



NFL EUROPE LEAGUE



WEIGHTLIFTING & CONDITIONING PLAN

2005

GENERAL INFORMATION

This file was created to minimize your time spent, and to maximize your effort involved in this program. This Weight- and Conditioning Program includes aspects of all parts of your physical preparation to become a better football player and remain healthy throughout your career.

You will find detailed information about nutrition, proper techniques, conditioning drills, position specific drills and much more in order to give you the needed background to reach your goals as an athlete.

As you get a feeling for the setup of this program, you will see that within your strength-schedule are links to the needed descriptions of certain lifts and drills.

You should look through these prior to starting your workout week in order to make sure you are fully aware of the needed techniques for the upcoming week.

The first 19 Weeks are separated into a Rookie- and a Veteran-Workout. Your assigned Coach will let you know which Workout is assigned to you.

From week 20 on until the Season starts, the workout groups change. From then on the groups will be separated by the following positions:

Strength

Line = OL/DL/ILB

Skill = WR/DB/RB/TE/OLB

QB's = QB

Kicker = K/P

Conditioning (only certain drills)

Skill = WR/DB/RB/QB

Mid = LB/TE/FB/K/P

Big = OL/DL

Please contact your assigned coach for further questions concerning the weight- and conditioning manual.

Always remember:

**“YOU DON'T HAVE TO BE GREAT TO GET STARTED,
BUT YOU HAVE TO GET STARTED TO BE GREAT!”**

NFL EUROPE LEAGUE 2005 WEIGHTLIFTING & CONDITIONING HAND BOOK



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2005-2006 NFL Europe Strength and Conditioning Schedule

PHASE	DATES	WEEK NUMBERS	WORKOUT GROUPS	VIDEO	Summary
General Preparatory 1	July 3-August 13	1, 2, 3, 4, 5, 6 (6 weeks)	Rookie, Vets	N/A	POST-Season active rehabilitation
General Preparatory 2	August 14-September 9	7, 8, 9, 10 (4 weeks)	Rookie, Vets	YES	OFF-Season Workouts start of Speed, Agility & Conditioning
SEPTEMBER 10-11 OFF-SEASON PLAYER MONITORING I (LOCAL)					
General Preparatory 3	September 12-October 21	11, 12, 13, 14, 15, 16 (6 weeks)	Rookie, Vets	YES	OFF-Season Workouts increase of intensity
OCTOBER 22-23 NFLE COMBINE TESTING / OTA II - COLOGNE, GERMANY					
General Preparatory 4	October 24-November 7	17, 18, 19 (3 weeks)	Rookie, Vets	YES	
NOVEMBER 8-12 NFLE MINI CAMP - COLOGNE, GERMANY					
Specialized Preparatory 1	November 13-December 9	20, 21, 22, 23 (4 weeks)	Line, Skill, QB, Kicker	YES	Workouts split up into specialized Groups
DECEMBER 10-11 OFFSEASON PLAYER MONITORING (LOCAL); MEXICO & JAPAN MINI CAMP					
Specialized Preparatory 2	December 12-January 6	24, 25, 26, 27 (4 weeks)	Line, Skill, QB, Kicker	YES	
JANUARY 7-8 NFLE MINI CAMP II					
Specialized Preparatory 3	January 9-January 31	28, 29, 30, 31 (4 weeks)	Line, Skill, QB, Kicker	YES	
FEBRUARY 1 NFLE TRAINING CAMP - TAMPA, FL					
Pre-Competitive	February 12-April 1	32, 33, 34, 35, 36, 37, 38, 39 (8 weeks)	Line, Skill, QB, Kicker	YES	PRE-Season
Competitive	April 2-June 11	40, 41, 42, 43, 44, 45, 46, 47, 48 (9 weeks)	Line, Skill, QB, Kicker	YES	IN-Season - Program will be overlooked by Team's Strength Coaches

2005 NFL EUROPE STRENGTH & CONDITIONING

Preparation Phase 1, Anatomical Adaptation – Early Off-Season

As a strength and conditioning staff, our objective for you, as the athlete is to:

1. Develop, reestablish, and increase your work capacity.
2. Reintroduce yourself to the fundamentals of strength development and dynamic functional flexibility.
3. Start eliminating structural weaknesses developed over the course of a season.
4. Provide a functional background on which to commence hypertrophy and strength training.
5. Using lower intensities will provide a means of active restoration.
6. Start eliminating unwanted body fat.

Training System

For the first two training blocks, we will utilize a form of traditional circuit training (TCT) known as mixed circuit training (MCT). This method of combined development will employ traditional strength training, dynamic flexibility, and cardiovascular training with active rest intervals.

The Principals of Mixed Circuit Training

1. Intensity of Exercise
 - Strength- training with approximately 50%-80% of one's 1 RM
 - Aerobic- training between 40-60% of one's maximal performance ability over a long distance or 70%-80% of one's maximal capability with short, frequent rest intervals.
2. Density of Exercise or Work to Rest ratio
 - Strength- varying from 60 sec to 3 minutes.
 - Aerobic- none at low intensities or 30-90 seconds at higher intensities.
3. Volume of Exercise
 - Strength- large volume of total weight lifted using a higher number of repetitions.
 - Aerobic- covering longer distances with low intensities or shorter distances at a higher intensity.
4. Duration of Exercise
 - Strength- 10-30 seconds
 - Aerobic- distance dependent
5. Physiological Effect & Training Effect
 - Strength- muscular and power endurance, work capacity, muscle cross-section area, energy potential, and basic motor coordination.
 - Aerobic- cardiovascular efficiency, capillarization, oxygen uptake, aerobic capacity, and work capacity.
6. Educational & Psychological Effect
 - Strength & Aerobic- Development of staying power, determination, foundation of self-confidence, physical ability to mobilize oneself to do hard work, and the ability to resist fatigue.

