



Football



Week 1				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4X5	80.0%	82.5%	85.0%	87.5%
Back Squat 3X10	70.0%	72.5%	75.0%	
Step-Ups 3X12				
Hack Squat 3X8				
Bent Over Rows 3X10				
Bench Press 3X10	70.0%	72.5%	75.0%	
Arms-biceps/triceps				
Russian Twist 4X25				
STRETCH				

Week 1				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Push Press 3X10				
Jammer Explosion 3X10				
Pull-Ups 40				
Stop Squats 3X10	50.0%	50.0%	50.0%	
Speed D. B Lunges 3X10				
Barbell Calf Raises 3X20				
Sit-Ups 4X30				
Supermans 4X20				
STRETCH				

Week 1				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Back Squat 3X10	70.0%	72.5%	75.0%	
Hang Clean 4X5	80.0%	82.5%	85.0%	87.5%
D.B Jump Squats 3X10				
Incline D.B Alternating Press 3X10				
D.B Rows 3X10				
Bench 205lbs @ 3 sets	Failure	Failure	Failure	
Straight Bar Forearm Curls 3X25				
Arms - biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-ups 4X25				
STRETCH				



Football



Week 2				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean-Front Squat 3X8	50%	50.0%	50.0%	
Back Squat 10/10/8	72.5%	75.0%	80.0%	
Step-Ups 3X12 45lbs				
Hack Squat 3X8				
Bent Over Rows 3X10				
Bench Press 10/10/8				
Arms - biceps/triceps				
Russian Twist 4X25				
Supermans 4X20				
STRETCH				

Week 2				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Power Shrugs 3X8				
Incline Bench 3X10	50.0%	50.0%	50.0%	
Jammer Rotation 3X8				
Shoulder Matrix 3X15				
Chin Ups 40				
25 lb Plate Rotation 3X20				
Throw Downs 3X20				
Russian Twist 3X20				
STRECTH				

Week 2				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4X4	85.0%	87.0%	87.0%	90%
Bench Press 205lbs @ 3 sets	Failure	Failure	Failure	
Shoulder Matrix 3X15				
Stop Squat 3X10	50.0%	50.0%	50.0%	
SLDL 3X10				
W Lunges 3X30yds				
Straight Bar Forearm Curls 3X25				
Arms- biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-Ups 4X25				
STRETCH				



Football



Week 3				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean/Push Press 3X8				
Back Squat 3X8	75.0%	80.0%	82.5%	
Deadlift 3X6				
Reverse Walking Lunges 2X30yds				
Bench Press 3X8	75%	77.50%	80%	
Push Press 3X8				
Bent Over Rows 3X8				
Arms- biceps/triceps				
Plate Rotations 25lbs 4X25				
Supermans 4X20				
STRECTH				

Week 3				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench 10/10/8	52.50%	55%	60%	
Jammer Rotation 3X8				
Overhead Squat 3X8				
Shoulder Matrix 3X15				
Pull-Ups 30				
Clap Push-Ups 50				
Sit-Ups 4X1min				
Russian Twist 4X25				
STRETCH				

Week 3				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 3X4	75.0%	75.0%	75.0%	75%
Bench Press 205lbs @ 3 sets	Failure	Failure	Failure	
Shoulder Matrix 3X15				
Stop Squat 3X10	50.0%	50.0%	50.0%	
SLDL 3X10				
W Lunges 3X30yds				
Straight Bar Forearm Curls 3X25				
Arms- biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-Ups 4X25				
STRETCH				



Football



Week 4				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 8/6/6	80%	85%	87%	
Chin-Ups 40				
Hang Clean/Front Squat 3X8	60%	60%	60%	
Back Squat 8/6/6	80%	85%	87%	
Speed D.B Lunges 3X12				
SLDL 3X8				
Arms- biceps/triceps				
Plate Rotations 35lbs 4X20				
Supermans 4X20				
STRETCH				

Week 4				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Jammer Rotation 3X10				
Incline Bench 10/8/6	60%	65%	70%	
Push Press 3X8				
Pull-Ups 40				
W. Lunges w/ Rotation 3X30yds				
Sit-ups 5X1min				
Russian Twist 4X25				
STRETCH				

Week 4				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4/3/3/2	85%	90%	92%	95%
Bench 205lbs	Failure	Failure	Failure	
Bent over Rows 4X8				
Back Squat 8/6/4	82.50%	87.50%	92.50%	
Hack Squat 3X8				
Step-Ups 3X10				
Arms- biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-ups 4X25				
STRETCH				



Football



Week 5				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 8/6/6	80%	85%	87%	
Chin-Ups 40				
Hang Clean/Front Squat 3X8	60%	60%	60%	
Back Squat 8/6/6	80%	85%	87%	
Speed D.B Lunges 3X12				
SLDL 3X8				
Arms- biceps/triceps				
Plate Rotations 35lbs 4X20				
Supermans 4X20				
STRETCH				

