



Football Summer Weight Workout

Week 1: Monday, Wednesday

Week 1: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Clean Pulls	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Rotator Cuff*	/10	/10	/10	/10		* Superset with above exercise
Power Clean	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Neck*	/10	/10	/10	/10		* Superset with above exercise
Deep Back Squat	/5	/5	/5	/5		Perform @ 100-200 lbs
Jump Rope*	/30 sec.	/30 sec.	/30 sec.	/30 sec.		* Superset with above exercise
OR Box Jumps on 25" Box*	/5	/5	/5	/5		* Superset with above exercise
Bench Press	/10	/8	/6	/4	/2	Perform sets @ 100-200 lbs
Stick Sit-Ups*	/20	/20	/20	/20		* Superset with above exercise
Military Press	/5	/5	/5	/5		Perform sets @ 100 lbs
Pull-Ups*	/10	/10	/10	/10		* Superset with above exercise
Push-Ups	/10-20	/10-20	/10-20	/10-20		
Dips*	/10	/10	/10	/10		* Superset with above exercise
Glute Ham or Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		* Superset with above exercise
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 1: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Snatch Grip Pull	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Jump Rope*	/30 sec.	/30 sec.	/30 sec.	/30 sec.		*Superset with above exercise
Complex 1	/6	/6	/6	/6		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets @ 100 lbs
Neck*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/5	/5	/5	/5		Perform sets @ bar - 100 lbs
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench	/5	/5	/5	/5		Perform sets @ 135-185 lbs
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push-Ups	/10-20	/10-20	/10-20	/10-20		
Barbell Curls*	/10	/10	/10	/10		*Superset with above exercise
Reverse Hypers	/10	/10	/10	/10		
Good Mornings	/10	/10	/10	/10		
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 1: Friday

Week 1: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Deep Back Squat	/10	/8	/6	/4		Perform sets @ 100-300 lbs
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Hang Squat Clean	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		Perform sets @ 135-200 lbs
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push-Ups	/10-20	/10-20	/10-20	/10-20		
Dips*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham or Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 2: Monday, Wednesday

Week 2: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Clean Pulls	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Power Clean	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Neck*	/10	/10	/10	/10		*Superset with above exercise
Deep Back Squat	/5	/5	/5	/5		Perform sets @ 100-200 lbs
Jump Rope*	/30 sec.	/30 sec.	/30 sec.	/30 sec.		*Superset with above exercise
OR Box Jumps on 25" Box*	/5	/5	/5	/5		*Superset with above exercise
Bench Press	/10	/8	/6	/4	/2	Perform sets @ 100-200 lbs
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Military Press	/5	/5	/5	/5		Perform sets @ 100 lbs
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Push-Ups	/10-20	/10-20	/10-20	/10-20		
Dips*	/10	/10	/10	/10		
Glute Ham or Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 2: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Snatch Grip Pull	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Jump Rope*	/30 sec.	/30 sec.	/30 sec.	/30 sec.		*Superset with above exercise
Complex 1	/6	/6	/6	/6		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets @ 100 lbs
Neck*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/5	/5	/5	/5		Perform sets @ bar - 100 lbs
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench	/5	/5	/5	/5		Perform sets @ 135-185 lbs
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push-Ups	/10-20	/10-20	/10-20	/10-20		
Barbell Curls*	/10	/10	/10	/10		*Superset with above exercise
Reverse Hypers	/10	/10	/10	/10		
Good Mornings	/10	/10	/10	/10		
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 2: Friday

Week 2: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Deep Back Squat	/10	/8	/6	/4		Perform sets @ 100-300 lbs
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Hang Squat Clean	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/5	/5	/5	/5		Perform sets @ 100-135 lbs
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		Perform sets @ 135-200 lbs
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push-Ups	/10-20	/10-20	/10-20	/10-20		
Dips*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham or Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 3: Monday, Wednesday