Training Instructions for Weeks 1-4

1. General Warm-up [Active, Dynamic, and Prehabilitation] (15-20 minutes) – make sure that your upper or lower body is thoroughly warmed up before beginning the MCT program. You should be exhibiting a mild to medium sweat throughout the body parts that you are preparing to train.
2. Upon completion of your warm-up, take a 5-minute break to mentally prepare and set up or locate your exercise stations.
3. Perform prescribed workout but *do not alter the order of the exercises or change exercises within the training block*. Prior to starting, make the needed modifications (choice of exercise when an Option is given), and then stick with it through the extent of the training block. *Not doing so will make it impossible to measure the onset of fatigue and systematic improvement*. You should all understand what your limitations are, so pick wisely.
4. As you will notice, these exercises are arranged or paired via lower body // upper body or an agonist (muscles acting) // antagonistic (muscles opposing) fashion. Therefore, when one muscle group is working or under contraction (upper body or chest), it's paired or opposing muscle group (lower body or back) is relaxing. This acts as a means of active rest.
5. The same letter followed by an exercise number designates a pair. As an example, A1 & A2 are trained together, followed by B1 & B2, then C1 & C2, etc.
6. Also, when pairing exercises you must complete all sets and reps given for that pair before proceeding to the next pair. For example, complete A1 & A2 before moving on to B1 & B2, and so forth.
7. Consequently, *pay particular attention to the rest intervals*. These have been chosen for a specific reason. If you do not have a stopwatch, clock, or watch, judge as close as you can. For example, Training block I, Exercises A1 (Single leg press, 2x20) & A2 (Dumbbell BP, 2x15) with a 2 minute rest interval. Warm-up, Perform set 1 of A1, rest 2 minutes, perform set 1 of A2, rest 2 minutes, perform set 2 of A1, rest 2 minutes, perform set 2 of A2. This will give you a total of 4 minutes rest (plus the time of training the paired exercise) before performing the subsequent set.
8. The main lower body and upper body exercise should, if possible, be performed unilaterally (single limb) or with dumbbells. This is to correct any imbalances that have occurred during the season.
9. *It is imperative that you pick a weight that you can handle for all the sets designated!* Use the highest repetition number for each exercise as the baseline number (even though you might not have to perform that rep scheme on that particular day). As a general rule of thumb, after the 1st set of 15 you should be able to perform an additional 4-6 reps, and after the 2nd set 2-3 reps.

For example- Upper body highest set x rep scheme is 2x15

Db bench press	2x15
Set 1 - 80# Db's	Perform 15 but could have got 19-21
Set 2 - 80# Db's	Perform 15 but could have got 17-18

Be intelligent and use our guidelines on determining your training weight. Warm-up gradually and base your decision off of it. If you cannot complete the assigned reps, you are training too heavy. Make the adjustment since no one knows your body better than you do.

10. You will perform 3 total body workouts over the period of a week. The training days are alternated in a Medium-Low-High or High-Medium-Low intensity fashion. *It is imperative that you stick with the weight that you have previously chosen, in the high repetition day, for the subsequent Medium and Low intensity days!* Again, this acts as a means of active rest.

For example:

Db bench press	2x15(High)	3x12(Medium)	4x8(Low)
Original weight	Set 1-80#	Set 1- 80#	Set 1- 80#
Chosen - 80# Db's	Set 2- 80#	Set 2- 80#	Set 2- 80#
		Set 3- 80#	Set 3- 80#
			Set 4- 80#

11. Again, please notice that your first upper body day is at Medium intensity (3x12), but base your weight chosen off of the prescribed reps on the High intensity day (2x15). Your first leg day is at high intensity (2x20) so all-subsequent workouts for that training block should be based off of your chosen weight. Don't guess make an educated decision based off of your warm-up and current state of trainability.
12. SLOW COOK IT - *We understand that the weight you have chosen remains constant. But you must understand that muscles adapt quicker than tendons and ligaments. Therefore, you must resist the temptation to increase your loading on the Medium and Low intensity days. Do not, I repeat, do not, train to failure!!!*
13. *Maintain perfect exercise technique. If you cannot, the load chosen is too heavy!*
- 14. At the conclusion of every strength training session, you will be asked to perform aerobic conditioning at a medium intensity of your own pace, and not truly pushing yourself for 20-30 minutes! Preferably the stair master, elliptical, or arc trainer and for variation utilize the bike for spinning or treadmill for conversational jogging.**
15. Cool down (5-10 minutes). This can consist of any type of static stretching, yoga, green band stretching, hang off of a glute/ham, easy body weight exercises throughout the full range of motion, duck unders and step overs (a barbell positioned in a rack or imaginary hurdles), and the quadruped series on all 4's.
16. Remember, there is no justice in this world so you must create your own!
17. NEVER HESITATE TO CALL WITH QUESTIONS OR CONCERNS!
RYAN CIDZIK: 318-257-4756

