

| Day 1  |   | Monday |      |        |           |  |
|--|---|--------|------|--------|-----------|--|
| Order  | Exercise                                  | Sets   | Reps | Weight | Rest      |  |
| <b>A</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Single Arm DB Bench Press (alternating)   | 4-5    | 6-8  |        | 3 min     |  |
|  | Med Ball Chest Throw (against Wall)       |        | 6-8  |        | Intervals |  |
|  | Hammer Rows (elbows out)                  |        | 6-8  |        |           |  |
| <b>B</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | DB/ KB Standing Single Arm Shoulder Press | 3-4    | 6-8  |        | 3 min     |  |
|  | DB Rows (elbows in)                       |        | 6-8  |        | Intervals |  |
|  |   |        | 6-8  |        |           |  |
| <b>C</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Chin Ups (band assisted if needed)        | 3-4    | 6-8  |        | 3 min     |  |
|  | Stability Ball Push Ups                   |        | 6-8  |        | Intervals |  |
|  |   |        | 6-8  |        |           |  |
| <b>D</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Lying DB Tricep Extension                 | 3-4    | 6-8  |        | 3 min     |  |
|  | Blowup Curls (your Choice)                |        | 6-8  |        | Intervals |  |
|  |   |        | 6-8  |        |           |  |
| <b>E</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Hands on Chin Crunch                      | 2-3    | 30   |        | 2 min     |  |
|  | Hands to side Palms up Crunch             |        | 30   |        | Intervals |  |
|  | Cross-Cross-Cross Leg Lifts               |        | 30   |        |           |  |

| Day 3  |  | Wednesday or Thursday |         |        |           |  |
|--|--|-----------------------|---------|--------|-----------|--|
| Order  | Exercise                               | Sets                  | Reps    | Weight | Rest      |  |
| <b>A</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Weighted Push Ups (Pit Shark or Smith) | 4-5                   | 6-8     |        | 3 min     |  |
|  | Med Ball Chest Pass (against Wall)     |                       | 6-8     |        | Intervals |  |
|  | Cable Rows (elbows in)                 |                       | 6-8/6-8 |        |           |  |
| <b>B</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | DB Lateral Raise                       | 3-4                   | 6-8     |        | 3 min     |  |
|  | DB Front Raise                         |                       | 6-8     |        | Intervals |  |
|  | DB Bent Over Y Raise (thumbs up)       |                       | 6-8     |        |           |  |
| <b>C</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Wide Grip Pulldown                     | 3-4                   | 6-8     |        | 3 min     |  |
|  | Single Arm Chest Fly (Cable or Band)   |                       | 6-8     |        | Intervals |  |
|  |  |                       | 6-8     |        |           |  |
| <b>D</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Lying DB Tricep Extension              | 3-4                   | 6-8     |        | 3 min     |  |
|  | Blowup Curls (your Choice)             |                       | 6-8     |        | Intervals |  |
|  |  |                       | 6-8     |        |           |  |
| <b>E</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Hands on Chin Crunch                   | 2-3                   | 30      |        | 2 min     |  |
|  | Hands to side Palms up Crunch          |                       | 30      |        | Intervals |  |
|  | Cross-Cross-Cross Leg Lifts            |                       | 30      |        |           |  |

| Day 2  |  | Tuesday |              |        |           |  |
|--|--|---------|--------------|--------|-----------|--|
| Order  | Exercise                                       | Sets    | Reps         | Weight | Rest      |  |
| <b>A</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Power Clean (Timed) Weight = 5% from last week | 6       | 1            |        | 3 min     |  |
|  | Face Down Bridge On Stability Ball             |         | 30 sec       |        | Intervals |  |
|  |  |         | 30 sec       |        |           |  |
| <b>B</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Low Cable Pull Throughs                        | 3-4     | 6-8          |        | 3 min     |  |
|  | Quad Stretch off Bench                         |         | 30/30/30 sec |        | Intervals |  |
|  | Glute Ham Raise on Slide Board Body Curls      |         | 4-6          |        |           |  |
| <b>C</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Speed Squat (from Scops) 50% of 1RM            | 4-5     | 3-4          |        | 3 min     |  |
|  | Box Jump Up                                    |         | 5            |        | Intervals |  |
|  |  |         | 5            |        |           |  |
| <b>D</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | KB Goblet Hold Squats or PitShark Front Squat  | 3-4     | 6-8          |        | 3 min     |  |
|  | Internal Hip Rotation Holds on RODEX           |         | 1            |        | Intervals |  |
|  |  |         | 1            |        |           |  |
| <b>E</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | KB Farmers Walk (75- 124lb KB)                 | 2-3     | 30 sec       |        | 3 min     |  |
|  | Calf Stretch on Double RODEX                   |         | 30/30/30     |        | Intervals |  |
|  |  |         | 30/30/30     |        |           |  |

