

Freshmen Football
Summer '07

Week 1

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 5x____, 5x____, 5x____, 5x____

Bent-over row 4x10____

Hypers 3x10____

Hammer curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 8x____, 8x____, 8x____

Incline bench 10x____, 10x____, 10x____

Skull crushers 3x10____

Db single leg sqt 3x6____

DB side raise 3x10____

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 4x____, 4x____, 4x____, 4x____

Step-ups 5x____, 5x____, 5x____ (3 count down)

Pulldowns/1- arm row 3x10 (each)

RDL's 3x10____

21's x3____

Abs: weighted sit-ups 5x15

Friday

Bench press 10x____, 8x____, 8x____, 8x____

Back squat 8x____, 8x____, 8x____ (10-20 lbs lighter than Tues.)

DB bench 6x____, 6x____, 6x____

DB tricep ext. 3x10____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 2

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 5x____, 5x____, 5x____, 5x____

Bent-over row 4x10____

Hypers 3x10____

Hammer curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 8x____, 8x____, 8x____

Incline bench 10x____, 10x____, 10x____

Skull crushers 3x10____

Db single leg sqt 3x6____

DB side raise 3x10____

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 4x____, 4x____, 4x____, 4x____

Step-ups 5x____, 5x____, 5x____ (3 count down)

Pulldowns/1- arm row 3x10 (each)

RDL's 3x10____

21's x3____

Abs: weighted sit-ups 5x15

Friday

Bench press 10x____, 8x____, 8x____, 8x____

Back squat 8x____, 8x____, 8x____ (10-20 lbs lighter than Tues.)

DB bench 6x____, 6x____, 6x____

DB tricep ext. 3x10____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 3

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 4x____, 4x____, 4x____, 4x____

Bent-over row 4x8____

Hypers 3x8____

Hammer curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 8x____, 6x____, 6x____

Incline bench 8x____, 8x____, 8x____

Skull crushers 3x10____

Db single leg sqt 3x5____

DB side raise 3x10____

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 4x____, 3x____, 3x____, 3x____

Step-ups 5x____, 5x____, 5x____ (3 count down)

Pulldowns/1- arm row 3x10 (each)

RDL's 3x8____

21's x3____

Abs: weighted sit-ups 5x15

Friday

Bench press 10x____, 8x____, 6x____, 6x____

Back squat 8x____, 8x____, 8x____ (10-20 lbs lighter than Tues.)

DB bench 5x____, 5x____, 5x____

DB tricep ext. 3x10____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 4 (This week lighten squats and bench by 10-20 lbs each set from week 3)

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 3x____, 3x____, 3x____, x____

Bent-over row 3x10____

Hypers 3x8____

Hammer curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 8x____, 8x____, 8x____

Incline bench 8x____, 8x____, 8x____

Skull crushers 3x10____

Db single leg sqt 3x5____

DB side raise 3x10____

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 4x____, 3x____, 3x____, 3x____

Step-ups 4x____, 4x____, 4x____ (3 count down)

Pulldowns/1- arm row 3x10 (each)

RDL's 3x8____

21's x3____

Abs: weighted sit-ups 5x15

Friday

Bench press 8x____, 8x____, 8x____, 8x____

Back squat 8x____, 8x____, 8x____ (10-20 lbs lighter than Tues.)

DB tricep ext. 3x10____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 5

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 3x____, 3x____, 3x____, 3x____

Chin-ups 4x8____

Hypers 4x6____

Straight bar curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 6x____, 6x____, 6x____

Incline bench 6x____, 6x____, 6x____

Triceps press downs 4x10____

Db lunge 3x5____ (each leg)

Plate raise 3x10____

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 3x____, 3x____, 3x____, 3x____

Step-ups 4x____, 4x____, 4x____ (3 count down)

Reverse grip Pull downs 4x10

RDL's 3x6____

Preacher curls 3x10____

Abs: weighted sit-ups 5x15

Friday

Bench press 8x____, 8x____, 6x____, 6x____

Back squat 8x____, 8x____, 8x____ (10-20 lbs lighter than Tues.)

DB bench 5x____, 5x____, 5x____

DB tricep ext. 4x8____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 6

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 3x____, 3x____, 3x____, 3x____

Chin-ups 4x8____

Hypers 4x6____

Straight bar curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 6x____, 5x____, 5x____, 4x____

Incline bench 5x____, 5x____, 5x____

Triceps press downs 4x10____

Db lunge 3x5____ (each leg)

Plate raise 3x10____

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 3x____, 3x____, 3x____, 3x____

Step-ups 4x____, 4x____, 4x____ (3 count down)

Reverse grip Pull downs 4x10

RDL's 3x5____

Preacher curls 3x10____

Abs: weighted sit-ups 5x15

Friday

Bench press 6x____, 6x____, 5x____, 5x____

Back squat 6x____, 6x____, 6x____ (10-20 lbs lighter than Tues.)

DB bench 5x____, 5x____, 5x____

DB tricep ext. 4x8____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 7

Monday

Clean Combo (jump shrug/jump shrug pull) 4x6____ (3 reps each is 1 set of 6)

Clean pull 3x____, 3x____, 3x____, 3x____

Chin-ups 3x8____

Hypers 4x6____

Straight bar curls 5x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 5x____, 5x____, 4x____, 4x____

Incline bench 5x____, 5x____, 5x____

Triceps press downs 4x10____

Db lunge 3x5____ (each leg)

DB bent-over raise 3x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 4x6____

Clean pull 3x____, 3x____, 3x____, 3x____

Step-ups 4x____, 4x____, 4x____ (3 count down)

Reverse grip Pull downs 4x10

RDL's 3x5____

Preacher curls 3x10____

Abs: weighted sit-ups 5x15

Friday

Bench press 6x____, 5x____, 5x____, 5x____

Back squat 6x____, 6x____, 6x____ (10-20 lbs lighter than Tues.)

DB bench 5x____, 5x____, 5x____

DB tricep ext. 4x8____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20

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Week 8

Monday

Clean Combo (jump shrug/jump shrug pull) 3x6____ (3 reps each is 1 set of 6)

Clean pull 3x____, 3x____, 3x____

Chin-ups 3x8____

Hypers 4x6____

Straight bar curls 3x10____

Abs: weighted sit-ups 5x15

Tuesday

Back squat 5x____, 3x____, 3x____, 3x____

Incline bench 5x____, 4x____, 4x____

Triceps press downs 3x10____

DB bent-over raise 2x10____

Reverse hypers 3x10____

Abs: Body weight 6x20

Thursday

Clean Combo (jump shrug/jump shrug pull) 3x6____

Clean pull 3x____, 3x____, 3x____

Step-ups 3x____, 3x____, 3x____ (3 count down)

Reverse grip Pull downs 3x10

RDL's 3x5____

Abs: weighted sit-ups 5x15

Friday

Bench press 5x____, 3x____, 3x____, 3x____

Back squat 5x____, 5x____, 5x____ (20-30 lbs lighter than Tues.)

DB tricep ext. 4x8____

Shoulder circuit (shrugs, front raise, side raise, bent-over raise) 2x10____ (each)

Reverse hypers 3x10____

Abs: Body weight 6x20