Background Information

1. Traditional circuit training (TCT) performed with lighter weights (<40% of one's 1RM) and higher repetitions (>25) with *no* rest intervals, and without aerobic conditioning has been proposed as a highly successful system for developing all-around fitness. *This claim is far from accurate.* Instead, research has shown that TCT by itself is *insufficient* in developing strength and power, and only modest at best in developing local muscular endurance, cardiovascular fitness, and decreases in body fat. Limiting ourselves to just one form of exercise does not allow us to produce simultaneous maximum conditioning of strength, aerobic fitness, and flexibility.
2. In actuality, TCT's *major limitation* is imposed by its very attempt to introduce aerobic conditioning into conventional weight training. The elimination of rest intervals prevents one from using heavier weights and maintaining posture perfect form throughout an exercise. Only when rest intervals are reintroduced into mixed circuit training (MCT) can all-around conditioning become possible.
3. Therefore, the concurrent development of many fitness factors must utilize many different means and methods. *Incorporating both weight and endurance training (MCT) with active rest intervals produces superior results to TCT in terms of improvements in strength and cardiovascular stamina.* This allows for a specific and the desired training effect for football.
4. Question: *Football is not an aerobic sport so why develop the cardiovascular system?* Correct but the aerobic pathway plays a vital role in human performance and is the foundation for all sports, if for no other reason than work capacity, recovery, and overall improvement of the cardio-pulmonary system. Randomized team sports, involving continuous motion performed with varying bursts of power are required to have a properly developed aerobic system. This will allow you and our team to perform at a maximal intensity in the last half of the game and season.
5. It is important that you realize a new and stable level of general and specific fitness *cannot* be maintained if restricted to a short time frame. Granted, all the necessary abilities can be quickly gained from intensive training, but the resulting positive physiological processes are as quickly lost as they were gained. Therefore, *the stability of a high level of fitness is proportionally related to the length of time it took to acquire it.* In other words, start preparing for the upcoming season now.
6. Dynamic flexibility is a must for joint health especially in aging athletes. Movement about a joint creates changes in pressure in the joint capsule that drives nutrients from the synovial fluid (the fluid a joint is encased in) toward the cartilage of the joint. Since cartilage lacks its own blood supply, the chondrocytes (the cells that produce cartilage), must depend on diffusion of oxygen and nutrients directly from synovial fluid for survival. Appropriately, joint mobility correlates highly with joint health.

GENERAL WARM-UP for Weeks 1-4 (Active + Dynamic + Prehabilitation)

*You must warm-up to train not train to warm-up!

- I. Active (5-10 min) Warm-up – utilize any piece of conditioning equipment or jump rope

- II. Dynamic Warm-up – Calisthenics
 - a. Jumping jacks x10
 - b. Split jacks x10 (1 leg in front, 1 behind, arms same as JJ)
 - c. Long Striders x10 (same leg placement as SJ, pull the rope with arms)
 - d. Neck flexion & extension x5/5
 - e. Lateral flexion & extension x5/5 (ear to shoulder)
 - f. Shoulder rolls x5/5 (hands on hips)
 - g. Long arm swings x10
 - h. Arm circles x5/5 (small to big)
 - i. Exaggerated good mornings x5/5 (trunk flexion & extension – toes to heels)
 - j. Side bends x5/5 (straight arms, hands touch knees)
 - k. Staggered wide stance hip circles x5/5
 - l. Knee circles x5/5
 - m. Ankle plantar & dorsi flexion x5/5
 - n. Ankle inversion & eversion x5/5
 - o. Split squats x5/5 (lunge position)
 - p. TKE's 2x20 – use bands, low box, or multi-hip unit

- III. Dynamic Warm-up – Hip mobility
 - a. Leg swings x5/5 (side to side)
 - b. Leg swings x5/5 (front to back)
 - c. Quadrupled (all 4s) hip abduction (to side) x5/5
 - d. Quadrupled hurdlers forward x5/5
 - e. Quadrupled hurdlers backward x5/5
 - f. Hurdle mobility (place barbell in a rack, visualize imaginary hurdles, or use a stretch cord) - Duck unders x10
 - g. Hurdle mobility - Step overs x10

- IV. Prehabilitation
 - a. 4-way Neck
 - b. Shrugs
 - c. Rotator cuff/External & Internal Rotation

Training Instructions for Weeks 5-6

1. In this two-week block, you will begin a traditional training template. To the best of your ability, please select the appropriate load with each exercise and keep in mind the set x rep scheme. *At this time, we would rather have you underestimate than overestimate.*
2. Concluding the strength training session, you will notice we have introduced the infamous Dynamic warm-up. You will find two variations, Dynamic warm-up #1 and #2 at the end of this workout. We understand that the majority of you (okay, all of you) do not like this in the least bit, but unfortunately it is very important in the development of general movement patterns for any athlete. Plus, this will give you a window of adaptation before you report back.
4. During this two-week time frame, you will also be all asked to perform a reasonable amount of aerobic conditioning on the treadmill. This is more intensive in nature, but still abides by the guidelines in developing your aerobic system. As you will notice, we have given miles per hour (mph) ranges understanding that *all individuals are not created equal*. Run according to your capabilities but within the required parameters.
5. Following the treadmill training, we strongly encourage all individuals that need to continue to lose weight to resume exercising using the same recommendations we gave you during the first two training blocks. At a medium intensity or a conversational exercise pace for an additional 20-30 minutes on any piece of equipment.
6. As always, NEVER HESITATE TO CALL WITH QUESTIONS OR CONCERNS!
RYAN CIDZIK: 318-257-4756

