



Football Recruit

Rest Time = 2 Minutes

Day 1	Week 5	Week 6	Week 7
Warm Up	10 med ball push ups, 4 med ball jumps, 5 pull ups, 5 seal push ups, 5 chin ups, 30 abs		

Push Jerk	x6	x6	x5
	x6	x5	x5
	x5	x5	x4

Bench Press & Med Ball Throw (MBT) Contrast	x6	x5	x5
	MBT x3	MBT x3	MBT x4
	x5	x5	x4
	MBT x3	MBT x3	MBT x4
	x5	x4	x4
	MBT x3	MBT x3	MBT x4

Row Bent Over or DB Row	x5	x5	x4
	x5	x4	x4
	x4	x4	x3

DB Alternate Arm Incline Bench & 3 Grip Pull Ups (PU)	x8	x6	x6
	PU x6	PU x8	PU x10
	x6	x6	x5
	PU x6	PU x8	PU x10
	x6	x5	x5
	PU x6	PU x8	PU x10

Shoulder Complex	x6	x5	x4
	x5	x4	x3

1) Lateral Raise 2) Bent Over Raise 3) Curl and Press

Core	10 Minutes	10 Minutes	10 Minutes
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You cannot build a reputation on what you are going to do.



Football Recruit

Rest Time = 2 Minutes

Day 2	Week 5	Week 6	Week 7
Warm Up	10 med ball squats, 10 med ball rotational lunges, 3 keg clean & jerks, 3 keg overhead squats, 5 med ball jump slams, 20 abs, 20 low abs		

Barbell Step Ups	x6	x5	x4
	x5	x4	x3

	Max Wt:	Max Wt:	Max Wt:
Back Squat	64% x10	67% x9	70% x8
	82% x6	85% x5	88% x4
	64% x10	67% x9	70% x8
	82% x6	85% x5	88% x4
	64% x10	67% x9	70% x8

Leg Complex	3 sets	4 sets	4 sets
	Each Set: 1) 18 squats in 15 seconds 2) 16 lunges in 15 seconds 3) 16 setp ups in 15 seconds		

Hamstring Complex	RDL x6	RDL x6	RDL x5
	SBLC x failure	SBLC x failure	SBLC x failure
	RDL x6	RDL x5	RDL x5
	GH x failure	GH x failure	GH x failure
	RDL x5	RDL x5	RDL x4
	SBLC x failure	SBLC x failure	SBLC x failure
	RDL x5	RDL x4	RDL x4
	GH x failure	GH x failure	GH x failure

Core	10 Minutes	10 Minutes	10 Minutes
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Rest Time = 2 Minutes

Day 3	Week 5	Week 6	Week 7
Warm Up	5 med ball walk outs, 10 stability ball push ups, 3 stability ball walk outs, 5 pull ups, 4 clap push ups, 4 seal push ups, 30 abs, 30 low abs		
DB Push Jerk	x6	x5	x5
	x5	x5	x4
	x5	x4	x4
<i>Incline Bench and Inverted Row (IR) Superset 90 second rest</i>	x12	x12	x10
	IR x8	IR x10	IR x12
	x12	x10	x10
	IR x8	IR x10	IR x12
	x10	x10	x8
	IR x8	IR x10	IR x12
	x10	x8	x8
	IR x8	IR x10	IR x12
Bench Press	x6	x5	x5
	x5	x5	x4
	x5	x4	x4
DB Row	x4	x4	x3
	x4	x3	x3
	x3	x3	x2
1 Leg Shoulder Complex	x6	x5	x5
	x5	x5	x4
1) Lateral Raise 2) Bentover Raise 3) Upright Row			
Core	10 Minutes	10 Minutes	10 Minutes

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Football Recruit

Rest Time = 2 Minutes

Day 4	Week 5	Week 6	Week 7
Warm Up	10 wobble board squats, dynabands, 6 1 leg squats, 4 split jumps, 10 crosses, 10 scorpions, 20 low abs		

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

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

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

Step Ups with the Olympic Bar	x6	x6	x5
	x6	x5	x5
	x5	x5	x4

Reps are for each leg.

RDL'S	x6	x6	x5
	x6	x5	x5
	x5	x5	x4
	x5	x4	x4

Core	10 Minutes	10 Minutes	10 Minutes
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