

TROJAN FOOTBALL

MAX SQUAT: _____

MAX CLEAN: _____

MAX BENCH: _____

	Valley	Jamestown	Mayville	DAC		Valley	Jamestown	Mayville	DAC
EXERCISES	10/11	10/18	10/25	11/1	EXERCISES	10/12	10/19	10/26	11/2
<i>KNEE ROTATIONS</i>	10	10	10	10	<i>SCORPIONS</i>	8	8	8	8
BENCH PRESS	85% 5 x	85% 6 x	85% 6 x	85% 6 x	PUSH PRESS	12 x	12 x	12 x	12 x
	85% 5 x	90% 4 x	90% 4 x	90% 4 x		10 x	10 x	10 x	10 x
	90% 3 x	95% 3 x	95% 3 x	95% 3 x		8 x	8 x	8 x	8 x
<i>STANDING TRUNK TWISTS</i>	8 x	8 x	8 x	8 x	<i>OVERHEAD SQUATS</i>	12 x	12 x	12 x	12 x
DEEP SQUATS	85% 5 x	85% 6 x	85% 6 x	85% 6 x	UPRIGHT ROW	12 x	12 x	12 x	12 x
	85% 5 x	90% 4 x	90% 4 x	90% 4 x		10 x	10 x	10 x	10 x
	90% 3 x	95% 3 x	95% 3 x	95% 3 x		8 x	8 x	8 x	8 x
<i>SB SIT-UPS</i>	25	25	25	25	<i>SCISSOR KICKS</i>	30	30	30	30
DECLINE PRESS	10 x	10 x	10 x	10 x	POWER CLEANS	80% 6 x	85% 5 x	85% 5 x	85% 5 x
	8 x	8 x	8 x	8 x		80% 6 x	85% 5 x	85% 5 x	85% 5 x
	6 x	6 x	6 x	6 x		80% 6 x	85% 5 x	85% 5 x	85% 5 x
<i>SIDE LUNGE</i>	10	10	10	10	<i>SB ONE-LEG BALANCE</i>	2 x 10 secs	2 x 10 secs	2 x 10 secs	2 x 10 secs
LEG CURLS	10 x	10 x	10 x	10 x	TRICEP EXTENSIONS	12 x	12 x	12 x	12 x
	10 x	10 x	10 x	10 x		12 x	12 x	12 x	12 x
<i>DIP BAR PULL-UPS</i>	10	10	10	10	<i>DECLINE SITUPS</i>	20	20	20	20
LEG EXTENSIONS	10 x	10 x	10 x	10 x	BACK EXTENSIONS (w/WEIGHT)	10 x	10 x	10 x	10 x
	10 x	10 x	10 x	10 x		10 x	10 x	10 x	10 x
<i>2-BALL SB PUSH-UPS</i>	2 sets of 10	2 sets of 10	2 sets of 10	2 sets of 10		10 x	10 x	10 x	10 x
WALKING LUNGE	10 x	10 x	10 x	10 x	<i>BICYCLES</i>	25	25	25	25
	10 x	10 x	10 x	10 x	ONE-ARM ISOLATED CURLS	12 x	12 x	12 x	12 x
	10 x	10 x	10 x	10 x		12 x	12 x	12 x	12 x
<i>4-WAY BRIDGES</i>	4 x 15 secs	4 x 15 secs	4 x 15 secs	4 x 15 secs	<i>ONE-LEG SQUAT EXPLOSION</i>	8	8	8	8
DB FLYS	12 x	12 x	12 x	12 x	DB LUNGE	8 x	8 x	8 x	8 x
	12 x	12 x	12 x	12 x		8 x	8 x	8 x	8 x
<i>HELLO DOLLYS</i>	15	15	15	15	<i>BALANCED CRUNCHES</i>	25	25	25	25

Total out of 25:

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TROJAN FOOTBALL

MAX SQUAT: _____

MAX CLEAN: _____

MAX BENCH: _____

EXERCISES	Valley	Jamestown	Mayville	DAC	AB DAY	Valley	Jamestown	Mayville	DAC
	10/13	10/20	10/27	11/3		10/14	10/21	10/28	11/4
MB SEATED TRUNK TWISTS	10 x	10 x	10 x	10 x	STANDING TRUNK TWISTS	10 x	10 x	10 x	10 x
ONE LEG HANG CLEANS	5 x	5 x	5 x	5 x					
	5 x	5 x	5 x	5 x	SUPERMANS	10	10	10	10
	5 x	5 x	5 x	5 x					
SB ROTATIONS W/M.B.	20	20	20	20	TOE TOUCHES	15	15	15	15
FRONT SQUATS	70% 7 x	70% 7 x	70% 7 x	70% 7 x					
	70% 7 x	70% 7 x	70% 7 x	70% 7 x	DIRTY DOGS	15	15	15	15
	70% 7 x	70% 7 x	70% 7 x	70% 7 x					
DIRTY DOGS	15	15	15	15	BALANCED CRUNCHES	25	25	25	25
DB SHOULDER PRESS	12 x	12 x	12 x	12 x					
	10 x	10 x	10 x	10 x	SCISSOR KICKS	30	30	30	30
	8 x	8 x	8 x	8 x					
ONE LEG BALL SQUATS	2 x 10	2 x 10	2 x 10	2 x 10	LEG KICK-BACKS	15	15	15	15
DB FLYS	12 x	12 x	12 x	12 x					
	12 x	12 x	12 x	12 x	BYCYCLES	25	25	25	25
POWER JUMPS	2 x 15	2 x 15	2 x 15	2 x 15					
WEIGHTED DIPS	12 x	12 x	12 x	12 x	4-WAY BRIDGES	4 x 15 secs	4 x 15 secs	4 x 15 secs	4 x 15 secs
	12 x	12 x	12 x	12 x					
DIP BAR KNEE LIFTS	2 x 15	2 x 15	2 x 15	2 x 15	TABLETOP CRUNCHES	25	25	25	25
BENT OVER ROW	8 x	8 x	8 x	8 x					
	8 x	8 x	8 x	8 x	LEG RAISES	20	20	20	20
	8 x	8 x	8 x	8 x					
3-WAY SB BRIDGES	3 x 15 secs	3 x 15 secs	3 x 15 secs	3 x 15 secs	TOE EXTENSIONS	15	15	15	15
PULL UPS	10	10	10	10					
	10	10	10	10	DECLINE SITUPS	20	20	20	20
DB CALF RAISES	2 x 10	2 x 10	2 x 10	2 x 10					
PREACHER CURLS	12 x	12 x	12 x	12 x	SB SIT-UPS	20	20	20	20
	12 x	12 x	12 x	12 x					
DB SHRUGS	2 x 12	2 x 12	2 x 12	2 x 12	SCORPIONS	8	8	8	8
BENT OVER FLYS	10 x	10 x	10 x	10 x					
	10 x	10 x	10 x	10 x	KNEE ROTATIONS	8	8	8	8
	10 x	10 x	10 x	10 x					
QUICK STEPS	25	25	25	25	3-WAY SB BRIDGES	3 x 15 secs	3 x 15 secs	3 x 15 secs	3 x 15 secs
					SUMO SQUATS	8	8	8	8

Total out of 25:

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