Bulldogs Football Off-Season Weight Training Program

**Mondays, Wednesdays and Thursdays from 330-445**

**Summer Hours 430-630 PM--**same set and rep rotation

Week 1: 3 x 3 (June 8)

Week 2: 5 x 5 or 3x 5 (June 15)

Week 3: 5-4-3-2-1 or 5-3-1 (June 22)

Week 4: 10-8-6 4-4-2 Deadlift (June 29)

Week 5: 3 x 3 (July 6 )

Week 6: 5 x 5 or 3x 5 (July 13)

Week 7: 5-4-3-2-1 or 5-3-1 (July 20)

Week 8: 10-8-6 4-4-2 Deadlift (July 27)

Week 9: 3 x 3 (August 3)

Week 10: Off Week

Week 11:--Season Starts August 17th





**Mondays**  **Wednesdays**  **Thursdays**

Core Lifts Core Lifts Core Lifts

Bench Deadlift Towel Bench

Parallel Squat Hang Clean DB (1st) Box Squat

Auxiliary Lifts Auxiliary Lifts Auxiliary Lifts

DB row (single arm) Weighted Bench Dips DB RDL

DB RDL Bent Over Row Lunges

Reverse Lunge Leg Press Shoulder Press

Curl Variation Skull Crusher Calf Raises

Split Squat Incline Bench Upright Row

Skull crushers, curl variation, split squat, shoulder press, lunges, upright row, incline bench, can all be done with DBs or straight bar.

Dot Drill--Daily performance 6X front, 6x left foot, 6x right foot, 6x both feet, 6x turn around