Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 6/4/2012
SEASON: summer
PHASE: General
WEEK: 1

GENERAL STRENGTH

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Front Squat				**15**		**15**							
Jammer Press				**15**		**15**							
BB RDL				**15**		**15**							
DB Shoulder Press				**15**		**15**							

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Bench Press				**15**		**15**							
DB Bulgarian Squat				**10e**		**10e**							
Pullups				**10**		**10**							
HEX Bar Deadlift				**10**		**10**							

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
DB Lateral Lunge				**10e**		**10e**							
Jammer Press				**15**		**15**							
or DB Incline Chest Press													
HEX Bar Deadlift				**10**		**10**							
Standing BB Shoulder Press				**15**		**15**							

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 6/11/2012
SEASON: Summer
PHASE: Get Bigger
WEEK: 2

Get Big = High Volume (reps x sets) & Moderate Weight

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Front Squat				**12**		**10**		**8**					
Jammer Press				**12**		**10**		**8**					
BB RDL				**12**		**10**		**8**					
DB Curl to Press				**12**		**10**		**8**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Bench Press				**12**		**10**		**8**					
DB Bulgarian Squat				**8e**		**6e**		**4e**					
Pullups				**12**		**10**		**8**					
HEX Bar Deadlift				**12**		**10**		**8**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
DB Lateral Lunge				**8e**		**6e**		**4e**					
Jammer Press				**12**		**10**		**8**					
OR Incline Chest Press													
HEX Bar Deadlift				**12**		**10**		**8**					
Standing BB Shoulder Press				**12**		**10**		**8**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 6/18/2012

SEASON: Summer
PHASE: Get Strong
WEEK: 3

Get Strong = The most weight you do correctly for the reps below

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Front Squat + CHAINS				**8**		**6**		**4**		**4**			
Jammer Single Arm Press				**8e**		**6e**		**4e**		**4e**			
BB RDL + CHAINS				**8**		**6**		**4**		**4**			
DB Shouler Press				**8**		**6**		**4**		**4**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Bench Chest Press + CHAINS				**8**		**6**		**4**		**4**			
DB Bulgarian Squat				**6e**		**4e**		**3e**		**3e**			
Pullups **WEIGHTED**				**8**		**6**		**4**		**4**			
HEX Bar Deadlift				**8**		**6**		**4**		**4**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
DB Lateral Lunge				**6e**		**4e**		**3e**		**3e**			
Jammer Press w/ Super Bands				**8**		**6**		**4**		**4**			
HEX Bar Deadlift				**8**		**6**		**4**		**4**			
Standing BB Shoulder Press				**8**		**6**		**4**		**4**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

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Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 6/25/2012
SEASON: Summer
PHASE: RECOVER
WEEK: 4

Download = Lower volume to allow for active recovery

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB RDL				**3**		**3**		**3**					
Jammer Press				**3**		**3**		**3**					
DB Curl to Press				**3**		**3**		**3**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
Pullups				**8**		**6**							
DB Bulgarian Squat				**3e**		**3e**		**3e**					
BB Bench Press				**3**		**3**		**3**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

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Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 7/2/2012
SEASON: Summer
PHASE: Get Strong
WEEK: 5

Get Strong = The most weight you do correctly for the reps below

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Incline Chest Press				**5**		**5**		**5**		**5**			
DB Step Up				**5e**		**5e**		**5e**		**5e**			
Machine Row				**5**		**5**		**5**		**5**			
HEX Bar Deadlift				**5**		**5**		**5**		**5**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
HEX Bar Deadlift				**5**		**5**		**5**		**5**			
DB Chest Press				**5**		**5**		**5**		**5**			
BB Box Squat				**5**		**5**		**5**		**5**			
Standing BB Shoulder Press				**5**		**5**		**5**		**5**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Back Squat				**5**		**5**		**5**		**5**			
DB Single Arm Chest Press				**5e**		**5e**		**5e**		**5e**			
DB RDL				**5**		**5**		**5**		**5**			
DB Curl to Press				**5**		**5**		**5**		**5**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 7/9/2012
SEASON: Summer
PHASE: POWER
WEEK: 6

Get Fast & Powerful = Moderate Weight w/ Fast Bar Speed

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Bench Chest Press + BANDS				**5**		**3**		**3**		**3**			
BB Bulgarian Squat				**5e**		**3e**		**3e**		**3e**			
Pullups **WEIGHTED**				**5**		**3**		**3**		**3**			
HEX Bar Deadlift				**5**		**3**		**3**		**3**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
DB Lateral Lunge				**5e**		**3e**		**3e**		**3e**			
Jammer Press w/ Super Bands				**5**		**3**		**3**		**3**			
HEX Bar Deadlift				**5**		**3**		**3**		**3**			
Standing BB Shoulder Press				**5**		**3**		**3**		**3**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Back Squat w/ BANDS				**5**		**3**		**3**		**3**			
Jammer Single Arm Press				**5e**		**3e**		**3e**		**3e**			
BB RDL + CHAINS				**5**		**3**		**3**		**3**			
OR Hang Clean													
DB Curl to Press				**5**		**3**		**3**		**3**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

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Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 7/16/2012
SEASON: Summer
PHASE: SIZE
WEEK: 7

