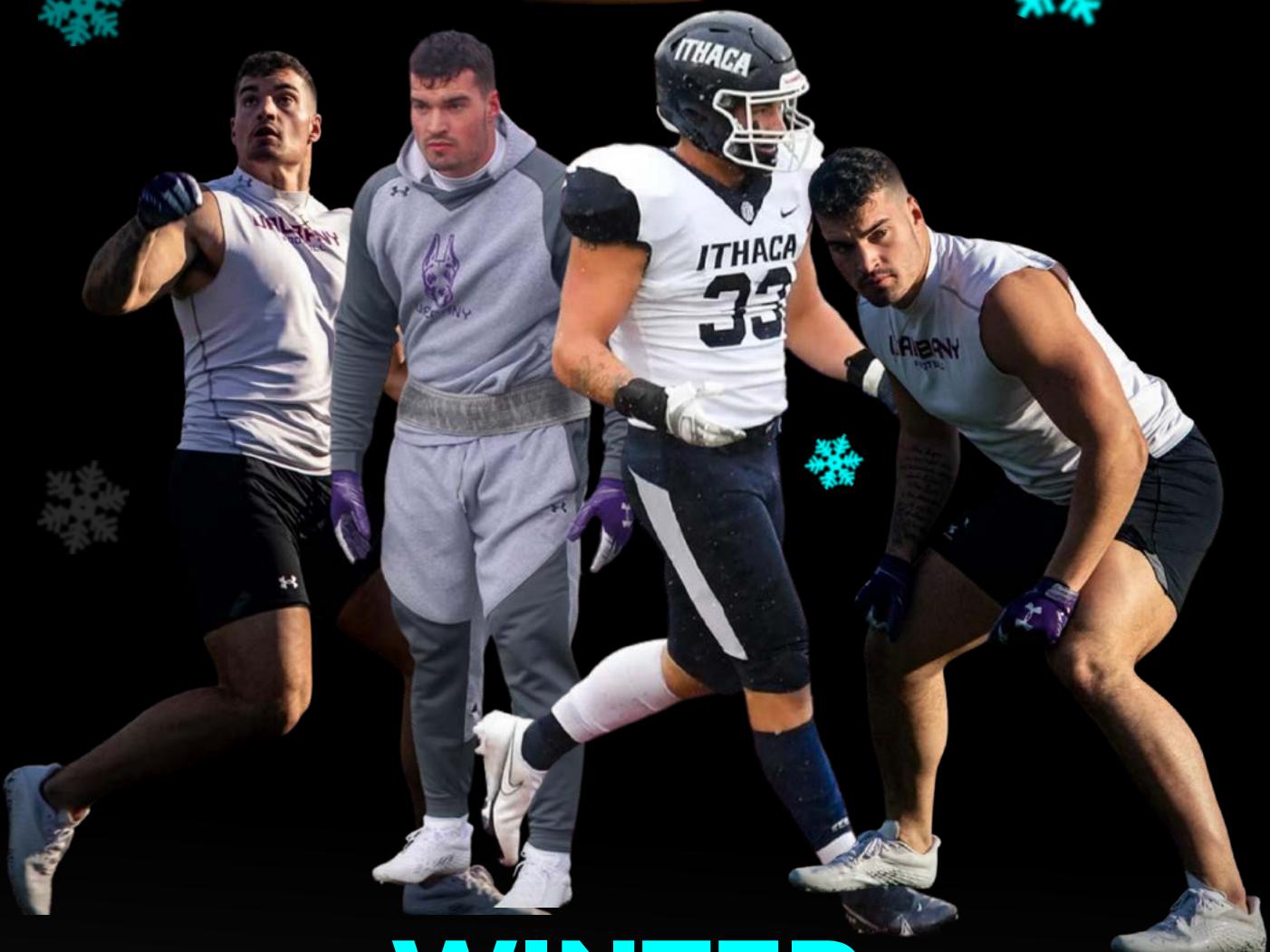


WINTER TRAINING NON-SPORTS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS	SATURDAY	SUNDAY
6:00 am	Gym- Day 3	6:30 Wake up Snack	Sleep	Sleep			
7:00 am	7:30 Post Workout Meal	Quick Stretch Breakfast	Quick Stretch Breakfast	Quick Stretch Breakfast	Quick Stretch Breakfast	Sleep	Sleep
8:00 am	Report to School	Report to School	Report to School	Report to School	Report to School	Sleep	Sleep
9:00 am	Class	Class	Class	Class	Class	Gym-Day 2	Sleep
10:00 am	Class	Class	Class	Class	Class	Big Breakfast	Big Breakfast
11:00 am	Lunch Meal #2	Lunch Meal #2	Lunch Meal #2	Lunch Meal #2	Lunch Meal #2	Chill	Homework
12:00 am	Class	Class	Class	Class	Class	Chill	Homework
1:00 pm	Class	Class	Class	Class	Class	Chill	Homework
2:00 pm	Class	Class	Class	Class	Class	Lunch Meal #2	Lunch Meal #2
3:00 pm	Condo-Day 1	Gym-Day 4	Gym-Day 5	Homework	Gym-Day 1	Condo-Day 3	Chill
4:00 pm	Homework	Post Workout Snack	Post Workout Snack	Homework	Post Workout Snack	Chill	Chill
5:00 pm	Homework	Chill	Condo-Day 2	Chill	Chill	Chill	Chill
6:00 pm	Chill	Homework	Chill	Chill	Chill	Dinner Meal #3	Stretch
7:00 pm	Dinner Meal #3	Dinner Meal #3	Dinner Meal #3	Dinner Meal #3	Dinner Meal #3	Chill	Chill
8:00 pm	Chill	Chill	Chill	Chill	Chill	Snack	Snack
9:00 pm	Snack & Wind Down	Snack & Wind Down	Snack & Wind Down	Snack & Wind Down	Snack & Wind Down	Chill	Chill
10:00 pm	10 PM Sleep	10 PM Sleep	10 PM Sleep	10 PM Sleep	11 PM Sleep	Bed No later Than 11 PM	Bed No later Than 11 PM

Follow Schedule to the best of your ability!

MD MUSCLE DUMMIES



WINTER TRAINING MOBILITY/INJURY GUIDES

By: Isaac Hadac



WINTER TRAINING MOBILITY/INJURY GUIDES

✓ DAILY MOBILITY	Click Here
✓ DAILY HIP MOBILITY	Click Here
✓ DAILY SHOULDER MOBILITY	Click Here
✓ LOWER BACK PAIN	Click Here
✓ SHOULDER PAIN	Click Here
✓ KNEE PAIN	Click Here
✓ SHIN SPLINTS	Click Here
✓ ANKLE PAIN	Click Here
✓ HIP FLEXOR PAIN	Click Here



MD MUSCLE DUMMIES



EMAIL/TWITTER RECRUITING TEMPLATES

By: Isaac Hadac



HIGH SCHOOL FOOTBALL RECRUIT EMAIL/TWITTER TEMPLATE

Email/Twitter DM template used for copy & pasting. Be sure to fill in correct information in designated areas to assure you don't give coaches the idea that you are mass emailing! Emails are based off tactics that have worked for one of our founders in the past. The best way to get recruited is to put yourself out there - make sure to double check the information is correct before sending to a coach!

