

	SPORT	Football		
	WEEKLY ROTATION	DATE: 3/4/2019		
	MONDAY	%	rep	WT
Major 1		WU		
	Power Clean	60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	Power Clean Max			
	Super Set	Squat Jumps 3x5/2 WAY PSOAS 2X10 SEC		
Major 2	Back Squat	60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	Super Set	GHD Raise 3x8/Roll Out Glutes/Hams 3x		
Major 3	BB Step Up		x8	
			x8	
			x8	
	Super Set	MB 90 90 Squeeze 3x15 Sec/Weighted Sit Ups 3x15 45lb		
4TH QUARTER				
Circuit 1		Circuit 2		
DB Walking Lunge 3x10		Band Abductor 2x10		
DB RDL 3x5		Partner Crunch 2x5		
KB Low Lunge 3x10		Weighted Plank 2x1 min (45+)		

	SPORT	Football		
	WEEKLY ROTATION	DATE: 3/5/2019		
	Tuesday	%	rep	WT
Major 1	Clean Pulls	60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	Super Set	Band Broad Jump 3x3/MB V Ups 3x20		
Major 2	Bench	60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	Super Set	Lat Pull Down 3x8/DB 2 Way Raise 3x8		
Major 3	DB Incline		x5	
			x5	
			x5	
	R/L/B			
	Super Set	Partner Push Ups 3x5/ABCs 2x		
4TH QUARTER				
Circuit 1		Circuit 2		
DB Incline Flys 3x10		Wipers 3x20		
BB Shrug 3x10		Inverted Row 2x10		
4 Way Neck 2x10		DB 3 Way Curl 3x5/2 Way Tri Ext 3x10		

	SPORT	Football		
	WEEKLY ROTATION	DATE: 3/6/2019		
	Wednesday	%	rep	WT
Major 1		WU		
	Oly Hang Clean	60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	Super Set	Seated Box Jumps 3x2/3 Way Piriformis 3x15 sec		
Major 2	Deadlift	60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	150% of Power Clean			
	Super Set	Band Ankle Rocker 2x10/Scorpion 2x10		
Major 3	Bulgarian		x5	
			x5	
			x5	
			x5	
	Triple Ext			
	Super Set	Roll Back Stretch Down 3x10		
4TH QUARTER				
Circuit 1		Circuit 2		
Band Speed Leg Curls 3x10		Side Iso Neck Hold+S Raise 2x20 Sec		
Band Bicycle Holds 3x10 (3 Sec Holds)		Palloff Holds 2x30 Sec		
Partner Throwdowns 3x10		Roller Roll Out 3x10		

	SPORT	Football		
	WEEKLY ROTATION	DATE: 3/7/2019		
	Thursday	%	rep	WT
Major 1	Jerk	WU		
		60%	x5	
		65%	x5	
		70%	x5	
		75%	x5	
	80% Of Bench			
	Super Set	Incline/Decline Push Ups 3x10/3 Way Shoulder Stretch 3x10 Sec		
Major 2	Dynamic Close Grip Bench	40%	2x3	
		45%	2x3	
		50%	2x3	
		55%	2x3	
	Super Set	Lat Pull Down 3x8/Band Chops 3x10		
Major 3	BB Incline	60%	x5	
		65%	x5	
		70%	x5	
	Super Set	DB Flys 3x8/Shoulder Taps 3x20		
4TH QUARTER				
Circuit 1		Circuit 2		
Seated DB Press 3x10		Delt Complex 2x5		
DB Shrug 3x10		Band Curl/Band Tri Ext Tabata (4 Min)		
Plyo Plate Push Up Circuit 3x		Bench Core Hold 2x45sec		