



PHASE: Hypertrophy  
 Weeks: 1-4

# TROJAN FOOTBALL

NAME: \_\_\_\_\_

MAX SQUAT: \_\_\_\_\_

MAX CLEAN: \_\_\_\_\_

MAX BENCH: \_\_\_\_\_

	Bye	White Water	Dickinson	Tech		Bye	White Water	Dickinson	Tech
EXERCISES	9/1	9/8	9/15	9/22	AB DAY	9/2	9/9	9/16	9/23
<b>SUMO SQUATS</b>	8	8	8	8	<b>STANDING TRUNK TWISTS</b>	10 x	10 x	10 x	10 x
<b>HANG CLEANS</b>	7 x	7 x	7 x	7 x	<b>SUPERMANS</b>	10	10	10	10
	7 x	7 x	7 x	7 x					
	7 x	7 x	7 x	7 x					
<b>SB ROTATIONS W/M.B.</b>	20	20	20	20	<b>TOE TOUCHES</b>	15	15	15	15
<b>FRONT SQUATS</b>	40% 6 x	35% 8 x	35% 8 x	35% 8 x	<b>DIRTY DOGS</b>	15	15	15	15
	40% 6 x	35% 8 x	35% 8 x	35% 8 x					
	40% 6 x	35% 8 x	35% 8 x	35% 8 x					
<b>DIRTY DOGS</b>	15	15	15	15	<b>BALANCED CRUNCHES</b>	25	25	25	25
<b>DB ARNOLD PRESS</b>	10 x	10 x	10 x	10 x	<b>SCISSOR KICKS</b>	30	30	30	30
	10 x	10 x	10 x	10 x					
	10 x	10 x	10 x	10 x					
<b>ONE LEG BALL SQUATS</b>	10	10	10	10	<b>LEG KICK-BACKS</b>	15	15	15	15
<b>DB FLYS</b>	12 x	12 x	12 x	12 x	<b>BYCYCLES</b>	25	25	25	25
	12 x	12 x	12 x	12 x					
<b>POWER JUMPS</b>	15	15	15	15	<b>4-WAY BRIDGES</b>	4 x 15 secs	4 x 15 secs	4 x 15 secs	4 x 15 secs
<b>WEIGHTED DIPS</b>	12 x	12 x	12 x	12 x	<b>TABLETOP CRUNCHES</b>	25	25	25	25
	12 x	12 x	12 x	12 x					
<b>DIP BAR KNEE LIFTS</b>	15	15	15	15	<b>LEG RAISES</b>	20	20	20	20
<b>DB STEP-UPS (8 Each Leg)</b>	8 x	8 x	8 x	8 x	<b>TOE EXTENSIONS</b>	15	15	15	15
	8 x	8 x	8 x	8 x					
	8 x	8 x	8 x	8 x					
<b>3-WAY SB BRIDGES</b>	3 x 15 secs	3 x 15 secs	3 x 15 secs	3 x 15 secs	<b>DECLINE SITUPS</b>	20	20	20	20
<b>PULL UPS</b>	10	10	10	10	<b>SB SIT-UPS</b>	20	20	20	20
	10	10	10	10					
<b>DB CALF RAISES</b>	10	10	10	10	<b>SCORPIONS</b>	8	8	8	8
<b>PREACHER CURLS</b>	12 x	12 x	12 x	12 x	<b>KNEE ROTATIONS</b>	8	8	8	8
	12 x	12 x	12 x	12 x					
<b>QUICK STEPS</b>	20	20	20	20	<b>3-WAY SB BRIDGES</b>	3 x 15 secs	3 x 15 secs	3 x 15 secs	3 x 15 secs
<b>BENT OVER FLYS</b>	10 x	10 x	10 x	10 x	<b>SUMO SQUATS</b>	8	8	8	8
	10 x	10 x	10 x	10 x					
	10 x	10 x	10 x	10 x					
<b>TOE EXTENSIONS</b>	15	15	15	15					