DYNAMIC WARM-UP #1 for Weeks 5-6

1. Neck extension/flexion	5/5
2. Neck lateral flexion/extension	5/5
3. Neck circles	5/5
4. Shoulder rolls forward/backward	5/5
5. Big arm circles forward/backward	5/5
6. Rope pulls	5/5
7. Back slaps	5/5
8. Exaggerated good mornings	5/5
9. Side bends	5/5
10. Staggered wide stance hip circles	5/5
11. Knee circle	5/5
12. Ankle flexion/extension	5/5
13. Ankle inversion/eversion	5/5
14. Ankle circle into ground	5/5
15. 60% TECHNICAL BUILD-UP	20/20
16. Ankle bounce up/back	10/10
17. Knee tucks up/back	10/10
18. Lunge walk up/back	10/10
19. High skip up/back	10/10
20. Standing leg swings flexion/extension	10/10
21. Standing leg swings abduction/adduction	10/10
22. 60% TECHNICAL BUILD-UP	20/20
23. Shuffle up/back	10/10
24. Carioca up/back	10/10
25. Exaggerated carioca up/back	20/20
26. Lateral high knees up/back	10/10
27. Figure 4 stretch	15s/15s
28. Frog stretch	15s/15s
29. 3D hip flexor & straight leg hamstring	15s/15s/15s/15s
30. Mountain climbers (knees inside elbows)	10/10
31. 70% TECHNICAL BUILD-UP	20/20
32. Butt kicks up/back	10/10
33. High knees up/back	10/10
34. Walking toe touch up/back	10/10
35. Hip rotation-walk up/skip back	10/10
36. Lying high kicks	10/10
37. V-outs	10
38. Iron cross (on back)	5/5
39. Scorpions (on belly)	5/5
40. Quadrupled series (all 4s)	5/5/5/5/5
• Hurdlers forward/backward	
• Knee to chest w/bent knee reverse hyper	
• Lift knee to side	
• Leg straight back swing side to side	
41. 70% TECHNICAL BUILD-UP	20/20

DYNAMIC WARM-UP #2 for Weeks 5-6

1. Neck extension/flexion	5/5
2. Neck lateral flexion/extension	5/5
3. Neck circles	5/5
4. Shoulder rolls forward/backward	5/5
5. Big arm circles forward/backward	5/5
6. Rope pulls	5/5
7. Back slaps	5/5
8. Exaggerated good mornings	5/5
9. Side bends	5/5
10. Staggered wide stance hip circles	5/5
11. Knee circle	5/5
12. Ankle flexion/extension	5/5
13. Ankle inversion/eversion	5/5
14. Ankle circle into ground	5/5
15. 60% TECHNICAL BUILD-UP	20/20
16. Ankle flips up/back (heel to toe walks)	10/10
17. Lateral knee tucks up/back	10/10
18. 45° Lunge walk up/back	10/10
19. Low skip up/back	10/10
20. Forward walking leg swings	10
21. Forward walking toe touch	10
22. 60% TECHNICAL BUILD-UP	20/20
23. Shuffle & turn	10/10
24. Carioca & turn	10/10
25. Exaggerated carioca & turn	20/20
26. Lateral high knees up/back (facing sideways)	10/10
27. Figure 4 stretch	15s/15s
28. Frog stretch	15s/15s
29. 3D hip flexor & straight leg hamstring	15s/15s/15s/15s
30. Wide mountain climbers (knee outside elbows)	10/10
31. 70% TECHNICAL BUILD-UP	20/20
32. Backward walk (heel to butt)	10/10
33. Back pedal	10/10
34. Backward high knees	10/10
35. Backward walking front leg swings	10
36. Backward walking toe touch	10
37. Low backward skip	10
38. High backward skip	10
39. Backward walk hip rotation	10
40. Backward skip hip rotation	10
41. Quadrupled series (all 4s)	5/5/5/5/5
42. Hurdlers forward/backward	
43. Knee to chest w/bent knee reverse hyper	
44. Lift knee to side	
45. Leg straight back swing side to side	
70% TECHNICAL BUILD-UP	20/20

3-WEEK WAVE: ISOMIOMETRIC, SUBMAX ECCENTRIC, & DYNAMIC

The purpose is to accentuate a different muscular contraction for 3 weeks utilizing the same pattern of resistance/exercise. After 3 weeks we move on to a DIFFERENT exercise and employ the same methods. This is usually done with assistance exercises. We will also employ regular dynamic movement for 3 weeks on an exercise but change the reps on a weekly basis since we have found that the athlete adapts to the rep scheme faster than the actual exercise. Since these are assistance exercises the load depends on the athlete so we don't have percents for say a horizontal row (we don't test for a 1rep max in assistance exercises). You and the athlete should know based on watching them train what they can handle-this comes down to trial and error.