EMAIL/TWITTER

Good afternoon Coach (Last Name),

My name is (YOUR NAME FIRST, LAST). I am a (HT[''] WGHT[lb]) (YEAR IN SCHOOL), (POSITION) and I know I would be a great addition to your team at (COLLEGE/UNIVERSITY). You will be excited to see my film, because I (SOMETHING ABOUT YOU - EX I play with a high motor and am a relentless finisher). When I am not working on my craft either in the weight room or on the field, I am studying hard and getting my school work done! I maintain a (GPA *and am a ANY HONORS*). I cannot wait to hear back from you and go (MASCOT)!

(Film/hudl link)

You can reach me at

(Phone: #)

(Twitter: @)

Best,

(Your first name)



Mass emailing/twitter messaging is the easiest/most efficient way to get your name out there, but your film will speak for itself. Make sure your film is no longer than 3 minutes - coaches will not watch the whole thing. Keep it short, highlight yourself, and put your most athletic plays up front!*





TWITTER PROFILE SETUP



A screenshot of a Twitter profile for Isaac Hadac. The profile picture shows a group of football players in blue uniforms. The header image is a collage of football-related photos. The bio includes: GHS '19 | 6'2 225 | LB/FB | 4.0 GPA | Binghamton, NY | 607-2##-23## | All Conference | Honor Society. The location is listed as NY, and the bio includes a Hudl link. The profile has 153 Following and 375 Followers. Navigation tabs at the bottom include Tweets, Tweets & replies, Media, and Likes.



INCLUDE ALL INFO

Your @ Must be your name! EX: @isaachadac

DMS Must be open!

Headshot profile picture or close up football picture + athletic header

- HS Name and Grad Year (HHS '23)
- Height and Weight (6'225)
- City, State
- Position(s)
- GPA (IF 3.2+)
- (607)2##-23##

*Academic/Football honors if you have them.

(Film/Hudl Highlights Link)

THANKS FOR READING

I hope you found this Ebook valuable and got much better as a FB player! I would appreciate your feedback more than you could imagine! Click the link below to fill out a quick Survey...

FILL OUT THE SURVEY HERE

BE ON THE LOOKOUT FOR

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“Spring Ball” Edition!
Edition! Releasing February 2023!



CONTACT US

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