


BEAVER FOOTBALL *(June 29-July 3)*

WEEK 8	Upper Body			Lower Body			
	Monday	Thursday		Tuesday	Friday		
Exercise	Dynamic	Heavy	Exercise	Dynamic	Heavy		
Bench Press Heavy		8x78%	Squat		8x78%		
		8x81%			8x81%		
		6x84%			6x84%		
		6x87%			5x87%		
		AMAP 92%					
Bench Press Dynamic	8x3x51%		Dynamic Squat	8x2x51%			
	Bands			Bands			
DB Incline		8x	Clean	5x78% Hang	5x78% Power		
		8x		4x81%	4x81%		
		8x		4x84%	4x84%		
Jammer Extension	10x			Good Mornings		6x	
	10x		6x				
	10x		6x				
	1.5 Min Rest		6x				
Depth Push Ups		10x Band Y/N	Quick Feet	5x20 sec.			
		10x		Scissors			
		8x	Box Jumps			8x	
10x 1 min. rest	8x						
10x	8x						
Ballistic Plate Push Up	8x		Short Cone Hops	2x10 F/B			
	Alt. Med Ball Push Up			10x 1 min. rest		2x10 R/L	
Straight Bar Skullcrushers			10x	Stiff Legged Dead Lift		6x Right	
	10x		6x Left				
Standing Shoulder Press	10x 1 min. rest		Calf Circuit				6x Right
	10x						6x Left
Leverage Tricep	10x		Biceps		3x10 In		
	10x				3x10 Out		
	10x				3x10 Straight		
Swiss Ball Military Press	10x		Alt. Leg Lifts		EZ Bar	Bicep 12's	
	10x	10x			10x		
	10x	10x			10x		
	Inverted Row	8x			Step Ups		Glute Ham
8x		8x	10x				
8x		8x	8x				
Manual Rear Delt	10x	Leg Lifts x 10, Knee- slapper x 10, Straight leg crunch x 10, and Bicycle crunch x 12 sec. X3 sets, Back to Back 35 sec. rest between sets					
	10x						
	10x						
U-Abs X 12, Heavy Plate Sit Up X12 3x sets, w/ 30 sec. rest between sets							