The following is the 3-week break down:

Week 1- Isometric emphasis (hold in contracted position)

- Great for teaching technique since lighter loads are used
- Improves capacity of the CNS to innervate motor units
- Strengthens the weakest part of the active muscle
- Teaches how to generate and maintain intramuscular tension
- Low cost of metabolic energy
- 3x6 with a 6-5-4-3-2-1 Iso hold-each hold is followed by 1 dynamic rep

Week 2- submax eccentric emphasis

- Great for teaching technique since lighter loads are used
- High level of stress per motor unit recruited which leads to improved neural adaptation
- Great stimulus for hypertrophy
- There is a high level of strength transfer between limbs (rehab)
- Strengthens muscle-tendon complex
- Is great for treatment of tendonitis
- Lowest cost of metabolic energy
- 3x8/4-6sec lowering-heavy set is performed first and a 6% fatigue drop off is used

Week 3-regular dynamic method/concentric emphasis

- Integrates the movement into a collective whole
- Is the secondary stimulus for hypertrophy (eccentric is first)
- Develops the ability for quick and powerful movements
- Experiences the greater stress and subsequent adaptation
- Assists in developing maximal strength
- Results in highest metabolic energy cost
- 3x8-heavy set is performed first and a 6% fatigue drop off is used (there is NO 10sets)

ESTIMATING 1 REP MAXES ON “SPECIAL” UPPER BODY EXERCISES

There are a ton of questions on how to work up to a 1RM on max effort day. While many lifters don't use percentages, it certainly makes it easier on coaches and novices on how to pick attempts. Since many people who are new to doing these movements are not familiar with their maxes, use the following to help guide you.

- **2 Board Press – 105% of 1RM of raw bench press**
- **3 Board Press – 110-115% of 1RM of raw bench press**
- **Floor Press – 90-95% of 1RM of raw bench press**

- **Average 5 Rep Max compared to a 1 Rep Max: 84.5%**
- **Average 3 Rep Max compared to a 1 Rep Max: 89.4%**

- All of these movements are done with a medium grip (pinky on the ring of the power bar) and all 1RM on the raw bench press are done with a maximum legal grip. If you use different grips, then I have no idea of the approximate percentages.

I'm going to point out that these numbers are approximate values and should be used accordingly. These are not set numbers. So if you are reading this and already have a calculator in hand and find some kind of discrepancy, it is ok and you will live. Everyone is different. Also, you will notice that there is no numbers for the incline press or the reverse band press. This is because there are a ton of different angles of incline presses and there are too many discrepancies on how to set up a reverse band press.

NFL EUROPE STRENGTH & CONDITIONING

Name:

ROOKIE: Early Off-Season: General Preparatory 1

Day 1	Week 1
4-Way Neck	2x20
Bar Snatch Grip (Wide) Shrugs	2x20
Rotator Cuff External & Internal Rotation	1x12-each
Push-up Iso Hold	3x20s
Submax Eccentric (6s down) BP w/Dynamic Effort (Explosive) off Chest	60%-4x5
Isometric (Hold reps: 5s-4s-3s-2s-1s-dynamic) Vertical Lat Row	3x6
Tricep Pushdowns	4x8-10
Submax Eccentric (4s down) DB Hammer Curls	4x8-10
Posterior Deltoid Single Arm Bent Over Lateral Raise	3x15
Flutter Kicks (abs)	3x25-each
Standing Calbe/Band Retractable Rows (scapula+row)	2x10
V-Twists	3x15-20
<p><i>Aerobic Treadmill Conditioning:</i> 1 min. Jogging & 2 min. recovery walk x 5 Reps (total time:15 min) OL: 6.5-7mph DL: 7-7.5mph LB/TE/RB/QB: 7.5-8.5mph RB/DB/WR: 8-9mph</p>	

Day 3	Week 1
4-Way Neck	2x12
Bar Snatch Grip (Wide) Shrugs	2x20
Rotator Cuff External & Internal Rotation	1x12-each
Push-up Iso Hold	2x30s
Submax Eccentric (6s down) BP w/Dynamic Effort (Explosive) off Chest	65%-4x4
Submax Eccentric (6s down) Vertical Lat Row	3x8
Tricep Pushdowns	4x8-10
Submax Eccentric (4s down) DB Hammer Curls	4x8-10
Posterior Deltoid Single Arm Bent Over Lateral Raise	3x12
Flutter Kicks (abs)	3x25-each
Standing Calbe/Band Retractable Rows (scapula+row)	2x10
V-Twists	3x15-20
<p><i>Aerobic Treadmill Conditioning:</i> 1 min. Jogging & 2 min. recovery walk x 7 Reps (total time:21 min) 7.5-9mph OL: 6.5-7mph DL: 7-7.5mph LB/TE/RB/QB: 7.5-8.5mph RB/DB/WR: 8-9mph</p>	

Day 2	Week 1
Abs	3x20
Iso Lunge Hold (off 6" boxes)	3x20s
Single Leg Up & Twists (legs straight, 1leg 6" off ground)	3x20-each
Seated Groin abduction (out) & adduction (in)	2x15-each
Hurdle Mobility (Step Overs & Duck Unders)	2x10-each
Bar Squats (4s down: 3x8) OR Leg Press (4s down: 3x10)	(see left)
Low Back Extensions ("hyperextensions): 4s down	2x10
Pullthroughs (cable or band)	3x10-12
V-Situps	3x10
Single Leg Isometric Leg Curls (hold reps: 5s,4s,3s,2s,1s)	3x6
Kneeling Medicine Ball Overhead Pass	3x12-15
<p><i>Aerobic Treadmill Conditioning:</i> 1 min. Jogging & 2 min. recovery walk x 6 Reps (total time:18 min) 7.5-9mph OL: 6.5-7mph DL: 7-7.5mph LB/TE/RB/QB: 7.5-8.5mph RB/DB/WR: 8-9mph</p>	

NFL EUROPE STRENGTH & CONDITIONING

Name:

