

POWER 5.3

Football In-Season Program

MONDAY

set rep wt

CHEST

Flat Bench 4 x 6 _____
(increase by 10 lbs each set)
Incline Dumbbells 2 x 9 _____
Dumbbell Press 2 x 9 _____
Hammer Machine 2 x 9 _____

SHOULDERS

Military Press 4 x 6 _____
(increase by 5 lbs each set)
Upright Rows 2 x 10 _____
Front Lat Raise 2 x 10 _____
Side Lat Raise 2 x 10 _____

TRICEPS

Skull Crunchers 2 x 8 _____
Dumbbell Extension 2 x 8 _____

TUESDAY

LEGS

Squat 4 x 6 _____
(increase by 20 lbs each set)
Leg Extension 2 x 8 _____
Leg Curl 2 x 8 _____
Toe raise 2 x 12 _____

BACK

Dead Lift 4 x 6 _____
(increase by 20 lbs each set)
Lat Pulldown 2 x 8 _____
T-Bar Rows 2 x 8 _____
Power Clean 2 x 10 _____

BICEPS

Straight Bar Curl 2 x 9 _____
EZ Bar Curl 2 x 9 _____

WEDNESDAY

set rep wt

CHEST

Flat Bench 2 x 8 _____
Incline Bench 2 x 10 _____
Decline Bench 2 x 12 _____

SHOULDERS

Military Press 4 x 6 _____
(increase by 5 lbs each set)
Upright Rows 2 x 10 _____
Front Lat Raise 2 x 10 _____
Side Lat Raise 2 x 10 _____

TRICEPS

French Press 2 x 8 _____
Pushdowns 2 x 10 _____
Dumbbell Extension 2 x 10 _____
Dumbbell Kickbacks 2 x 10 _____

THURSDAY

LEGS

Leg Press 2 x 8 _____
Lunges 2 x 10 _____
Hip Sled 2 x 10 _____
Toe raises 2 x 12 _____

BACK

Power Clean 4 x 6 _____
(increase by 10 lbs each set)
Lat Pulldowns 2 x 8 _____
Bent-Over Rows 2 x 10 _____
Pullovers 2 x 12 _____

BICEPS

Straight Bar Curl 2 x 10 _____
EZ Curl 2 x 10 _____
Dumbbell Curl 2 x 10 _____

FRIDAY

Game Day – WIN!