Get Big = High Volume SuperSets

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
Pullups **WEIGHTED**				**8**		**8**		**8**		**8**			
superset													
BB Deadlift				**8**		**8**		**8**		**8**			
BB Incline Chest Press				**8**		**8**		**8**		**8**			
superset													
BB Bulgarian Squat				**8e**		**8e**		**8e**		**8e**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
DB Incline Chest Press				**8**		**8**		**8**		**8**			
superset													
BB Box Squat				**8**		**8**		**8**		**8**			
Standing BB Shoulder Press				**8**		**8**		**8**		**8**			
superset													
DB Step Up				**8e**		**8e**		**8e**		**8e**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB RDL + CHAINS				**8**		**8**		**8**		**8**			
superset													
Jammer Press				**8**		**8**		**8**		**8**			
DB Front Squat				**8**		**8**		**8**		**8**			
superset													
DB Curl to Press				**8**		**8**		**8**		**8**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 7/23/2012

SEASON: Summer
PHASE: RECOVER
WEEK: 8

Download = Lower volume to allow for active recovery

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Bench Chest Press				**3**		**3**		**3**					
DB Bulgarian Squat				**3e**		**3e**		**3e**					
Pullups				**5**		**5**							
HEX Bar Deadlift				**3**		**3**		**3**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Back Squat				**3**		**3**		**3**					
Jammer Press				**3**		**3**		**3**					
BB RDL				**3**		**3**		**3**					
DB Single Arm Shoulder Press				**3**		**3**		**3**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

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Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 7/30/2012
SEASON: Summer
PHASE: Get Big
WEEK: 9

Get Fast & Powerful = Moderate Weight w/ Fast Bar Speed

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Incline Bench Chest Press				3		3		3		3		3	
DB Bulgarian Squat				3e		3e		3e		3e		3e	
Lat Pulldown				3		3		3		3		3	
BB Deadlift				3		3		3		3		3	

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
DB Forward Lunge				3e		3e		3e		3e		3e	
Jammer Press				3		3		3		3		3	
HEX Bar Deadlift				3		3		3		3		3	
Seated DB Shoulder Press				3		3		3		3		3	

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Back Squat				3		3		3		3		3	
DB Upright Row				3		3		3		3		3	
BB RDL + CHAINS				3		3		3		3		3	
DB Alternate Chest Press				3		3		3		3		3	

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

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Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 8/6/2012
SEASON: Summer
PHASE: Get Strong
WEEK: 10

Get Strong = The most weight you do correctly for the reps below

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Incline Bench Chest Press				**5**		**3**		**1**					
BB Box Squat				**5**		**3**		**1**					
Lat Pulldown				**8**		**8**		**8**					
HEX Bar Deadlift				**8**		**8**		**8**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Back Squat				**5**		**3**		**1**					
Jammer Press				**5**		**3**		**1**					
HEX Bar Deadlift				**5**		**3**		**3**					
Seated DB Shoulder Press				**8**		**8**		**8**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

DAY 3

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB RDL				**5**		**3**		**1**					
DB Upright Row **OR BB High Pull**				**5**		**3**		**1**					
DB Walking Lunges				**100 yards**									
DB Curl to Press				**6**		**6**		**6**					

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch

Mike Volkmar, MS, CSCS, PES Head Strength Coach Peddie School Office: 609.944.7673 www.peddie.org

Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 8/13/2012

SEASON: Summer
PHASE: Strength
WEEK: 11

Get Strong = Strength SuperSets

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Incline Bench Chest Press				**3**		**3**		**3**		**3**			
superset													
DB Front Squat				**3**		**3**		**3**		**3**			
Lat Pulldown				**3**		**3**		**3**		**3**			
superset													
HEX Bar Deadlift				**3**		**3**		**3**		**3**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
Mini Band Knee Rotations	2	30 sec		Plate DL Pilates Crunch	2	10	
SL Supine Hamstring Stretch	2	30 sec		Plate Alternate Leg Lower Crunch	2	8 each	
SL DB Calf Raise	2	20e		Plate Seated Russian Twist	2	12 each	
Cable PVC Chop	2	12e					

POST WORKOUT Foam Roll Stretch

DAY 2

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Back Squat				**3**		**3**		**3**		**3**			
superset													
Jammer Press				**3**		**3**		**3**		**3**			
HEX Bar Deadlift				**3**		**3**		**3**		**3**			
superset													
Seated DB Shoulder Press				**3**		**3**		**3**		**3**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	30 sec		Cable Chop	2	8 each	slow
Bench Prone T	2	30 sec		Cable Lift	2	8 each	slow
Post Cap Stretch	2	30 sec					
TRX High Row	2	30 sec					

POST WORKOUT Foam Roll Stretch

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Name

PEDDIE STRENGTH

TEAM: FOOTBALL
DATE: 8/20/2012

SEASON: Summer
PHASE: Peak
WEEK: 12

Get Strong = Strength SuperSets

DAY 1

PRE-WORKOUT Foam Roll Core

EXERCISE	1RM	REST	TEMPO	SET 1		SET 2		SET 3		SET 4		SET 5	
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD
BB Forward Lunge				**3e**		**3e**		**3e**		**3e**			
superset													
DB Upright Row				**3**		**3**		**3**		**3**			
BB RDL + CHAINS				**3**		**3**		**3**		**3**			
superset													
DB Curl to Press				**3**		**3**		**3**		**3**			

PREHAB	SETS	REPS	TEMPO	CORE	SETS	REPS	TEMPO
DB Shrugs	2	20		SB Rollouts	2	15	
Bench Prone T	2	20		SB Crunch	2	15	
Post Cap Stretch	2	30 sec		SB Pikes	2	15	
TRX High Row	2	20		SB Back Extension	2	15	

POST WORKOUT Foam Roll Stretch