

**Day 1 - Abdominals Workout Plan**



**1. Abdominal Dragon Flags**  
Sets: 3                      Reps: 12  
Notes: Focus on form



**2. Ball Knee Crunches**  
Sets: 3                      Reps: 12



**3. Cable Crunches**  
Sets: 3                      Reps: 12



**4. Cable Side Bends**  
Sets: 3                      Reps: 12



**5. 8 minutes abs**  
Sets: 3                      Reps: 12

**Day 1 - Lower Body Workout Plan**



**1. Clean and Jerk**  
Sets: 5                      Reps: 5  
Notes: Powerful Explosive movements only. Focus on form and make sure you properly warm-up.



**2. Front Squats**  
Sets: 4                      Reps: 6  
Notes: This exercise will help you explode into your opponent when you reach that huge linebacker.



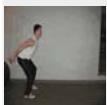
**3. Jump Squat**  
Sets: 3                      Reps: 6  
Notes: This exercise will help with quick bursts of speed off the line. Jump as high as you can.



**4. One Legged Smith Split Squat**  
Sets: 3                      Reps: 8  
Notes: Explode up and slow down. Work through fatigue but if you ever feel pain STOP.



**5. Standing Calf Raises**  
Sets: 5                      Reps: 8  
Notes: This can be done seated or standing but focus hard on exploding upwards.



**6. Two Foot Long Jump**  
Sets: 3                      Reps: 12  
Notes: Record your length and try again the following week.

**Day 1 - Plyometrics Workout Plan**




**1. Double Stair Jumps**  
Sets: 3                      Reps: 12  
Notes: Focus on quick feet.




**2. Stabilizing on the ball**  
Sets: 3                      Reps: 12  
Notes: in between sets try balancing on a ball.

**Day 2 - Biceps Workout Plan**




**1. Barbell Curls**  
 Sets: 4                      Reps: 8  
 Notes: Bicep training has no place in football since it's only there to look good. Focus on your bigger muscles and speed instead. It doesn't hurt to complete one or two exercises for them to maintain symmetry. Just don't get carried away.

**Day 2 - Cardio Workout Plan**




**1. Shuttle Run**  
 Duration: 20 Min                      Intensity: 95%  
 Notes: 3 shuttle runs with 3 minute breaks should be performed. With all your training focus on what a typical game situation would be like.




**2. Agility Ladder**  
 Duration: 10 Min                      Intensity: 65%  
 Notes:


**Day 2 - Chest Workout Plan**




**1. Bench Press**  
 Sets: 10                      Reps: 6  
 Notes: German volume training will help make the most out of your stale bench press routine.




**2. Dumbbell Fly's**  
 Sets: 3                      Reps: 12



**3. Incline Dumbbell Press**  
 Sets: 3                      Reps: 12  
 Notes: A powerful incline press will also help you with stiff-arms.



**4. Medicine Ball Chest Pushups**  
 Sets: 3                      Reps: 12  
 Notes: Develop your stabilizer muscles with a medicine ball chest exercise. Drop set with the ground.




**5. Dumbbell Pullovers**  
 Sets: 4                      Reps: 9  
 Notes: This exercise has been rumored to expand your ribcage.

**Day 3 - Abdominals Workout Plan**



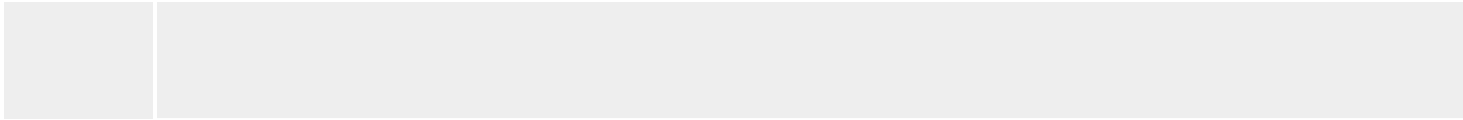
**1. Exercise Ball Abdominal Russian Twists**  
 Sets: 3                      Reps: 15  
 Notes: Try quick and in controlled movements.



