



HIGHLANDER FOOTBALL



Full Body Work Out: Complete this work out 4 or more times this week.	Sets and Reps	Description
<u>Warm-Up</u>		
Normal Routine		Good Mornings all the way through Jumping Jacks
<u>Lower Body: Air Alert</u>		
Leap Ups	3 x 25	Start in a 2/3 squat jump to 2/3 your vertical. Repeat.
Jump Switches	3 x 20	Start in a lunge, jump and land in an opposite lunge. Repeat.
Calf Raises	3 x 20 (each leg)	
Thrust Ups	3 x 30	Jump as high as possible, land and repeat. Minimal time on the ground.
Burn Out	2 x 400	Start on your toes, slightly jump of the ground and rapidly repeat. Heels never touch.
Glute/Ham Bridge	2 x 60 seconds	30 seconds both feet, 15 with only your left foot, and 15 with only your right foot.
<u>Chest</u>		
Push Ups	Max Reps	Regular form, keep core tight.
Wide "grip" Push Ups	Max Reps	Hands just wider than your shoulders.
Close "grip" Push Ups	Max Reps	Rub your elbows to your side.
Push Ups	Max Reps	Regular form, keep core tight.
<u>Shoulders</u>		
3 way Delts	4 x 10	
<u>Back</u>		
Pull-Ups	50 Total	Complete 50 throughout the work out. If you cant, have someone hold your feet to "lessen" the weight.
<u>"Conditioning"</u>		
Jog	1 mile	Time yourself and increase your speed each time.
Short Sprints	5 x 20 yards	
Med Sprints	5 x 40 yards	
<u>Core</u>		
Planks	3 x 60	
Side Planks	3 x 30 (each side)	Roll from one elbow to the next without resting.
Crunches	3 x 50	
Toe Touches	3 x 50	Legs straight over head
Sit ups	3 x 20	Hands interlocked behind head. Shoulder blades hit the ground and elbows hit the thighs on every rep.
<u>Stretch</u>		
Stretch	Everyday	Static stretching.