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

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# "The Future was Yesterday"

PreSeason 2019

### **OVERVIEW**

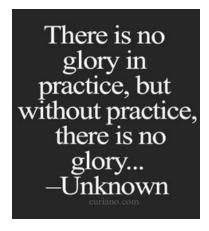
This is a football-driven, off-season 3-day workout plan for you to follow. (Spring schedule 2019, Monday-Wednesday-Friday, after school...your 1, 2 and 3 days)

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



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

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## 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)

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

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