



Football Recruit

Rest Time = 3 Minutes

Day 1	Week 8	Week 9	Week 10
Warm Up	10 Up Up Down Downs, 10 Push Ups Rotations, 10 Med Ball Lunges, 5 Med Ball, Push Ups, 10 Med Ball Slams, 10 Med Ball Throws, 20 abs		

Single Leg DB Squat	x5	x5	x4
	x5	x4	x4

Giant Set	Back Squat 3 sets of 12	Back Squat 3 sets of 11	Back Squat 3 sets of 10
	Bench Press 3 sets of 10	Bench Press 3 sets of 9	Bench Press 3 sets of 8
	3 Grip Pull Ups 3 sets of 6	3 Grip Pull Ups 3 sets of 8	3 Grip Pull Ups 3 sets of 10
	Front Squat 2 sets of 10	Front Squat 2 sets of 9	Front Squat 2 sets of 8
	Incline Bench 2 sets of 6	Incline Bench 2 sets of 5	Incline Bench 2 sets of 4
	Inverted Row 2 sets of 6	Inverted Row 2 sets of 8	Inverted Row 2 sets of 10

Weighted Glute/Ham & SBLC Contrast	GH x6 SBLC x 6 sec.	GH x6 SBLC x7 sec.	GH x8 SBLC x8 sec.
	GH x6 SBLC x 6 sec.	GH x6 SBLC x7 sec.	GH x8 SBLC x8 sec.
	GH x6 SBLC x 6 sec.	GH x6 SBLC x7 sec.	GH x8 SBLC x8 sec.

Shoulder Complex	x8	x6	x5
	x6	x5	x5

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

Core	10 Minutes	10 Minutes	10 Minutes
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Excellence in a spirit, a never ending process.



Football Recruit

Rest Time = 2 Minutes

Day 2	Week 8	Week 9	Week 10
Warm Up	10 Med Ball Push Ups, 10 Push Up Rotations, 5 Upper Body Step Ups, 4 Pull Ups, 5 Partner Neck Push Ups, 30 Abs		

Back Squat % is from estimated 1 Rep Max	85% x3	88% x3	91% x3
	76% x3	79% x3	82% x3
	85% x3	88% x3	91% x3
	76% x3	79% x3	82% x3
	85% x3	88% x3	91% x3

Incline Bench Press	x6	x5	x5
	x5	x5	x4
	x5	x4	x4
	x4	x4	x3

RDL	x6	x6	x5
	x6	x5	x5
	x5	x5	x4

4 Grip Bent Over Row	x6	x5	x4
	x6	x5	x4
	x6	x5	x4
	x6	x5	x4

Shoulder Complex	x6	x5	x5
	x5	x5	x4

1) Lateral Raise 2) Bentover Raise 3) Curl & Press

Plate Holds	3 sets	3 sets	4 sets
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Core	10 Minutes	10 Minutes	10 Minutes
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Football Recruit

Rest Time = 2 Minutes

Day 3	Week 8	Week 9	Week 10
Warm Up	5 upper body step ups, 10 squats, 4 partner pushes, 5 partner rows 5 seal push ups, 6 partner neck push ups, 30 abs, 12 cross/scorpion		

Single Leg DB Squat	x4	x4	x3
	x4	x3	x3

Giant Set	DB Squat 3 sets of 12	DB Squat 3 sets of 10	DB Squat 3 sets of 8
	DB Bench 3 sets of 6	DB Bench 3 sets of 5	DB Bench 3 sets of 4
	DB Row 3 sets of 12	DB Row 3 sets of 11	DB Row 3 sets of 10
	Lunges 3 sets of 6	Lunges 3 sets of 5	Lunges 3 sets of 4
	Incline Bench 3 sets of 6	Incline Bench 3 sets of 5	Incline Bench 3 sets of 4
	3 Grip Pull Ups 3 sets of 6	3 Grip Pull Ups 3 sets of 6	3 Grip Pull Ups 3 sets of 8

Hamstring Complex	DB RDL x8	DB RDL x7	DB RDL x6
	SBLC x 6 sec.	SBLC x7 sec.	SBLC x8 sec.
	DB RDL x8	DB RDL x7	DB RDL x6
	SBLC x 6 sec.	SBLC x7 sec.	SBLC x8 sec.

RDL= Straight Leg Dead Lift SBLC=Stability Ball Leg Curl

Wobble Board	x8	x6	x5
Shoulder Complex	x6	x5	x4

1) Bentover Raise 2) Lateral Raise 3) Curl & Press

Core	10 Minutes	10 Minutes	10 Minutes
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