ROOKIE: Early Off-Season: General Preparatory 1

Day 1	Week 2
4-Way Neck	2x20
Iso Lunge Hold (off 6" boxes)	2x30s
Single Leg Up & Twists (legs straight, 1leg 6" off ground)	3x20-each
Seated Groin abduction (out) & adduction (in)	2x15-each
Hurdle Mobility (Step Overs & Duck Unders)	2x10-each
Bar Squats (4s down: 3x8) OR Leg Press (4s down: 3x10)	(see left)
Low Back Extensions ("hyperextensions): 4s down	2x10
Pullthroughs (cable or band)	3x10-12
V-Situps	3x10
Single Leg Submax Eccentric (6s down) Leg Curls	3x8
Kneeling Medicine Ball Overhead Pass	3x12-15
<i>Aerobic Treadmill Conditioning:</i>	
1 min. Jogging & 2 min. recovery walk x 6 Reps (total time:18 min)	7.5-9mph
OL: 6.5-7mph	
DL: 7-7.5mph	
LB/TE/RB/QB: 7.5-8.5mph	
RB/DB/WR: 8-9mph	

Day 2	Week 2
4-Way Neck	2x20
Bar Snatch Grip (Wide) Shrugs	2x20
Rotator Cuff External & Internal Rotation	1x12-each
Push-up Iso Hold	1x60s
Submax Eccentric (6s down) BP w/Dynamic Effort (Explosive) off Chest	70%-6x3
Dynamic Vertical Lat Row	3x8
Tricep Pushdowns	4x8-10
Submax Eccentric (4s down) DB Hammer Curls	4x8-10
Posterior Deltoid Single Arm Bent Over Lateral Raise	3x10
Flutter Kicks (abs)	3x25-each
Standing Calbe/Band Retractable Rows (scapula+row)	2x10
V-Twists	3x15-20
<i>Aerobic Treadmill Conditioning:</i>	
1 min. Jogging & 2 min. recovery walk x 7 Reps (total time:21 min)	7.5-9mph
OL: 6.5-7mph	
DL: 7-7.5mph	
LB/TE/RB/QB: 7.5-8.5mph	
RB/DB/WR: 8-9mph	

Day 3	Week 2
4-Way Neck	2x12
Iso Lunge Hold (off 6" boxes)	1x60s
Single Leg Up & Twists (legs straight, 1leg 6" off ground)	3x20-each
Seated Groin abduction (out) & adduction (in)	2x15-each
Hurdle Mobility (Step Overs & Duck Unders)	2x10-each
Bar Squats (4s down: 3x8) OR Leg Press (4s down: 3x10)	(see left)
Low Back Extensions ("hyperextensions): 4s down	2x10
Pullthroughs (cable or band)	3x10-12
V-Situps	3x10
Single Leg Dynamic (normal speed) Leg Curls	3x8
Kneeling Medicine Ball Overhead Pass	3x12-15
<i>Aerobic Treadmill Conditioning:</i>	
1 min. Jogging & 2 min. recovery walk x 8 Reps (total time:24 min)	7.5-9mph
OL: 6.5-7mph	
DL: 7-7.5mph	
LB/TE/RB/QB: 7.5-8.5mph	
RB/DB/WR: 8-9mph	

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

ROOKIE: Early Off-Season: General Preparatory 1

Day 1	Week 3	Week 4
Plate Neck	2x15	
DB Shrugs (no straps)	2x20	
Rotator Cuff Internal & External Rotation	2x15-each	
3-Board Press: 55/5, 65/3, 75/2, 82/1, 92/2	(see left)	
1-Arm DB Floor Press (Palms IN; pause on floor)	3x8-each	
Isometric (5s-4s-3s-2s-1s-Dynamic) Bent Over Row-Bar	3x6	
Bar Tricep Extensions (aka. Skull crushers)	4x8	
Submax Eccentric (6s down) Straight Bar Curls	3x6	
Alternating Arms Bent Over Lateral Shoulder Raises	3x10	
ABS		
Plate Neck		2x15
DB Shrugs (no straps)		2x20
Rotator Cuff Internal & External Rotation		2x15-each
Max Effort 3-Board Press: 55/5, 65/3, 75/2, 82/1, 90/1, MAX/1-3		(see left)
Alternating Arms (keep opp. Arm up) DB Floor Press		3x8-each
Submax Eccentric (4s down) Bent Over Row-Bar		3x8
Bar Tricep Extensions (aka. Skull crushers)		4x8
Submax Eccentric (4s down) Straight Bar Curls-add weight		3x8
Double Arm Bent Over Lateral Shoulder Raises		3x10
ABS		

Day 2	Week 3	Week 4
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Groin-Abduction/Adduction	2x15	
Front SQ: 55/5, 65/3, 75/2, 82/1, 92/2	(see left)	
Forward Lunge	3x6-each	
Regular Good Mornings w/Bar (feet parallel)	4x8	
Isometric (12s-10s-8s-6s-4s-2s) Kneeling Opp. Arm/Leg	2x6-each	
Seated Calf Raises	2x15	
Iso Lunge Hold (off 6" boxes)	2x40s	
ABS		
Knee Prehab (flexion/extension)		2x20
Hip Mobility (ie. Hurdles)		2x15
Abduction/Adduction		2x15
Max Effort Front SQ: 55/5, 65/3, 75/2, 82/1, 90/1, MAX/1-3		(see left)
Lateral Lunge (step to side; return)		3x6-each
COMBO Good Mornings (Good Morning-to-Squat, then up)		4x6
Isometric (12s-10s-8s-6s-4s-2s) Kneeling Opp. Arm/Leg		2x6-each
Seated Calf Raises		2x15
Iso Lunge Hold (off 6" boxes)		2x40s

