

## **Benton Ranger Football Off-Season Workouts - Week of June 8th, 2020**

Print this sheet and use it to keep track of your workouts for the week. If you do not have a printer, duplicate it with paper and pen. There are 4 lifts for the week. Complete 1 core lift per day and record your results. It would be best to start on Monday and finish on Friday with your day off somewhere in the middle. Complete auxiliary lifts from the suggestions or others on your own. We have done most of these at some point, but Starks has some additional equipment that you can utilize. If you do not know what a lift looks like, just Google the name of the exercise and there should be a lot of demonstration videos. Mix in cardio, sprint work, core as you have time. If you are unable to do anything else, sprinting and burpees will go a long way. On Friday: text Coach Groves a picture of your sheet at 618-521-7310 or email to [jgroves@bentonhighschool.org](mailto:jgroves@bentonhighschool.org). Also please send pictures or video clips of you completing a workout, lifting with a teammate, running etc. It will be nice to have at the end of the year when we look back at this time. Any questions, please reach out!

**\*\*\*NEXT ZOOM MEETING: June 13th, 5:30 PM. Meeting ID: 820 8037 2210 Password: football**

### **\*DAY 1 – Legs\***

**Squat:** 10,8,6 Week. Set 1 (10) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 2 (8) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 3 (6) \_\_\_\_\_ x \_\_\_\_\_ lbs.

NOTES/COMMENTS: \_\_\_\_\_

Auxiliary Activities: 3x10 of any of the following: Lunges, Flex-T-Walking Lunges, Romanian Deadlift, Barbell Glute Bridge, Calf Raises. Any “core” work is acceptable. Leg Raises, Planks, Cockroaches, Side-planks, Crunches etc. SPRINT!

### **\*DAY 2 – Chest and Triceps\***

**Bench:** 10,8,6 Week. Set 1 (10) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 2 (8) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 3 (6) \_\_\_\_\_ x \_\_\_\_\_ lbs.

NOTES/COMMENTS: \_\_\_\_\_

Auxiliary Activities: 3x10 of any of the following: Incline Barbell or Dumbbell Bench, Dips, Close Grip Tricep Bench, Overhead Tricep Extensions, Cable Rope Pulldowns. SPRINT!

### **\*DAY 3 – Back and Biceps\***

**Deadlift:** 10,8,6 Week. Set 1 (10) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 2 (8) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 3 (6) \_\_\_\_\_ x \_\_\_\_\_ lbs.

NOTES/COMMENTS: \_\_\_\_\_

Auxiliary Activities: 3x10 of any of the following: Barbell Row, Lat Pull Downs, Pull Ups, EZ Bar Curl, Hammer Curls, Straight bar curls, 21's, preacher curls. Any “core” work is acceptable. Leg Raises, Planks, Cockroaches, Side-planks, Crunches etc. SPRINT!

### **\*DAY 4 – Shoulders\***

**DB Mil. Press:** 10,8,6 Week. Set 1 (10) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 2 (8) \_\_\_\_\_ x \_\_\_\_\_ lbs. Set 3 (6) \_\_\_\_\_ x \_\_\_\_\_ lbs.

NOTES/COMMENTS: \_\_\_\_\_

Auxiliary Activities: 3x10 of any of the following: Reverse Dumbbell Fly, Lateral Dumbbell Shoulder Raises, Front Dumbbell Shoulder Raises.

