

1 MONTH FOOTBALL WORKOUT

**IF RESOURCES LIMIT YOU, REFER TO CUSTOMIZABLE WORKOUT PLAN FOR WORKOUT SUBSTITUTIONS*
%S BASED LOOSELY ON 1 REP MAXES*

UPPER BODY I – 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 (FROM PINS): 4, 4, 4, 3 (50%, 55%, 60%, 62.5%)

WRIST ROCKS: 3 X 15 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 4 (10 SEC HOLD)

BARBELL BENCH (PAUSE 1 SEC BOTTOM + TOP): 6, 6, 5, 5, 5 (50%, 52.5%, 55%, 60%, 62.5%)

PULL-UPS: 3 X 8-12

BAND/STICK PASS THROUGH: 3 X 8

SINGLE ARM ECCENTRIC LANDMINE PRESS: 3 X 6 EA. (3 SEC ECCENTRIC)

SINGLE ARM DB ROW: 3 X 8 EA

BAND RESISTED PUSH-UP: 3 X 10-15

POST WORK:

- DEADHANG: 1 X 45 SECONDS
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DOORWAY PEC STRETCH: 1 MINUTE

LOWER BODY I – DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 1 X 30 SEC - SINGLE LEG HIP BRIDGE: 1 X 30 SEC EACH

DUMBBELL DIP- JUMP – STICK: 4 X 5

BAND ASSISTED VERTICAL JUMP: 3 X 10

SQUAT ROCKS W/ PLATE: 2 X 45 SEC

HEX BAR DEADLIFT: 8, 6, 6, 5, 5 (WU, 60%, 65%, 65%, 70%)

LYING STRAIGHT LEG SIDE RAISES: 2 X 12-18

SIDE PLANK: 3 X 20 SEC

MAX VERTICAL JUMP: 3 X 5

RDL: 3 X 8

LYING HAMSTRING HEAL SLIDES: 3 X 10

POST WORK:

- ATG SQUAT HOLD: 1 X 60 SEC
- PIGEON STRETCH: 1 X 60 SEC EACH

1 MONTH FOOTBALL WORKOUT

UPPER BODY I – 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 EACH

HANG CLEAN: 5, 5, 5, 3 (50%, 55%, 60%, 62.5%)

WRIST ROCKS: 3 X 15 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 4 (10 SEC HOLD)

BOR FROM THE GROUND: 6, 6, 5, 5, 5, 10

WEIGHTED PULL-UPS: 3 X 6-8

FACE PULLS: 3 X 15

KNEELING LANDMINE PRESS: 4 X 5

KETTLEBELL OR DB SNATCH: 3 X 5 EACH

BARBELL SHRUGS: 3 X 10-15

POST WORK:

- BENT OVER "W" HOLD: 1 X 45 SEC
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DEADHANG: 1 MINUTE

LOWER BODY I – DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 1 X 30 SEC - SINGLE LEG HIP BRIDGE: 1 X 30 SEC EACH

FRONT SQUAT: 8, 6, 6, 5, 5 (WU, 62.5%, 65%, 70% X 2)

BAND ASSISTED VERTICAL JUMP: 3 X 8

SPIDERMAN LUNGE: 2 X 30 SEC

BARBELL HIP THRUST: 8, 6, 6, 5, 5 (PAUSE AT THE TOP)

SPLIT SQUAT WALL MED BALL SIDE TOSS: 3 X 12-15 EA

BEAR PLANK: 2 X 45 SEC

2 DUMBBELL DEADLIFT TO BROAD JUMP: 3X1 – 6 SETS

SEATED VERTICAL JUMP: 2 X 5

LYING HAMSTRING HEAL SLIDES: 3 X 8 (PAUSE AT THE TOP)

POST WORK:

- ATG SQUAT HOLD: 1 X 60 SEC
- RFE LUNGE HOLD W/ A TWIST: 3 X 4 (4 SEC EACH) – FOOT ON BENCH, KNEE ON GROUND

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EXTRA 1 – DAY 5: ARMS + CORE

CARDIO: 10 MINS
DYNAMIC STRETCH

BAND WALKS: 2 SETS, 20 STEPS EACH

- FORWARD
- BACKWARD
- LATERAL: BOTH WAYS

PLANK SERIES: 2 X 30 SEC EACH

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: 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:

- WALL OR PARTNER LEANING NECK PENDULUM: 20 SEC EACH
- HIGH PLANK: 1 X 45 SEC

HANG CLEAN (FROM PINS): 4, 4, 3, 3 (55%, 60%, 62.5%, 67.5%)

WRIST ROCKS: 3 X 15 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 4 (10 SEC HOLD)

BARBELL BENCH (PAUSE 1 SEC AT TOP): 8, 6, 5, 5, 5 (WU, 55%, 60%, 65%, 67.5%)

PULL-UPS NEUTRAL GRIP: 3 X 10

BAND/STICK PASSTHROUGH: 3 X 8

SINGLE ARM ECCENTRIC LANDMINE PRESS: 3 X 8 EA. (3 SEC ECCENTRIC)

SINGLE ARM DB ROW: 3 X 5 EACH

BAND RESISTED PUSH-UP: 3 X 8-10

POST WORK:

- DEADHANG: 1 X 45 SECONDS
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DOORWAY PEC STRETCH: 1 MINUTE

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LOWER BODY 2 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 1 X 30 SEC - SINGLE LEG HIP BRIDGE: 1 X 30 SEC EACH

HEX BAR DIP - JUMP - STICK: 4 X 5 (25%) - LAND SOFTLY

BAND ASSISTED VERTICAL JUMP: 4 X 5

SQUAT ROCKS W/ PLATE: 3 X 30 SEC

HEX BAR DEADLIFT: 8, 4, 4, 3, 3 (WU, 65%, 70%, 75%, 80%)

LYING MED BALL/FOAM ROLLER ADDUCTION SQUEEZE HOLD: 3 X 45 SEC

SIDE PLANK: 3 X 30 SEC - STARFISH PLANK LAST 10 SEC OF REP

MAX VERTICAL JUMP: 3 X 6

SINGLE LEG DUMBBELL RDL: 3 X 8

LYING HAMSTRING HEAL SLIDES: 3 X 12 - RAPID FIRE KEEP HIPS ELEVATED

POST WORK:

- ATG SQUAT HOLD: 1 X 60 SEC
- PIGEON STRETCH: 1 X 60 SEC EACH

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: 2 X 10 EA

HANG CLEAN: 5, 3, 3, 3 (WU, 55%, 65%, 70%)

WRIST ROCKS: 3 X 15 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 4 (10 SEC HOLD)

BOR FROM THE GROUND: 8, 8, 6, 6, 10

WEIGHTED PULL-UP ECCENTRICS: 3 X 6-8 - JUMP, 3 SEC ECCENTRIC

DUMBBELL REVERSE FLIES: 3 X 15

LANDMINE ROW SINGLE ARM: 4 X 5 EACH

WEIGHTED PUSH-UP: 3 X 8

BARBELL SHRUGS: 4 X 8

POST WORK:

- BENT OVER "W" HOLD: 1 X 45 SEC
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DEADHANG: 1 MINUTE

1 MONTH FOOTBALL WORKOUT

LOWER BODY 2 - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EA
- HIP BRIDGE: 2 X 30 SEC - SINGLE LEG HIP BRIDGE: 2 X 30 SEC EA

BACK SQUAT: 8, 6, 6, 5, 5 (WU, 62.5%, 70%, 75% X 2)

SKATER HOPS: 3 X 8 W/ A STICK + HOLD

SPIDERMAN LUNGE: 2 X 10

BARBELL HIP THRUST: 8, 8, 5, 5

SPLIT SQUAT WALL MED BALL SIDE TOSS: 3 X 10 EA

WEIGHTED BEAR PLANK: 2 X 30 SEC

HEX BAR DEADLIFT TO BROAD JUMP: 3X1 - 6 SETS (45%)

SEATED VERTICAL JUMP: 3 X 5

LUNGE HOLD: 3 X 20 SEC 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

CARDIO: 10 MINS

DYNAMIC STRETCH

BAND WALKS: 2 SETS, 20 STEPS EACH

- FORWARD
- BACKWARD
- LATERAL: BOTH WAYS

PLANK SERIES: 2 X 30 SEC EA

BARBELL CLEAN TO FRONT SQUAT TO PRESS: 3 X 8 (35%)

DUMBBELL REVERSE FLIES: 2 X 10

DUMBBELL FRONT RAISES: 2 X 10

DUMBBELL SIDE RAISES: 2 X 10

CABLE CURLS: 4 X 10

TRICEP WALL/BARBELL EXTENSIONS: 4 X 12-15

BICEP CHOICE: 3 X 10-15

TRICEP CHOICE: 3 X 10-15

1 MONTH FOOTBALL WORKOUT

UPPER BODY 3 - 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 (FROM PINS): 5, 3, 2, 2 (WU, 60%, 70%, 75%)

