
Beverly High School Football Off-Season Workout Program-Old School

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“The Future was Yesterday”

PreSeason 2019

OVERVIEW

This is a football-driven, off-season 3-day workout plan for you to follow. (**Spring schedule 2019, Monday-Wednesday-Friday, after school...your 1, 2 and 3 days**)

To continue to make progress, switch up exercises as much as you can. Make sure you check in with a coach in the weight room if you have any questions. (always have a spotter, especially reps involving heavier weight and less reps; also no football player can lift in weight room without supervision; if a football coach is there, it is all good. If not, but another teacher/coach from other sport there, I would ask if it is OK..If nobody is around, you can't lift)

******Attention 2019 Football Panthers**-this summer, our school Tuesday-Thursday schedule (morning) will coincide with the Monday-Wednesday-Friday BHS workouts. The morning workouts are traditionally lighter reps and CONDITIONING; if possible, we are looking to have Tuesday Thursday be a conditioning in the morning...afternoon, workout below, which is more heavier weight, lighter reps. Any questions, see me on this.

GOALS:

- 1.Prepare for the upcoming football season to the best of your ability-varsity
2. This off-season, use weight lifting/training and conditioning to become bigger, stronger, faster

There is no
glory in
practice, but
without practice,
there is no
glory...
—Unknown
curiano.com

GOLDEN RULE OF THIS WORKOUT-For all exercises, do 4 sets (10-8-6-4) and try to increase weight progressively as you go-the last set (5th) should be light and many reps-if you find you struggle on a rep with weight, stay on it until you can move up)

Day 1 (Monday)

- Full Squats/Half Squats 5x (10-8-6-4) Lighter weight/rep out on last
- Deadlifts 5x (10-8-6-4) (Hex Bar)
- Bench Press 5x (10-8-6-4)
- Incline Dumbbell Press 5x (10-8-6-4)
- Core Work

***If not sure of an exercise, see a coach, or go online to find examples-all are online if you search the exercise**

Day 2 (Wednesday)

- Lunges 5x (10-8-6-4)
- Straight-Leg Deadlifts/Dumbbells 5x (10-8-6-4)
- Shoulder Press 5x (10-8-6-4)
- Pull Ups (boxes/partners)
- Dips

-Core Work

***If not sure of an exercise, see a coach, or go online to find examples-all are online if you search the exercise**

Day 3 (Friday)

- Step-Ups 5x (10)

-Bent Over Rows 5x (10-8-6-4)

-Incline Bench 5x (10-8-6-4)

-Tricep Extension 5x (10-8-6-4)

-Core Work (Fun Fridays-Biceps)

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Expectations Lifting and working out as a team is a critical part of any championship season; check the website for weight room hours and team events this off season