

# Quarterback Work Out D

DATE					
<b>CS = OYO</b>	Exercise/Drill	Goal	Resistance	Achieved	Notes
	5 yd Tapioca and back	5 minutes	3 kg		15 seconds on 15 second off
<b>Stability</b>	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Hurdle Walk Overs	4 trips	3kg MB		8 hurdles med ball overhead
	Scapula Press Ups	2x15	Bwt		off plyo box
<b>Rotary</b>	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Standing Side Toss	x6 ea	3-5 kg		movement semi circle
		x6 ea	3-5 kg		
		x6 ea	3-5 kg		
x6 ea		3-5 kg			
<b>Core</b>	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Leg Raise - Knee to Ch	2x15			off stability ball
	Reverse Crunch	2x15			
	Throw Downs	x20			partner
<b>Off-Box</b>	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Band Stretch				Post Work Out
	ISO Lunge Holds				off 5" box

**NOTE:**  
**Shoulder Upper Back Stabilization**  
**Flexion Extension**  
 May need to be done as an extra work out due to time  
 If so it is recommended that an AM - PM rotation be used on the same training day

Work Out D

Main Strength	Exercise/Drill	Goal	Resistance	Achieved	Notes	
	Box Squat to Box Jump	x6				
		x6				
		x6				
	V Squat <i>combo w/ knee ext/hip ext x10ea</i>	wu				
		wu				
		x6				
		x6				
		x6				
	Transverse Lunge	x60 sec	45#			
x60 sec		45#				
DB Lunge	35 yards			walking		
BB Bench Press	wux5			flat		
DB SA Row	wux5			pronated grip		
BB Bench Press	x8			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Super Sets</b>                      15-30 seconds between groupings                      45-60 seconds between sets                 </div>		
DB SA Row	x8					
BB Bench Press	x10					
DB SA Row	x10					
BB Bench Press	x12					
DB SA Row	x12					
SA Pulldowns	x15			off Hammer at 90 degree body position		
	x15					
Core	Exercise/Drill	Goal	Resistance	Achieved	Notes	
	DB RDL	x15			Stability Ball	
		x15				
	Glute Ham Raise to 45 degree	x5			5 - 10 second hold at beginning of each set	
		x5				
		x5				
		x5				

Work Out D

		Exercise/Drill	Goal	Resistance	Achieved	Notes
		<b>Stabilization</b>	<b>Upper Back</b>	Balance Board Walks	f/b x 30	
Small Ball Rot throw	x15 ea					
DB Bent Raise	x15					
Band Int/Ext	x15 ea					
Ball Resistance	x60 sec					
4 way neck	x12					
DB Shrugs	x20					
Ladder - icky shuffle						set 1 rt/lt, lt/rt Bear set 2 wheel
<b>Flexion</b>	<b>Extension</b>	Exercise/Drill	Goal	Resistance	Achieved	Notes
		<i>Anconeus Ext</i>	x15			
		<i>DB Reverse Curl</i>	x10			
		<i>Anconeus Ext</i>	x15			
		<i>DB Reverse Curl</i>	x10			
		<i>Anconeus Ext</i>	x15			
		<i>DB Reverse Curl</i>	x10			
		<i>BB Wrist Curl</i>	x20			
		<i>DB Reverse Wrist Curl</i>	x20			
		<i>BB Wrist Curl</i>	x20			
<i>DB Reverse Wrist Curl</i>	x20					