Week 5				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Jammer Rotation 3X10				
Incline Bench 10/8/6	60%	65%	70%	
Push Press 3X8				
Pull-Ups 40				
W. Lunges w/ Rotation 3X30yds				
Sit-ups 5X1min				
Russian Twist 4X25				
STRETCH				

Week 5				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4/3/3/2	85%	90%	92%	95%
Bench 205lbs	Failure	Failure	Failure	
Bent over Rows 4X8				
Back Squat 8/6/4	82.50%	87.50%	92.50%	
Hack Squat 3X8				
Step-Ups 3X10				
Arms- biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-ups 4X25				
STRETCH				



Football



Week 6		
Day 1		
TEST DAY	Weight/Reps	Max
Hang Clean 5 Reps or less		
Back Squat 5 Reps or less		
Bench Press 5 Reps or less		

Week 6				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench 10/8/6	50%	55%	60%	
Jammer Rotation 3X10				
Push Press 3X8				
Bent over Rows 3X10				
Chin-ups 40				
Hammer Curls 3X10				
Skull Crushers 3X10				
Straight Bar Forearm Curls 3X25				
Barbell Rotations 3X20				
Sit-ups 5X1min				
STRETCH				

Week 6				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Back Squat 3X10	70.0%	72.5%	75.0%	
Hang Clean 4X5	80.0%	82.5%	85.0%	87.5%
D.B Jump Squats 3X10				
Incline D.B Alternating Press 3X10				
D.B Rows 3X10				
Bench 205lbs @ 3 sets	Failure	Failure	Failure	
Straight Bar Forearm Curls 3X25				
Arms - biceps/triceps				
Plate Rotations 25lbs 3X25				
Rocky Sit-ups 4X25				
STRETCH				



Football



Week 7				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4/4/2/2	85%	90%	95%	95%
Bench Press 10/8/6	70%	75%	80%	
Pull-Ups 40				
Back Squat 10/8/6	70%	75%	80%	
SLDL 3X10				
W. Lunge (heavy) 2X30yds				
Arms- biceps/triceps				
Plate Rotations 35lbs 4X20				
Supermans 4X20				
STRETCH				

Week 7				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench 10/8/6	50%	55%	60%	
Jammer Rotation 3X10				
Push Press 3X8				
D.B Rows 3X10				
Shoulder Matrix 3X15				
Chin-ups 40				
Straight Bar Forearm Curls 3X25				
Barbell Rotations 3X20				
Sit-ups 5X1min				
STRETCH				

Week 7				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4/3/3/2	85%	90%	92%	95%
Bench 205lbs	Failure	Failure	Failure	
Bent over Rows 4X8				
Back Squat 8/6/4	82.5%	87.5%	92.5%	
Hack Squat 3X8				
Step-Ups 3X10				
Arms- biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-ups 4X25				
STRETCH				



Football



Week 8				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 8/6/4	77.5%	82.5%	87.5%	
Hang Clean/Front Squat 3X8	50.0%	50.0%	50.0%	
Bent over Rows 3X8				
Back Squat 8/6/4	77.5%	82.5%	87.5%	
Deadlift 3X6				
Arms- biceps/triceps				
Barbell Rotations 3X20				
Supermans 4X20				
STRETCH				

Week 8				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench 10/10/8	52.50%	55%	60%	
Jammer Rotation 3X8				
Overhead Squat 3X8				
Shoulder Matrix 3X15				
Pull-Ups 30				
Clap Push-Ups 50				
Barbell Trunk Rotations 3X20				
Sit-Ups 5X1min				
STRETCH				

Week 8				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 205lbs	Failure	Failure	Failure	
Hang Clean 5/4/3	85%	87%	90%	
Pull-Ups				
Stop Squat 3X10	50%	52%	52%	
SLDL 3X10				
D.B Speed Lunges 3X10				
Arms- biceps/triceps				
Barbell Trunk Rotations 3X20				
Rocky Sit-Ups 4X25				
STRETCH				



Football



Week 9				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 4/4/2/2	85%	90%	95%	95%
Bench Press 8/6/4	77.50%	82.50%	87.50%	
Front Squat 10/8/8				
Bent over Rows 3X8				
Deadlift 3X6				
Arms- biceps/triceps				
Barbell Rotations 4X20				
Supermans 4X20				
STRETCH				

Week 9				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Back Squat				
SLDL				
Incline Bench 10/8/8	55%	60%	62.50%	
Push Press 3X8				
D.B Rows 3X10				
Calf Raises 4X15				
Straight Bar Forearm Curls 4X25				
Plate Rotations 4X25				
Rocky Sit-ups 5X1min				
STRETCH				

Week 9				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 205lbs or 225lbs	Failure	Failure	Failure	
Push Press 3X8				
Hang Clean 5/4/3	85%	87%	90%	
Pull-Ups				
Stop Squat 3X10	50%	52%	52%	
D.B Speed Lunges 3X10				
Arms- biceps/triceps				
Russian Twists 4X25				
Sit-ups 5X1min				
STRETCH				