**2. High to Low Woodchoppers**  
 Sets: 3                      Reps: 8  
 Notes: Focus on isolating your abdominals



**3. Weighted Cable Ball Crunch**  
 Sets: 3                      Reps: 6  
 Notes: make sure your abdominals are fatigued at the end of this exercise.



**Day 3 - Back Workout Plan**



**1. DeadLift**

Sets: 5                      Reps: 8

Notes: Focus on form and increasing your weight 5% a week.



**2. Lat Pulldown**

Sets: 4                      Reps: 6



**3. Machine Back Extensions**

Sets: 3                      Reps: 7

Notes: A strong lower back is essential to maintain a strong core as a running back.



**4. T-Bar Rows**

Sets: 3                      Reps: 6

Notes: Focus on this exercise to develop a strong back from all angles.



**5. Seated Row**

Sets: 4                      Reps: 10

Notes: Finish your back off with drop sets.

**Day 3 - Plyometrics Workout Plan**



**1. Burpee**

Sets: 3                      Reps: 10

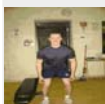
Notes: Start by standing tall and then drop to your hands and end up in push-up form (this may take some practice before you try this at 100% intensity).



**2. Jump Rope**

Sets: 3                      Reps: 60

Notes: Complete jump rope for 20 minutes switching feet constantly and trying new moves.



**3. Side Box Jumps**

Sets: 3                      Reps: 12

Notes: Picture juking an opponent while carrying the rock (actually hold a football for this drill). For a more difficult maneuver get the ball thrown to you while jumping the bench.

**Day 3 - Triceps Workout Plan**



**1. Dips**

Sets: 3                      Reps: 12

Notes: Triceps are somewhat functional in football but isolation exercises should be kept to a minimum while focus should be on agility and speed.



**2. Tricep Pulldowns**

Sets: 5                      Reps: 6

Notes: Try drop sets, super sets and other types of advanced training principles for your triceps.

**Day 4 - Neck Workout Plan**



**1. Cable Trapezius Upright Row**

Sets: 3                      Reps: 10



### 2. Shrugs

Sets: 3                      Reps: 12  
Notes: Can be done with a barbell.



### 3. Dumbbell Upright Trapezius Row

Sets: 3                      Reps: 6  
Notes: Reach for a heavier weight each time.

## Day 4 - Shoulders Workout Plan



### 1. Push Press

Sets: 5                      Reps: 8  
Notes: Powerful movements with an emphasis on increasing weight gradually (progressive overload principle).



### 2. Machine Military or Shoulder Press

Sets: 3                      Reps: 10  
Notes: Focus on form.



### 3. Side Raises

Sets: 3                      Reps: 6



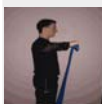
### 4. Dumbbell Lateral Inline Shoulder Raise

Sets: 3                      Reps: 12  
Notes: Rear Shoulder Isolation



### 5. Front Raises

Sets: 3                      Reps: 12  
Notes: Drop set to finish off your deltoids.



### 6. Rotator Cuff (Elastic Band)

Sets: 3                      Reps: 12  
Notes: Strong rotators are integral for a good solid shoulder joint. Too many football players have fallen to a bummed shoulder.

## Day 5 - Abdominals Workout Plan



### 1. Ball Crunches

Sets: 3                      Reps: 12



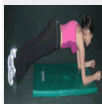
### 2. Ball Knee Crunches

Sets: 3                      Reps: 12



### 3. Ball Rollout

Sets: 3                      Reps: 12



### 4. Bridge

Sets: 3                      Reps: 12



### 5. Cable Side Bends

Sets: 3                      Reps: 12

**Day 5 - Plyometrics Workout Plan**



**1. Ball to Ball Twists**  
Sets: 3                      Reps: 10



**2. One Foot Box Jumps**  
Sets: 3                      Reps: 12



**3. Side Box Jumps**  
Sets: 3                      Reps: 12



**4. Double Knee Jumps**  
Sets: 3                      Reps: 12

**Day 6 - Cardio Workout Plan**



**1. Recumbent Bike**  
Duration: 20 Min                      Intensity: 95%  
Notes: Complete a 5 High intensity interval training sessions for maximum speed and fat loss.