

Quarterback Work Out E

DATE					
03-02-09	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Lateral Shuffle	5 minutes	cord		15 seconds on 15 second off
Strength	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Hurdle Duck Unders Scapula Push Ups	4 trips 2x15	3kg MB Bwt		8 hurdles med ball overhead
Rotary	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Seated Russian Twist	x 25 ea	3-5 kg		
	Oblique Leg Roll	x 15 ea	Stab Ball		
	Band Wood Chop Shoulder/Knee Band Wood Chop Knee/Shoulder	x12 ea x 12 ea	mini mini		
Agility	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Rapid Chop Sit Ups	45 reps			
	Straight Leg Raise Single Arm Deadlift	2x15 3x6 ea			iso hold every three reps partner
Cardio	Exercise/Drill	Goal	Resistance	Achieved	Notes
	PNF ISO Lunge Holds				Post Work Out 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 E

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Exercise/Drill	Goal	Resistance	Achieved	Notes
DB SA Power Pull	x6			below knee
	x6			
	x6			
Leg Press	wu			
<i>combo w/</i>	wu			
<i>TKE's x 15 each</i>	x10			
	x10			
	x10			
	x10			
	x10			
12" Step Down	x10 ea			
	x10 ea			
Step Down	x60 sec	cord		resistance away
DB Bench Press	wux5			stability ball
Band Row	wux5			nutral grip
DB Bench Press	x10			<div style="border: 1px solid black; padding: 5px; text-align: center;"> Super Sets 15-30 seconds between groupings 45-60 seconds between sets </div>
Band Row	x10			
DB Bench Press	x12			
Band Row	x12			
DB Bench Press	x15			
Band Row	x15			
DB Push Up to Row	x10			
	x10			
	x10			
Hammer Pulldown	x15			
	x15			

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Exercise/Drill	Goal	Resistance	Achieved	Notes
Partner Leg Curl	x10			
	x10			
Single Leg Leg Curl	x15			
	x15			

Work Out E

		Exercise/Drill	Goal	Resistance	Achieved	Notes
REPS k c a b r e p p c t a b i l i t y z a t i o n		Blackburns + Y=thd	x15			wheel barrow
		Blackburns + Y=thu	x15			
		Blackburns + T=thd	x15			
		Blackburns + T=thu	x15			
		Blackburns + A=thd	x15			
		Blackburns + U=palmd	x15			
		DB Shrugs	x20			
		Ladder - shuffle				set 1 rt/lt, lt/rt Bear set 2 wheel
EX F l e x i o n i o n		Exercise/Drill	Goal	Resistance	Achieved	Notes
		<i>OH SA Band Ext</i>	x15			
		<i>DB SB Curl Combo</i>	x10			
		<i>OH SA Band Ext</i>	x15			
		<i>DB SB Curl Combo</i>	x10			
		<i>OH SA Band Ext</i>	x15			
		<i>DB SB Curl Combo</i>	x10			
		<i>Wrist Flips</i>	x60 sec			
		<i>Rice Bucket</i>	x60 sec			
		<i>Wrist Flips</i>	x60 sec			
	<i>Rice Bucket</i>	x60 sec				