

Quarterback Work Out F

DATE	Exercise/Drill	Goal	Resistance	Achieved	Notes
03-07-09	Ladders - drops	5 minutes			15 seconds on 15 second off
Mindy	Hurdle Lateral Walk	4 trips	3kg MB		8 hurdles med ball overhead
	Scapula Push Ups	2x15	Bwt		stability ball
Rotary	Seated Chest Pass	x15	3-5 kg		
	Kneeling Chest Pass	x15	3-5 kg		
	Standing Chest Pass	x15	3-5 kg		
	Quick 25's	x25x3	3-5 kg		
Lash	MB Crunch	3x25			partner drop off bench
	Superman's	2x15			
	DB Side Bend	2x15			
03-07-09	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 F

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Exercise/Drill	Goal	Resistance	Achieved	Notes	
DB Hang Clean to Squat	x6				
	x6				
	x6				
Front Squat	wu				
	<i>combo w/</i> wu				
Rapid Leg Curl x 10 each	x8				
	x8				
	x8				
	x8				
	x8				
Single Leg Squat	x10 ea			free	
	x10 ea				
Proprio Iso Hold	x60 sec			balance board	
Hammer Incline	wux5			alternate arm	
DB Row	wux5			nutral grip	
Hammer Incline	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>	
DB Row	x10				
Hammer Incline	x12				
DB Row	x12				
Hammer Incline	x15				
DB Row	x15				
SA Med Push Up to Rot	x 5 ea				
Inverted Pull Ups	x10				bar suspended chain
SA Med Push Up to Rot	x 5 ea				
Inverted Pull Ups	x10				bar suspended chain
Hammer Pulldown	x15			alternate arm	
	x15				

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Exercise/Drill	Goal	Resistance	Achieved	Notes
Hip and Glute	x10			
	x10			
Seated Leg Curl	x15			
	x15			

Work Out F

		Exercise/Drill	Goal	Resistance	Achieved	Notes
STABILIZATION	UPPER BACK	Step Overs	x 60 sec			iso hold every 3 reps
		Band Front Raise	x15			
		DB Pullover to Fly	x15			
		Body Blade 120 degree	x 60 sec			
		Black Burns	6x10 sec			
		4 Way Neck	x15			
		DB Shrugs	x20			
		Step Ups	x 60 sec			
EXTENSION	FLEXION	Exercise/Drill	Goal	Resistance	Achieved	Notes
		Hammer Dip	x15			
		Hammer Curl	x10			
		Hammer Dip	x15			
		Hammer Curl	x10			
		Hammer Dip	x15			
		Hammer Curl	x10			
		Plate Holds	x60 sec			
Plate Holds	x60 sec					