

Quarterback Work Out A

DATE					
03-03-08	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Slide Board	5 minutes	sidewinder		15 seconds on 15 second off
Monday	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
Rotary	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Overhead Superman Throws	x10	3kg-5kg		
	Seated Spread Eagle OH Throw	x10	3kg-5kg		
	Kneeling OH Throw	x10	3kg-5kg		
	Standing OH Throw	x10	3kg-5kg		
	Kneeling Rebound Throw	x15	[=/<] 3kg		catch to overhead triceps extension
Wednesday	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Watch TV	3x90sec	Bwt		combo with sit up
	Partner OH MB Stip Up	3x15	3kg-5kg		combo with watch tv
	Standing Side Bends	3x15 ea	green band		
Thursday	Exercise/Drill	Goal	Resistance	Achieved	Notes
	PNF				Post Work Out
	ISO Lunge Holds				off 5" box
<p>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</p>					

Work Out A

M a i n S t r e n g t h	Exercise/Drill	Goal	Resistance	Achieved	Notes
	DB Power Pull from Hang	x6			on balance board
		x6			
		x6			
	Front Squat - barbell	wu			
		wu			
		x6			
		x6			
		x6			
		x6			
	Asterisk Lunge	x60 sec	45#		
		x60 sec	45#		
	DB Reverse Lunge	35 yards			walking
	DB Bench Press	wux5			flat bench
	Hammer Mid Row	wux5			wide grip
	DB Bench Press	x8			<div style="border: 1px solid black; padding: 5px; text-align: center;"> Super Sets 15-30 seconds between groupings 45-60 seconds between sets </div>
	Hammer Mid Row	x8			
	DB Bench Press	x10			
	Hammer Mid Row	x10			
	DB Bench Press	x12			
Hammer Mid Row	x12				
Ring Push Ups	x10				
Inverted Pull Ups	x10			pronated	
Ring Push Ups	x10				
Inverted Pull Ups	x10			pronated	
SA Pulldowns	x15			off Hammer at 90 degree body position	
	x15				
A c c e s s o r y	Exercise/Drill	Goal	Resistance	Achieved	Notes
	DB Single Leg RDL	x15			
		x15			
	Stability Ball Hip Lift	x15			
		x15			

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		Exercise/Drill	Goal	Resistance	Achieved	Notes
STABILITY U P P P R Z A T I O N		Overhead Band Pull Aparts	x20	mini		
		Lateral Raise	x6			manual resistance
		DB Front Raise	x15			thumbs down
		Body Blade	x60 sec			at 120 degree
		DB External Rotation	x15			seated on knee
		4 way neck	x12			
		DB Shrugs	x20			
		Ladder - 2 in each	2 sets			set 1 rt/lt, lt/rt Bear set 2 wheel
EXTENSION F L E X I O N		Exercise/Drill	Goal	Resistance	Achieved	Notes
		<i>DB Elbows Out Ext</i>	x15			stability ball
		<i>DB Hammer Curl</i>	x10			
		<i>DB Elbows Out Ext</i>	x15			
		<i>DB Hammer Curl</i>	x10			
		<i>DB Elbows Out Ext</i>	x15			
		<i>DB Hammer Curl</i>	x10			
		<i>BB Wrist Curl</i>	x20			
		<i>DB Reverse Wrist Curl</i>	x20			
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	<i>DB Reverse Wrist Curl</i>	x20				