



# ATHLETIC PERFORMANCE

GENERAL WARM UP  
POST WORKOUT  
STRETCHING

## WORKOUT #3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SPECIFIC WARM UP  
2-3 ROUNDS



1 MID THIGH POWER CLEAN

MEDIUM

3 SETS X 4 REPS

X

CHALLENGING

5 SETS X 3 REPS

X

2 BOSCH CLEAN

X

MEDIUM

3+2 SETS X 5 REPS

X

LIGHT

3+2 SETS X 6 REPS

3 MID THIGH CLEAN PULL

MEDIUM

3 SETS X 4 REPS

X

CHALLENGING

4 SETS X 4 REPS

X

4 ASYMMETRY DEADLIFT

X

MEDIUM

3+2 SETS X 8 REPS

X

MEDIUM

3+2 SETS X 5 REPS

5 DB SEATED VERTICAL JUMP

4 SETS X 6 REPS

5 SETS X 6 REPS

5 SETS X 8 REPS

3 SETS X 6 REPS

## ACCESSORY



PLANK KB SWITCH  
3 SETS X 30-45 SEC



SINGLE LEG BALANCE LUNGE  
3 SETS X 6+8 REPS



RUSSIAN TWIST  
3 SETS X 16-20 REPS

# Football Strength And Conditioning Program For All Seasons

**L Manion**



## **Football Strength And Conditioning Program For All Seasons:**

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