| Day 4  |   | THURSDAY or Friday |              |        |           |  |
|--|---|--------------------|--------------|--------|-----------|--|
| Order  | Exercise  | Sets               | Reps         | Weight | Rest      |  |
| <b>A</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Power Clean w/ Scops (Timed)                                  | 6                  | 3            |        | 3 min     |  |
|  | Bull or Slide Board Roll Outs                                 |                    | 10-15        |        | Intervals |  |
|  |   |                    | 10-15        |        |           |  |
| <b>B</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Back Squat (timed 20-min.) <small>plus 10-min. at max</small> | 5-6                | 3            |        | 4 min     |  |
|  | Hip Flexor Stretch in between sets                            |                    |              |        | Intervals |  |
|  |   |                    |              |        |           |  |
| <b>C</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | ROX   | 3-4                | 6-8          |        | 3 min     |  |
|  | Quad Stretch off Bench  |                    | 30/30/30 sec |        | Intervals |  |
|  |   |                    | 30/30/30 sec |        |           |  |
| <b>D</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Single Leg Squat (near leg unsupported)                       | 3-4                | 4-6/4-6      |        | 3 min     |  |
|  | Leg Curl  |                    | 6-8          |        | Intervals |  |
|  |   |                    | 6-8          |        |           |  |
| <b>E</b><br><small>1.1</small><br><small>1.2</small><br><small>1.3</small> | Cable or Band Anti Rotation w/ Press                          | 2-3                | 30 sec       |        | 3 min     |  |
|  | Calf Stretch on Double RODEX                                  |                    | 30/30/30     |        | Intervals |  |
|  |   |                    | 30/30/30     |        |           |  |

NOTE: Classes follow a weekly progression: Week 1- 3 reps./ Week 2- 2 reps./ Week 3- 1 rep./ week 4 start over. (Each week working to a rep max)

NOTE: Squats follow a weekly progression: Week 1- 5 reps./ Week 2- 4 reps./ Week 3- 3 reps./ week 4 start over. (Each week working to a rep max)

# College Football Workout Plan Chicago

**Arturo Cuomo**

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## **Table of Contents College Football Workout Plan Chicago**

1. Understanding the eBook College Football Workout Plan Chicago
  - The Rise of Digital Reading College Football Workout Plan Chicago
  - Advantages of eBooks Over Traditional Books
2. Identifying College Football Workout Plan Chicago
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an College Football Workout Plan Chicago
  - User-Friendly Interface
4. Exploring eBook Recommendations from College Football Workout Plan Chicago
  - Personalized Recommendations
  - College Football Workout Plan Chicago User Reviews and Ratings
  - College Football Workout Plan Chicago and Bestseller Lists
5. Accessing College Football Workout Plan Chicago Free and Paid eBooks
  - College Football Workout Plan Chicago Public Domain eBooks
  - College Football Workout Plan Chicago eBook Subscription Services
  - College Football Workout Plan Chicago Budget-Friendly Options
6. Navigating College Football Workout Plan Chicago eBook Formats

- ePub, PDF, MOBI, and More
- College Football Workout Plan Chicago Compatibility with Devices
- College Football Workout Plan Chicago Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of College Football Workout Plan Chicago
- Highlighting and Note-Taking College Football Workout Plan Chicago
- Interactive Elements College Football Workout Plan Chicago

8. Staying Engaged with College Football Workout Plan Chicago

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers College Football Workout Plan Chicago

9. Balancing eBooks and Physical Books College Football Workout Plan Chicago

- Benefits of a Digital Library
- Creating a Diverse Reading Collection College Football Workout Plan Chicago

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine College Football Workout Plan Chicago

- Setting Reading Goals College Football Workout Plan Chicago
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of College Football Workout Plan Chicago

- Fact-Checking eBook Content of College Football Workout Plan Chicago
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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