

LAHC FOOTBALL SPRING 2017 WEEKLY LAYOUT

		MONDAY	Sets	Reps	TUESDAY	Sets	Reps	WEDNESDAY	Sets	Reps	THURSDAY	Sets	Reps
2 min.	NEURAL WARMUP	Toe Pulls	1	3-5	Lateral Ankle Tilts	1	3-5	Ball of Foot Circles	1	3-5	Ankle Circles	1	3-5
		Knee Circles	1	3-5	Hanging Knee Circles	1	3-5	3 Position Hip Circles	1	3-5	Pegboard Drill	1	3-5
		Hip Int/Ext	1	3-5	Hip Rotations	1	3-5	Thoracic Glides	1	3-5	Hip Circles	1	3-5
		Lumbar Circles	1	3-5	Scapular Camshafts	1	3-5	6-Position Shoulder Circles	1	3-5	Elbow Circles	1	3-5
		Wrist Glides	1	3-5	Wrist Flexion/Extens.	1	3-5	Finger Circles	1	3-5	Neck Rotations	1	3-5
5 min.	INJURY PREVENTION- VISUAL WARMUP	Matrix Pushups	1	1-2	Mini Band Work Fr/Bk	1	2min.	Matrix Lunges	1	1-3	Mini Band Work Lateral	1	2min.
		Planks	1	30s-1m	Inchworms	1	20yd	Glute Bridges	2	30s-1m	Bear Crawl	1	20yd
		Supermans	1	10	Pencil Pushup	1	3	Scorpions	1	10	Follow the Circle	1	2
		DownDog/Child Pose	1	5	Athletic Position Reaction	1	1min.	Retraction/Protraction	1	8	Fast Tennis Balls	1	1min.
		HandEye Coordination	3	1min.				Foot Eye Coordination	3	1min.			
6 min.	DYNAMIC	Vertical Jumping Jacks	1	10	High Knees	2	30 yds	Horizontal Jumping Jacks	1	10	A-skips	2	30 yds
		Squat-Criss Cross	1	10	Lateral Shuffles	2	30 yds	Woodchoppers	1	10e	Carioca	2	30 yds
		Single Leg Toe Touch	1	10	Backpedal	2	30 yds	Single Leg Bent Touches	1	10	Backwards Kick	2	30 yds
		Lunge Holds	1	30s-1m	Straight Leg Kicks	2	30 yds	Squat Holds	1	30s-1m	Power Skips	2	30 yds
		Y's and T's	1	10	Attacking Lunges w/Twist	2	30 yds	W's and TD's	1	10	Lateral Lunge-Hop off	2	30 yds
2 min.	PLYOS	Boxes Fast Feet	8-10	8s-15s	Vertical Plyos	1	10-16	Upper Plyo Boxes	8-10	8s-15s	Horizontal Plyos	1	8-12
1 hr.	RESISTANCE TRAINING - SPEED/AGILITY TRAINING	Hang Cleans	5	5	Overhead Squats	5	5	Clean and Jerk	5	5	Back Squats	5	6-10
		Bench Press	4	8-12	Deadlifts	4	6-10	Incline Bench Press	4	8-12	Step-Ups	4	6-10
		30°Alt DB Press	4	8-12	RDL's	4	8-12	DB Flys	4	8-12	Single Leg RDL's	4	8-12
		Push Press	4	5	Pullups/Chinups	4	8-12	Upright Row	4	8-12	Lat Pulldown	4	8-12
		3-Way Shoulder	4	8-12	Walking Lunge	4	8-12	Farmers Walk	4	1 min.	Walking Lunge	4	8-12
		CloseGrip Wtd Pushups	4	8-12	DB Rows	4	8-12	Matrix Wtd Pushups	4	2*	DB Rows	4	8-12
		Triceps	3	8-12	Biceps	3	8-12	Triceps	3	8-12	Biceps	3	8-12



FOOTBALL



Name:

Lift 1- MON	Date:						Date:						Date:						Date:					
Exercises	Sts	Rps	Weights				Sts	Rps	Weights				Sts	Rps	Weights				Sts	Rps	Weights			
Hang Cleans	5	5					5	5					5	5					5	5				
Bench Press	4	12					4	12					4	10					4	10				
30*Alt DB Press	4	12					4	12					4	10					4	10				
Push Press	4	5					4	5					4	10					4	10				
3-Way Shoulder	4	12					4	12					4	10					4	10				
CloseGrip Wtd Pushups	4	12					4	12					4	10					4	10				
Triceps	3	12					3	12					3	10					3	10				

Lift 2- TUES	Date:						Date:						Date:						Date:					
Exercises	Sts	Rps	Weights				Sts	Rps	Weights				Sts	Rps	Weights				Sts	Rps	Weights			
Overhead Squats	5	5					5	5					5	5					5	5				
Deadlifts	4	10					4	10					4	8					4	8				
RDL's	4	12					4	12					4	10					4	10				
Pullups/Chinups	4	12					4	12					4	10					4	10				
Walking Lunge	4	12					4	12					4	10					4	10				
DB Rows	4	12					4	12					4	10					4	10				
Biceps	3	12					3	12					3	10					3	10				



FOOTBALL



Name: _____

Lift 3- WED				Date:				Date:				Date:				Date:			
Exercises	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	
Clean and Jerk	5	5		5	5		5	5		5	5		5	5					
Incline Bench Press	4	12		4	12		4	10		4	10		4	10					
DB Flys	4	12		4	12		4	10		4	10		4	10					
Upright Row	4	12		4	12		4	10		4	10		4	10					
Farmers Walk	4	1 min.		4	1 min.		4	1 min.		4	1 min.		4	1 min.					
Matrix Wtd Pushups	4	2*		4	2*		4	2*		4	2*		4	2*					
Triceps	3	12		3	12		3	10		3	10		3	10					

Lift 4- THURS				Date:				Date:				Date:				Date:			
Exercises	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	Sts	Rps	Weights	
Back Squats	5	10		5	10		5	8		5	8		5	8					
Step-Ups	4	10		4	10		4	8		4	8		4	8					
Single Leg RDL's	4	12		4	12		4	10		4	10		4	10					
Lat Pulldown	4	12		4	12		4	10		4	10		4	10					
Walking Lunge	4	12		4	12		4	10		4	10		4	10					
DB Rows	4	12		4	12		4	10		4	10		4	10					
Biceps	3	12		3	12		3	10		3	10		3	10					