WRIST ROCKS: 3 X 10 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 3 (10 SEC HOLD)

BARBELL BENCH (3 SEC ECCENTRIC): 6, 6, 5, 5, 5 (50%, 52.5%, 55%, 60%, 62.5%)

PULL-UPS UNDERHAND: 3 X 10

BAND/STICK PASSTHROUGH: 2 X 10

HEX BAR Z-PRESS: 3 X 8.

SINGLE ARM SEATED CABLE ROW (TOWEL GRIP): 3 X 5 EACH

BAND ASSISTED PUSH-UP: 3 X 15-20

POST WORK:

- DEADHANG: 1 X 45 SECONDS
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DOORWAY PEC STRETCH: 1 MINUTE

LOWER BODY 3 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 1 X 30 SEC - SINGLE LEG HIP BRIDGE: 1 X 30 SEC EACH

HEX BAR DIP - JUMP - STICK: 5 X 4 (32.5%) - LAND SOFTLY

BAND ASSISTED VERTICAL JUMP: 4 X 10

SQUAT ROCKS W/ PLATE: 2 X 30 SEC

HEX BAR DEADLIFT: 8, 4, 4, 3, 3, 2 (WU, 70%, 75%, 80%, 82.5%, 87.5%)

LYING MED BALL/FOAM ROLLER ADDUCTION SQUEEZE HOLD: 3 X 45 SEC

MED BALL SLAM: 3 X 15

MAX VERTICAL JUMP SINGLE LEG: 3 X 5 EACH

SINGLE LEG DUMBBELL RDL: 3 X 5 EACH

LYING HAMSTRING HEAL SLIDES: 3 X 12 - RAPID FIRE KEEP HIPS ELEVATED

POST WORK:

- ATG SQUAT HOLD: 1 X 60 SEC
- PIGEON STRETCH: 1 X 60 SEC EACH

1 MONTH FOOTBALL WORKOUT

UPPER BODY 3 - DAY 3: PULL EMPHASIS

YOGA MOVEMENTS

CORE ACTIVATION:

- WALL OR PARTNER LEANING NECK PENDULUM: 20 SEC EACH
- HIGH PLANK W/ SINGLE ARM "Y" RAISE: 2 X 10 EACH

HANG CLEAN: 5, 5, 5, 5 (WU, 55%, 65%, 65%, 65%)

WRIST ROCKS: 3 X 15 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 4 (10 SEC HOLD)

BOR: 4 X 10

WEIGHTED PULL-UP ECCENTRICS: 3 X 6-8 - JUMP, 3 SEC ECCENTRIC

LAT CABLE PULLDOWNS: 3 X 15

LANDMINE ROW SINGLE ARM: 4 X 8 EACH

WEIGHTED PUSH-UP: 3 X 5 - 3 SEC ECCENTRIC

SEATED DB SHRUGS: 3 X 10

POST WORK:

- BENT OVER "W" HOLD: 1 X 45 SEC
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DEADHANG: 1 MINUTE

LOWER BODY 3 - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 2 X 30 SEC - SINGLE LEG HIP BRIDGE: 2 X 30 SEC EACH

FRONT SQUAT: 8, 6, 4, 2, 2 (WU, 67.5%, 77.5%, 85% X 2)

BROAD JUMPS: 3 X 4 W/ A STICK + HOLD

SPIDERMAN LUNGE: 2 X 10

BARBELL HIP THRUST: 4 X 10

SPLIT SQUAT MED BALL SLAM: 3 X 10 EACH

BEAR PLANK W/ "Y" RAISE: 2 X 10

HEX BAR DEADLIFT TO BROAD JUMP: 3X1 - 6 SETS (55%)

BOX JUMPS: 3 X 5

PIGEON STRETCH: 3 X 20 SEC EACH

POST WORK:

- ATG SQUAT HOLD: 1 X 60 SEC
- RFE LUNGE HOLD W/ A TWIST: 3 X 4 (4 SEC EACH) - FOOT ON BENCH, KNEE ON GROUND

1 MONTH FOOTBALL WORKOUT

EXTRA 3 - DAY 5: ARMS + CORE

CARDIO: 10 MINS
DYNAMIC STRETCH

BAND WALKS: 2 SETS, 20 STEPS EACH

- FORWARD
- BACKWARD
- LATERAL: BOTH WAYS

PLANK SERIES: 2 X 30 SEC EACH

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
- HIGH PLANK: 1 X 45 SEC

HANG SNATCH: 5, 3, 2, 2
DEADHANG: 3 X 30 SEC.
HIGH PLANK: 3 X 30 SEC.

