

Quarterback Work Out C

DATE					
05-07-00	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Med Ball Shuffle Toss	5 minutes	3 kg		15 seconds on 15 second off
05-07-00	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Hurdle Lateral Walk	4 trips	3kg MB		8 hurdles med ball overhead
	Scapula Push Ups	2x15	Bwt		stability ball
ROTARY	Exercise/Drill	Goal	Resistance	Achieved	Notes
	Knee to Overhead	x12	3kg MB		go against wall and move for speed
	Knee to Opposite Shoulder	x12 ea	3kg MB		
	Ankle to Opposite Shoulder	x12 ea	3kg MB		
Floor to Overhead	x12	3kg MB			
05-07-00	Exercise/Drill	Goal	Resistance	Achieved	Notes
	MB Sit Up to Leg Raise	2x15	3-5 kg		partner
	STG Abs with iso hold	2x15	green		10 sec iso hold after every 3 reps
	Supine Roller	x20			stability ball
05-07-00	Exercise/Drill	Goal	Resistance	Achieved	Notes
	PNF				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 C

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Exercise/Drill	Goal	Resistance	Achieved	Notes	
DB Clean	x6				
	x6				
	x6				
Squat - DB	wu			stability ball off wall	
<i>combo w/</i>	wu				
<i>band pull to's x 10</i>	x6				
	x6				
	x6				
	x6				
	x6				
Single Leg Squat	x10 ea			off Hammer Squat Lunge	
	x10 ea				
45 degree Lunge	x60 sec	cord		resistance away	
DB Decline	wux5			flat	
Hammer Mid Row	wux5			pronated grip	
DB Decline	x8			<p align="center">Super Sets 15-30 seconds between groupings 45-60 seconds between sets</p>	
Hammer Mid Row	x8				
DB Decline	x10				
Hammer Mid Row	x10				
DB Decline	x12				
Hammer Mid Row	x12				
Med Ball Push Ups	x 5 each				1 on 1 off
Inverted Pull Ups	x10				rings
Med Ball Push Ups	x 5 each				
Inverted Pull Ups	x10				rings
Hammer Pulldown	x15			alternate arm	
	x15				



Exercise/Drill	Goal	Resistance	Achieved	Notes
Stability Ball Hip Lift	x15			Stability Ball
	x15			
Reverse Hypers	x5			5 - 10 second hold at beginning of each set
	x5			
	x5			
	x5			
	x5			

Work Out C

		Exercise/Drill	Goal	Resistance	Achieved	Notes
U P P E R B A C K	S t a b i l i z a t i o n	Band Pull Aparts	x20	mini		
		Internal/External Rot	x6			manual resistance
		DB Front Raise	x15			thumbs up
		MB Rotation of Wall	x15 ea			
		Stability Ball Proprio	x60 sec			
		4 way neck	x12			
		DB Shrugs	x20			
		Ladder - in and out				set 1 rt/lt, lt/rt Bear set 2 wheel
E X T E N S I O N		Exercise/Drill	Goal	Resistance	Achieved	Notes
		<i>Band Push Downs</i>	x15			
		<i>DB Incline Curl</i>	x10			
		<i>Band Push Downs</i>	x15			
		<i>DB Incline Curl</i>	x10			
		<i>Band Push Downs</i>	x15			
		<i>DB Incline Curl</i>	x10			
		<i>Plate Holds</i>	x60 sec			
	<i>Plate Holds</i>	x60 sec				