Football



Week 10				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 8/6/4/4	75%	80%	85%	90%
Bent over Rows 3X10				
Hang Clean/Front Squat 3X8	50%	50%	50%	
Back Squat 8/6/6/4	75%	80%	85%	90%
SLDL 3X8				
W. Lunges (heavy) 3X30yds				
Arms- biceps/triceps				
Barbell Roations 4X20				
Supermans 4X20				
STRETCH				

Week 10				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench 3X8	60%	65%	65%	
Jammer Rotation 3X10				
Push Press 3X10				
Pull-Ups 20				
Chin-Ups 20				
Shoulder Matrix 4X15				
Calf Raises 4X15				
Plate Rotations 4X25				
Rocky Sit-ups 5X1min				
STRETCH				

Week 10				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 205lbs or 225lbs	Failure	Failure	Failure	
Push Press 3X8				
Hang Clean 5/4/3	85%	87%	90%	
Pull-Ups				
Stop Squat 3X10	50%	52%	52%	
D.B Speed Lunges 3X10				
Arms- biceps/triceps				
Russian Twists 4X25				
Sit-ups 5X1min				
STRETCH				



Football



Week 11				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 5/4/3/2	80%	85%	90%	92.50%
Bench Press 8/6/4/2	80%	85%	90%	95%
Back Squat 8/6/4/2	80%	85%	90%	95%
SLDL 3X8				
3 Way Calf Raises 3X30				
Arms- biceps/triceps				
Plate Rotations 4X25				
Sit-Ups 2 sets	Failure	Failure		
Supermans 4X20				
STRETCH				

Week 11				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench Press 8/8/6	65%	70%	75%	92.50%
Jammer Rotation 3X10				
Push Press 3X6				
Pull Ups 30				
Bent Over Rows 3X8				
Calf Raises (Heavy) 3X10				
Barbell Rotation 4X25				
Rocky Sit-Ups 2 sets	Failure	Failure		
STRETCH				

Week 11				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 205lbs or 225lbs	Failure	Failure	Failure	
Clap Push-Ups 25				
Hang Clean 5/4/3/2	85%	87%	90%	92.50%
Shoulder Matrix 15/15/15				
Stop Squat 3X10	50%	52%	52%	
Walking Lunges (Heavy) 30yd/30yd/30yd				
Arms- biceps/triceps				
Russian Twists 4X25				
Sit-ups 5X1min				
STRETCH				



Football



Week 12		
Day 1		
TEST DAY	Weight/Reps	Max
Hang Clean 5 Reps or less		
Back Squat 5 Reps or less		
Bench Press 5 Reps or less		

Week 12				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench Press 8/8/6	65%	70%	75%	92.50%
Jammer Rotation 3X10				
Push Press 3X6				
Pull Ups 30				
Bent Over Rows 3X8				
Calf Raises (Heavy) 3X10				
Barbell Rotation 4X25				
Plate Rotation 4X25				
Superman 3X25				
Rocky Sit-Ups 2 sets	Failure	Failure		
STRETCH				

Week 12				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 205lbs or 225lbs	Failure	Failure	Failure	
Clap Push-Ups 35				
Hang Clean 5/4/3/2	85%	87%	90%	92.50%
Shoulder Matrix 15/15/15				
Stop Squat 3X10	52%	55%	55%	
Walking Lunges (Heavy) 30yd/30yd/30yd				
Arms- biceps/triceps				
Russian Twists 4X25				
Sit-ups 5X1min				
STRETCH				



Football



Week 13				
Day 1				
Lift	Set 1	Set 2	Set 3	Set 4
Hang Clean 5/4/3/2	80%	85%	90%	92.50%
Bench Press 5/4/3/2	85%	87%	90%	95%
Back Squat 5/4/3/2	85%	87%	90%	95%
SLDL 3X8				
3 Way Calf Raises (Heavy) 3X30				
Arms- biceps/triceps				
Plate Rotations 4X25				
Sit-Ups 3 sets	Failure	Failure	Failure	
Supermans 4X25				
STRETCH				

Week 13				
Day 2				
Lift	Set 1	Set 2	Set 3	Set 4
Incline Bench Press 8/8/6	65%	70%	75%	92.50%
Jammer Rotation 3X10				
Push Press 4X6				
Pull Ups 35				
Chin Ups 35				
Bent Over Rows 3X8				
Barbell Rotation 4X25				
Rocky Sit-Ups 3 sets	Failure	Failure	Failure	
STRETCH				

Week 13				
Day 3				
Lift	Set 1	Set 2	Set 3	Set 4
Bench Press 205lbs or 225lbs	Failure	Failure	Failure	Failure
Clap Push-Ups 40				
Hang Clean/Front Squat 3X8				
Shoulder Matrix 15/15/15				
Stop Squat 3X10	50%	52%	52%	
Walking Lunges (Heavy) 30yd/30yd/30yd				
Arms- biceps/triceps				
Russian Twists 4X25				
Sit-ups 5X1min				
STRETCH				