BARBELL BENCH: 6, 6, 3, 3, 3 (55%, 60%, 70%, 75%, 85% + EXTRA SET OF 3 IF LIGHT)
PULL-UPS NEUTRAL GRIP: 3 X 8
BAND/STICK PASSTHROUGH: 2 X 10

BARBELL Z-PRESS: 3 X 6
SEATED CABLE ROW (TOWEL GRIP): 3 X 10
MED BALL PUSH-UP: 3 X 10-15

POST WORK:

- DEADHANG: 1 X 45 SECONDS
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DOORWAY PEC STRETCH: 1 MINUTE

1 MONTH FOOTBALL WORKOUT

LOWER BODY 4 - DAY 2: PULL EMPHASIS

YOGA MOVEMENTS

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 1 X 30 SEC - SINGLE LEG HIP BRIDGE: 1 X 30 SEC EACH

HEX BAR DIP - JUMP - STICK: 5 X 5 (32.5%) - LAND SOFTLY

VERTICAL JUMP: 4 X 3

SQUAT ROCKS W/ PLATE: 2 X 30 SEC

BARBELL RDL: 4 X 10

2 DUMBBELL BULGARIAN SPLIT SQUAT: 3 X 6 EACH.

MED BALL SLAM: 3 X 15

BARBELL HIP THRUSTS: 4 X 5

SINGLE LEG DUMBBELL RDL: 3 X 4 EACH

HAMSTRING CURL: 3 X 12

POST WORK:

- ATG SQUAT HOLD: 1 X 60 SEC
- PIGEON STRETCH: 1 X 60 SEC EACH

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: 2 X 10 EACH

HANG CLEAN: 5, 5, 2, 2 (WU, 55%, 65%, 70%, 80%)

WRIST ROCKS: 3 X 15 (FRONT AND BACK OF WRISTS)

PREACHER STRETCH: 3 X 4 (10 SEC HOLD)

BOR FROM FLOOR: 4 X 8 (PAUSE AT THE TOP OF THE REP)

WEIGHTED PULL-UP ECCENTRICS: 3 X 6-8 - JUMP, 3 SEC ECCENTRIC

DUMBBELL REVERSE FLIES: 3 X 15

LANDMINE ROW SINGLE ARM: 4 X 8 EACH

WEIGHTED PUSH-UP: 3 X 5 - 3 SEC ECCENTRIC

SEATED DB SHRUGS: 3 X 10

POST WORK:

- BENT OVER "W" HOLD: 2 X 45 SEC
- WALL DUMBBELL EXTERNAL ROTATION: 15 REPS EACH
- DEADHANG: 1 MINUTE

1 MONTH FOOTBALL WORKOUT

LOWER BODY 4 - DAY 4: PUSH EMPHASIS

DYNAMIC WARMUP

CORE ACTIVATION:

- PLANK SERIES (FRONT, SIDE, SIDE): 1 X 30 SEC EACH
- HIP BRIDGE: 2 X 30 SEC - SINGLE LEG HIP BRIDGE: 2 X 30 SEC EACH

BACK SQUAT: 8, 6, 4, 2, 2 (WU, 67.5%, 77.5%, 85% X 2)

BROAD JUMPS: 3 X 4 W/ A STICK + HOLD

SPIDERMAN LUNGE: 3 X 10

OVERHEAD SQUAT: 3 X 8

SPLIT SQUAT MED BALL SLAM: 3 X 10 EACH

BEAR PLANK W/ "Y" RAISE: 2 X 10 EA.

HEX BAR DEADLIFT TO BROAD JUMP: 3X1 - 4 SETS (65%)

BOX JUMPS: 3 X 5

PIGEON STRETCH: 3 X 20 SEC EACH

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

CARDIO: 10 MINS

DYNAMIC STRETCH

BAND WALKS: 2 SETS, 20 STEPS EACH

- FORWARD
- BACKWARD
- LATERAL: BOTH WAYS

PLANK SERIES: 2 X 30 SEC EACH

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