



Football Recruit

Rest Time = 90 SECONDS

Day 1	Week 1	Week 2	Week 3	Week 4
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Warm Up	Bike, jump rope, or 5 dot mat for 5 minutes			
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Step Ups W/ Bar	x4	x5	x5	x6
	x4	x4	x5	x5
		x4	x4	x5

Reps are for each leg.

DB Lunge Complex	x8	x6	x6	x5
	x6	x6	x5	x5
	x6	x5	x5	x4

1) Forward 2) Lateral

Alternate Arm DB Bench & DB Row Complex Reps are for each arm	x12	x12	x10	x10
	Row x10	Row x8	Row x8	Row x6
	x12	x10	x10	x8
	Row x10	Row x8	Row x8	Row x6
	x10	x10	x8	x8
	Row x10	Row x8	Row x8	Row x6

Hamstring Complex	2 Sets	2 Sets	3 Sets	3 Sets
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Each Set: 1) Straight Leg Dead Lift x10
2) Leg Curl x10 each leg

Dream Big Your Results Will Be Big!



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Rest Time = 90 SECONDS

Day 2	Week 1	Week 2	Week 3	Week 4
Warm Up	Bike, jump rope, or 5 dot mat for 5 minutes			

Over Head Squats	x4	x5	x5	x6
	x4	x4	x5	x5
		x4	x4	x5

Keep the bar extended over your head. If you have questions call Coach Pata.

Tempo Back Squats 5 Seconds Down 2 Seconds Up	x12	x12	x10	x10
	x12	x10	x10	x8
	x10	x10	x8	x8
	x10	x8	x8	x6

4 Grip Incline Bench Press Use A Different Grip Each Set	x12	x11	x10	x8
	x12	x11	x10	x8
	x12	x11	x10	x8
	x12	x11	x10	x8

If you have questions call Coach Pata.

4 Grip Pull Ups	x10	x10	x12	x12
	x10	x10	x12	x12
	x10	x10	x12	x12
	x10	x10	x12	x12

Stability Ball	x15	x20	x25	x30
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Core	10 Minutes	10 Minutes	10 Minutes	10 Minutes
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Rest Time = 90 SECONDS

Day 3	Week 1	Week 2	Week 3	Week 4
Warm Up	Bike, jump rope, or 5 dot mat for 5 minutes			

Med Ball	x3	x4	x4	x5
Clock	x3	x4	x4	x5
Lunges	x3	x4	x4	x5

You are in the middle of a clock and you are going to lunge to all the numbers.

Back Squats	x12	x11	x10	x8
	x6	x5	x4	x3
	x12	x11	x10	x8
	x6	x5	x4	x3
	x12	x11	x10	x8

Bench Press & 4 Grip Pull Up (PU) Superset	x12	x10	x10	x8
	PU x8	PU x8	PU x10	PU x10
	x10	x10	x8	x8
	PU x8	PU x8	PU x10	PU x10
	x10	x8	x8	x6
	PU x8	PU x8	PU x10	PU x10
	x8	x8	x6	x6
PU x8	PU x8	PU x10	PU x10	

Straight Leg Deadlift	x12	x12	x10	x10
	x12	x10	x10	x8

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