Day 3	Week 3	Week 4
Plate Neck	2x20	
DB Shrugs	2x15	
Rotator Cuff Internal & External Rotation	2x15-each	
Dynamic Effort (fast as you can) Bench (CG): 45s rest bet. Sets	60%-8x3	
Regular Bench Press (work up to a HEAVY tripple)	3x3	
Bar Tricep Extensions	4x5	
Isometric (5s-4s-3s-2s-1s-Dynamic) Bent Over Row-Bar	3x6	
Submax Eccentric (6s down) Straight Bar Curls	3x6	
Isometric Plate (front) Raise: 5s-4s-3s-2s-1s-Dynamic	3x6	
ABS		
Plate Neck		2x20
DB Shrugs		2x15
Rotator Cuff Internal & External Rotation		2x15
Dynamic Effort (fast as you can) Bench (MG): 45s rest bet. Sets		60%-8x3
Regular Bench Press (work up to a HEAVY tripple)		3x3
Bar Tricep Extensions		4x5
Submax Eccentric (4s down) Bent Over Row-Bar		3x8
Submax Eccentric (4s down) Straight Bar Curls-add weight		3x8
Submax Eccentric (4s down) Plate (front) Raise		3x8
ABS		

Day 4	Week 3	Week 4
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Iso Lunge Hold (off 6" boxes)	2x30s	
Dynamic Effort (explosive) BOX SQ: 45s rest between sets	55%-10x2	
Regular Back Squat (work up to a HEAVY tripple)	3x3	
RDL + Shrug	4x6	
Isometric (12s-10s-8s-6s-4s-2s) Low Back Extensions	3x6	
Standing Calf Raises	2x15	
ABS		
Knee Prehab (flexion/extension)		2x20
Hip Mobility (ie. Hurdles)		2x15
Iso Lunge Hold (off 6" boxes)		2x30s
Dynamic Effort (explosive) BOX SQ: 45s rest between sets		60%-8x2
Regular Back Squat (work up to a HEAVY tripple)		3x3
RDL + Shrug		4x6
Submax Eccentric (4s down) Low Back Ext. (Hold a Plate)		3x10
Standing Calf Raises		2x15

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

ROOKIE: Early Off-Season: General Preparatory 1

Day 1	Week 5	Week 6
Plate Neck	2x15	
Snatch Grip (WIDE) Bar Shrugs	2x20	
Rotator Cuff Internal & External Rotation	2x15-each	
2-Board Press: 55/5, 65/3, 75/2, 82/1, 92/2	(see left)	
Double Arm DB Floor Press (Palms in, pause)	3x8	
Normal Speed Bent Over Rows-Bar	3x10	
DB Tricep Extensions	4x8	
Normal Speed Straight Bar Curls	3x10	
Seated 1-Arm DB Lateral Raises	3x10	
ABS		
Plate Neck		2x15
Snatch Grip (WIDE) Bar Shrugs		2x20
Rotator Cuff Internal & External Rotation		2x15-each
Max Effort 2-Board Press: 55/5, 65/3, 75/2, 82/1, 90/1, MAX/1-3	(see left)	
1-Arm DB Bench Press (palms in)	3x8-each	
Isometric (5s-4s-3s-2s-1s-Dynamic) 1-Arm DB Row	3x6-each	
DB Tricep Extensions	4x8	
Submax Eccentric (6s down) Reverse Grip Curls	3x6	
Seated Alternating Arms DB Lateral Raises	3x10	
ABS		

Day 2	Week 5	Week 6
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Abduction/Adduction	2x15	
Parallel Box SQ: 55/5, 65/3, 75/2, 82/1, 92/2	(see left)	
Reverse Lunge (step back, return)	3x6-each	
COMBO Good Morning + VERTICAL JUMP	4x5	
Normal Speed Kneeling Opposite Arm/Leg	2x12-each	
Standing Calf Raises	2x15	
Iso Lunge Hold (off 6" boxes)	2x50s	
ABS		
Knee Prehab (flexion/extension)		2x20
Hip Mobility (ie. Hurdles)		2x15
Abduction/Adduction		2x15
Max Effort Parallel Box SQ: 55/5, 65/3, 75/2, 82/1, 90/1, MAX/1-3		(see left)
Forward Stepups		3x6-each
WIDE Stance Good Mornings		4x6
Normal Speed Kneeling Opposite Arm/Leg		2x12-e
Standing Calf Raises		2x15
Iso Lunge Hold (off 6" boxes)		2x50s

Day 3	Week 5	Week 6
Plate Neck	2x20	
DB Shrugs	2x15	
Rotator Cuff Internal & External Rotation	2x15-each	
Dynamic Effort (fast as you can) Bench (CG): 45s rest bet. Sets	60%-8x3	
Regular Bench Press (work up to a HEAVY tripple)	3x3	
Bar Tricep Extensions	4x5	
Isometric (5s-4s-3s-2s-1s-Dynamic) Bent Over Row-Bar	3x6	
Submax Eccentric (6s down) Straight Bar Curls	3x6	
Isometric Plate (front) Raise: 5s-4s-3s-2s-1s-Dynamic	3x6	
ABS		
Plate Neck		2x20
DB Shrugs		2x15
Rotator Cuff Internal & External Rotation		2x15
Dynamic Effort (fast as you can) Bench (MG): 45s rest bet. Sets		60%-8x3
Regular Bench Press (work up to a HEAVY tripple)		3x3
Bar Tricep Extensions		4x5
Submax Eccentric (4s down) Bent Over Row-Bar		3x8
Submax Eccentric (4s down) Straight Bar Curls-add weight		3x8
Submax Eccentric (4s down) Plate (front) Raise		3x8
ABS		

