

Quarterback Work Out B

DATE		Exercise/Drill	Goal	Resistance	Achieved	Notes
03-07-06		5 yd Drop to Reverse Drop	5 minutes			15 seconds on 15 second off
Mitts		Hurdle Duck Unders	4 trips	3kg MB		8 hurdles med ball overhead
		Scapula Push Ups	2x15	Bwt		
R T h r o w s		Seated Partner Twists	x25 ea	5kg-7kg		
		Kneeling Partner Twists	x25 ea	5kg-7kg		
		Standing Partner Twists	x25 ea	5kg-7kg		
BOSU		Stability Ball Crunch	3x15-20	mini		
		Side Hip Lift to Hold	2x90 sec			
		Hip Extension	2x15 ea			
03-07-06		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 B

Main Strength	Exercise/Drill	Goal	Resistance	Achieved	Notes		
	Vertamax	x6					
		x6					
		x6					
		Squat - DB	wu				
			<i>combo w/</i>	wu			
			<i>band pull aparts x 10</i>	x6			balance board
		x6					
		x6					
		x6					
		x6					
	Lateral Step Up - DB	x10 wea					
		x10 ea					
	20" Step Up	x60 sec	cord		resistance away		
	<i>DB Incline Press</i>	wux5			stability ball		
	<i>Hammer Mid Row</i>	wux5			nuetral grip		
	<i>DB Bench Press</i>	x10			Super Sets 15-30 seconds between groupings 45-60 seconds between sets		
	<i>Hammer Mid Row</i>	x10					
	<i>DB Bench Press</i>	x12					
	<i>Hammer Mid Row</i>	x12					
<i>DB Bench Press</i>	x15						
<i>Hammer Mid Row</i>	x15						
<i>Med Ball Push Ups</i>	x10			2 hands on 1 ball			
<i>Inverted Pull Ups</i>	x10			supinated			
<i>Ring Push Ups</i>	x10						
<i>Inverted Pull Ups</i>	x10			supinated			
Hammer Pulldown	x15						
	x15						
Core	Exercise/Drill	Goal	Resistance	Achieved	Notes		
	Single Leg Hip Lift/Curl	x15			Stability Ball		
		x15					
	Iso Hold Back Ext	x5			5 - 10 second hold at beginning of each set		
		x5					
		x5					
		x5					
x5							

Work Out B

		Exercise/Drill	Goal	Resistance	Achieved	Notes
Stability	Upperc Back	Pulls to Face	x20	mini		
		Front Raise	x6			manual resistance
		DB "L" Raise	x15			
		Band 120 degree Rot	x60 sec			abd/adduction each
		Ball Resistance	x60 sec			
		4 way neck	x12			
		DB Shrugs	x20			
		Ladder - carioca				set 1 rt/lt, lt/rt Bear set 2 wheel
Flexion	Ext	DB Rolling Ext	x15			
		DB Combo Curl	x10			
		DB Rolling Ext	x15			
		DB Combo Curl	x10			
		DB Rolling Ext	x15			
		DB Combo Curl	x10			
		Wrist Flips	x60 sec			
		Rice Bucket	x60 sec			
		Wrist Flips	x60 sec			
		Rice Bucket	x60 sec			