Week 3: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/5	/5	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/5	/5	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/5	/5		
Pull-Ups*	/10	/10	/10	/10		
Glute Ham	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 3: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/6	/6	/6	/6		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets @ 100 lbs
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/5	/5	/5	/5		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
D.B. Bench [Power Runner]	/5	/5	/5	/5		
Good Mornings	/10	/10	/10	/10		
Reverse Hypers*	/10	/10	/10	/10		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 3: Friday

Week 3: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/5	/5	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/3	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 4: Monday, Wednesday

Week 4: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/5	/5	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/5	/5	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/5	/5		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 4: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/6	/6	/6	/6		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets @ 100 lbs
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/5	/5	/5	/5		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/5	/5	/5	/5		
Good Mornings	/10	/10	/10	/10		
Reverse Hypers*	/10	/10	/10	/10		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 4: Friday

Week 4: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/5	/5	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/3	/3	/3	/3	Perform set 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 5: Monday, Wednesday

Week 5: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/5	/5		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 5: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @45 lbs
Overhead Squat	/5					Perform set @45 lbs
Complex 1	/6	/6	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 4 and 5 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/5	/5	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/5	/5	/5	/5		
Good Mornings	/10	/10	/10	/10		
Reverse Hypers*	/10	/10	/10	/10		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 5: Friday

Week 5: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/3	/2	/2	/2	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 6: Monday, Wednesday

Week 6: Monday	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/3	/3	/3	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/3	/3	/3	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/5	/5		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 6: Wednesday	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/6	/6	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/5	/5	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/5	/5	/5	/5		
Good Mornings	/10	/10	/10	/10		
Reverse Hypers*	/10	/10	/10	/10		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 6: Friday

Week 6: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/3	/3	/3	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/3	/2	/2	/2	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 7: Monday, Wednesday

Week 7: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/2	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/2	/2	/2	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 7: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/5	/5	/3	/3		
Good Mornings	/8	/8	/8	/8		
Reverse Hypers*	/8	/8	/8	/8		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 7: Friday

Week 7: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/2	/2	/2	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/3	/2	/2	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 8: Monday, Wednesday

Week 8: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/2	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/2	/2	/2	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 8: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/5	/5	/3	/3	/3	
Good Mornings	/8	/8	/8	/8		
Reverse Hypers*	/8	/8	/8	/8		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 8: Friday

Week 8: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/2	/2	/2	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/3	/2	/2	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 9: Monday, Wednesday

Week 9: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/2	/2	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					

Week 9: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/3	/3	/3	/3		
Good Mornings	/8	/8	/8	/8		
Reverse Hypers*	/8	/8	/8	/8		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 9: Friday

Week 9: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/2	/2	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 10: Monday, Wednesday

Week 10: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/2	/2	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					

Week 10: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/3	/3	/3	/3		
Good Mornings	/8	/8	/8	/8		
Reverse Hypers*	/8	/8	/8	/8		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 10: Friday

Week 10: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/2	/2	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 11: Monday, Wednesday

Week 11: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/5	/5		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/3	/2	/2	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/5	/5	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					

Week 11: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/3	/3	/3	/3		
Good Mornings	/8	/8	/8	/8		
Reverse Hypers*	/8	/8	/8	/8		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 11: Friday

Week 11: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/3	/2	/2	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/5	/5		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/10	/10	/10	/10		
Leg Curls*	/10	/10	/10	/10		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 12: Monday, Wednesday

Week 12: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/2	/2	/2	/2	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/3	/3	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/5	/5	/5	/5		
Leg Curls*	/5	/5	/5	/5		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					

Week 12: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/3	/3	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/3	/3	/3	/3		
Good Mornings	/5	/5	/5	/5		
Reverse Hypers*	/5	/5	/5	/5		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 12: Friday

Week 12: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/2	/2	/1	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 13: Monday, Wednesday

