

PHASE: Functional Strength  
 Weeks: 5-6

# TROJAN FOOTBALL

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

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

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

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

	Black Hills	Minot				Black Hills	Minot			
EXERCISES	9/27	10/4			EXERCISES	9/28	10/5			
<b>KNEE ROTATIONS</b>	12	12			<b>SCORPIONS</b>	12	12			
<b>BENCH PRESS</b>	60% 12 x	60% 12 x			<b>PUSH PRESS</b>	12 x	12 x			
	60% 12 x	60% 12 x				12 x	12 x			
	60% 12 x	60% 12 x				12 x	12 x			
<b>STANDING TRUNK TWISTS</b>	12 x	12 x			<b>OVERHEAD SQUATS</b>	12 x	12 x			
<b>DEEP SQUATS</b>	60% 12 x	60% 12 x			<b>UPRIGHT ROW</b>	12 x	12 x			
	60% 12 x	60% 12 x				12 x	12 x			
	60% 12 x	60% 12 x				12 x	12 x			
<b>SB SIT-UPS</b>	25	25			<b>SCISSOR KICKS</b>	30	30			
<b>DECLINE PRESS</b>	12 x	12 x			<b>POWER CLEANS</b>	60% 8 x	60% 8 x			
	12 x	12 x				60% 8 x	60% 8 x			
	12 x	12 x				60% 8 x	60% 8 x			
<b>SIDE LUNGE</b>	10	10			<b>SB ONE-LEG BALANCE</b>	2 x 10 secs	2 x 10 secs			
<b>LEG CURLS</b>	8 x	8 x			<b>TRICEP KICKBACKS</b>	12 x	12 x			
	8 x	8 x				12 x	12 x			
<b>DIP BAR PULL-UPS</b>	10	10			<b>DECLINE SITUPS</b>	20	20			
<b>LEG EXTENSIONS</b>	8 x	8 x			<b>BACK EXTENSIONS</b>	12 x	12 x			
	8 x	8 x				12 x	12 x			
	8 x	8 x				12 x	12 x			
<b>2-BALL SB PUSH-UPS</b>	2 sets of 10	2 sets of 10			<b>BICYCLES</b>	25	25			
<b>DB LUNGE</b>	12 x	12 x			<b>ONE-ARM ISOLATED CURLS</b>	12 x	12 x			
	12 x	12 x				12 x	12 x			
	12 x	12 x			<b>ONE-LEG SQUAT EXPLOSION</b>	12	12			
<b>4-WAY BRIDGES</b>	4 x 15 secs	4 x 15 secs			<b>DB FLYS</b>	12 x	12 x			
<b>SIDE/FRONT RAISE SUPERSETS</b>	12,12 x	12,12 x				12 x	12 x			
	12,12 x	12,12 x			<b>BALANCED CRUNCHES</b>	25	25			
<b>LEG RAISES</b>	12	12								

Total out of 25:

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

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

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

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

	Black Hills	Minot				Black Hills	Minot		
EXERCISES	9/29	10/6			AB DAY	9/30	10/7		
<i>MB SEATED TRUNK TWISTS</i>	12	12			<i>STANDING TRUNK TWISTS</i>	10 x	10 x		
BENT OVER ROW	12 x	12 x			<i>SUPERMANS</i>	10	10		
	12 x	12 x							
	12 x	12 x							
<i>SB ROTATIONS W/M.B.</i>	20	20			<i>TOE TOUCHES</i>	15	15		
FRONT SQUATS	60% 12 x	60% 12 x			<i>DIRTY DOGS</i>	15	15		
	60% 12 x	60% 12 x							
	60% 12 x	60% 12 x							
<i>DIRTY DOGS</i>	15	15			<i>BALANCED CRUNCHES</i>	25	25		
SEATED ALTERNATING SHOULDER PRESS	10 x	10 x			<i>SCISSOR KICKS</i>	30	30		
	10 x	10 x							
	10 x	10 x							
<i>TOE TOUCHES</i>	15	15			<i>LEG KICK-BACKS</i>	15	15		
ONE LEG HANG CLEAN	12 x	12 x			<i>BYCYCLES</i>	25	25		
	12 x	12 x							
<i>POWER JUMPS</i>	15	15							
SKULL CRUSHERS	12 x	12 x			<i>4-WAY BRIDGES</i>	4 x 15 secs	4 x 15 secs		
	12 x	12 x							
<i>DIP BAR KNEE LIFTS</i>	15	15			<i>TABLETOP CRUNCHES</i>	25	25		
BENT OVER ROW	12 x	12 x			<i>LEG RAISES</i>	20	20		
	12 x	12 x							
	12 x	12 x							
<i>3-WAY SB BRIDGES</i>	3 x 15 secs	3 x 15 secs			<i>TOE EXTENSIONS</i>	15	15		
PULL UPS	10	10			<i>DECLINE SITUPS</i>	20	20		
	10	10							
<i>DB CALF RAISES</i>	15	15							
GOOD MORNINGS	12 x	12 x			<i>SB SIT-UPS</i>	20	20		
	12 x	12 x							
<i>SUPERMANS</i>	15	15			<i>SCORPIONS</i>	8	8		
					<i>KNEE ROTATIONS</i>	8	8		
					<i>3-WAY SB BRIDGES</i>	3 x 15 secs	3 x 15 secs		
					<i>SUMO SQUATS</i>	8	8		

Total out of 25: 

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