Week 13: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/3	/2	/2	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/2	/2	/2	/2	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/3	/3	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/5	/5	/5	/5		
Leg Curls*	/5	/5	/5	/5		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					

Week 13: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/3	/3	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/5	/5		
DB Bench [Power Runner]	/3	/3	/3	/3		
Good Mornings	/5	/5	/5	/5		
Reverse Hypers*	/5	/5	/5	/5		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 13: Friday

Week 13: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/2	/2	/1	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 14: Monday, Wednesday

Week 14: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/2	/2	/1	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/2	/2	/1	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/3	/3	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/5	/5	/5	/5		
Leg Curls*	/5	/5	/5	/5		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					

Week 14: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/3	/3	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/3	/3		
DB Bench [Power Runner]	/3	/3	/3	/3		
Good Mornings	/5	/5	/5	/5		
Reverse Hypers*	/5	/5	/5	/5		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 14: Friday

Week 14: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/2	/2	/1	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					



Football Summer Weight Workout

Week 15: Monday, Wednesday

Week 15: Monday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Power Clean	/3	/2	/2	/1	/1	Perform set 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Back Squat [light]	/5	/5	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Bench Press	/3	/2	/2	/1	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Push Press	/3	/3	/3	/3		
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Glute Ham	/5	/5	/5	/5		
Leg Curls*	/5	/5	/5	/5		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					

Week 15: Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Snatch	/5					Perform set @ 45 lbs
Overhead Squat	/5					Perform set @ 45 lbs
Complex 1	/3	/3	/3	/3		Complex 1 = High Pulls, Hang Snatch, Squat Press, six continuous reps of each exercise then move onto next movement; perform sets 3 and 4 with weight 10 lbs heavier than previous set
Rotator Cuff*	/10	/10	/10	/10		*Superset with above exercise
Box Step Ups	/3	/3	/3	/3		Perform sets 3 and 4 with weight 10 lbs heavier from previous set
Neck*	/10	/10	/10	/10		*Superset with above exercise
Incline Bench [Light]	/3	/3	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Clean Pulls [Planks]	/5	/5	/3	/3		
DB Bench [Power Runner]	/3	/3	/3	/3	/3	
Good Mornings	/5	/5	/5	/5		
Reverse Hypers*	/5	/5	/5	/5		*Superset with above exercise
Hammer Circuit	/10	/10	/10	/10		
Slide Board*	/10	/10	/10	/10		*Superset with above exercise
Barbell Curls	/21	/21	/21	/21		
Skull*	/10	/10	/10	/10		*Superset with above exercise
Ab Circuit	10x20					
Hang	10x20					
Ankles	10x20					
Stretch	10x20					



Football Summer Weight Workout

Week 15: Friday

Week 15: Friday						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Hang Clean	/5					Perform set @ 45 lbs
Front Squat	/5					Perform set @ 45 lbs
Overhead Press	/5					Perform set @ 45 lbs
Band Squat Clean	/3					Perform using blue band
Back Squat	/3	/2	/2	/1	/1	Perform sets 4 and 5 with weight 10 lbs heavier from previous set
Rotator Cuff*	/10	/10	/10	/10	/10	*Superset with above exercise
Hang Squat Clean [Light]	/3	/3	/3	/3		
Neck*	/10	/10	/10	/10		*Superset with above exercise
Split Jerk	/3	/2	/2	/1	/1	Perform sets 3, 4 and 5 with weight 10 lbs heavier from previous set
Pull-Ups*	/10	/10	/10	/10		*Superset with above exercise
Bench Press [Speed]	/5	/5	/3	/3		
Stick Sit-Ups*	/20	/20	/20	/20		*Superset with above exercise
Hypers	/8	/8	/8	/8		
Leg Curls*	/8	/8	/8	/8		*Superset with above exercise
Dips	/10	/10	/Max			
Push-Ups	/10	/10	/Max			
Ab Circuit	10x25					
Hang	10x25					
Ankles	10x25					
Stretch	10x25					