Day 4	Week 5	Week 6
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Iso Lunge Hold (off 6" boxes)	1x40s	
Dynamic Effort (explosive) BOX SQ: 45s rest between sets	65%-8x2	
Leg Press (work up to a HEAVY tripple)	3x3	
DB RDL + Shrug	4x6	
Normal Speed Low Back Extensions	3x12	
Seated Calf Raises	2x15	
ABS		
Knee Prehab (flexion/extension)		2x20
Hip Mobility (ie. Hurdles)		2x15
Iso Lunge Hold (off 6" boxes)		2x30s
Dynamic Effort (explosive) BOX SQ: 45s rest between sets		55%-10x2
Leg Press (work up to a HEAVY tripple)		3x3
DB RDL + Shrug		4x6
Isometric (12s-10s-8s-6s-4s-2s) Reverse Hypers		3x6
Seated Calf Raises		2x15

NFL EUROPE STRENGTH & CONDITIONING

Name:

ROOKIE: General Preparatory 2

Day 1	Week 7	Week 8
Machine 4-Way Neck	2x10-each	
Isometric Straight Bar Shrugs (10s hold at top)	2x10	
Rotator Cuff Internal & External Rotation	2x15-each	
2-Board Press (62/3, 70/3, 80/3, 92/3, Bonus/3)	see left	
Alternating Arms DB Bench Press (keep 1 arm up, palms in!)	3x10	
Submax Eccentric (4s down) 1-Arm DB Row	3x10	
EZ Curl Bar Tricep Extensions	4x8	
Submax Eccentric (4s down) Reverse Grip Curls	3x8	
Seated Double Arm DB Lateral Raises	3x10	
ABS		
Machine 4-Way Neck		2x10-each
Normal Speed Straight Bar Shrugs		2x20
Rotator Cuff Internal & External Rotation		2x15-each
Max 2-Board Press (55/5, 65/3, 78/2, 90/1, 101/1, Bonus/1)		see left
Double Arm DB Bench Press (palms in!)		3x10
Normal Speed 1-Arm DB Rows		3x10
EZ Curl Bar Tricep Extensions		4x8
Normal Speed Reverse Grip Curls		3x10
2-Way Shoulder Combo (Standing Lateral & Bent Lateral)		3x10-each
ABS		

Day 2	Week 7	Week 8
ABS		
Hurdle Mobility (Overs)	3x20	
Conventional Deadlift (55/5, 62/5, 75/5, 85/5, Bonus/5)	see left	
Lateral Stepups	3x8-each	
Prone (face down) Leg Curl	4x8	
Isometric Pullups (6-5-4-3-2-1)	3x6	
Supermans	3x12	
Standing Bar Calf Raises	2x15	
Iso Lunge Hold	1x30-each	
ABS		
Hurdle Mobility (Overs)		3x20
Conventional Deadlift (62/3, 70/3, 80/3, 92/3, Bonus/3)		see left
Crossover Stepups		3x8-each
Prone (face down) Leg Curl		4x8
Submax Eccentric (4s down) Pullups		3x8
Supermans		3x12
Standing Bar Calf Raises		2x15
Iso Lunge Hold		1x30-each

Day 3	Week 7	Week 8
Machine 4-Way Neck	2x10-each	
Submax Eccentric (4s down) Straight Bar Shrugs	2x15	
Rotator Cuff Internal & External Rotation	2x15-each	
Dynamic Effort (WG) Bench Press (45s rest)	60%-8x3	
HEAVY Close Grip (CG) Incline Bench Press	3x3	
DB Tricep Extensions (heavy)	4x6	
Normal Speed Bent Over Row (bar)	3x10	
Submax Eccentric (4s down) Straight Bar Curls	3x8	
Normal Speed Plate (front) Raise	3x10	
ABS		
Machine 4-Way Neck		2x10-each
Isometric Trap Bar Shrugs (10s hold at top)		2x10
Rotator Cuff Internal & External Rotation		2x15-each
Dynamic Effort (CG) Bench Press (45s rest)		60%-8x3
HEAVY CG Incline Bench Press		3x3
DB Tricep Extensions (heavy)		4x6
Isometric (5s-4s-3s-3s-1s-Dynamic) Reverse Grip Rows		3x6
Normal Speed Straight Bar Curls		3x10
Iso (5s-4s-3s-2s-1s-Dyn) Standing Bar Front Raises		3x6
ABS		

Day 4	Week 7	Week 8
ABS		
Hurdle Mobility (Unders)	3x20	
Dynamic Effort Box Squat (45s rest)	60%-10x2	
Heavy Regular SQ	3x3	
Bar RDL (toes straight)	4x6	
Submax Eccentric (4s down) Reverse Hypers	3x8	
Seated Calf Raises	2x15	
ABS		
Hurdle Mobility (Unders)		3x20
Dynamic Effort Box Squat (45s rest)		65%-10x2
Heavy Regular SQ		3x3
Bar RDL (toes pointed out)		4x6
Dynamic (normal speed) Reverse Hypers		3x12
Seated Calf Raises		2x15

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

ROOKIE: General Preparatory 2

Day 1	Week 9	Week 10
Plate Neck	2x10	
Submax Eccentric (4s down) Trap Bar Shrugs	2x15	
Rotator Cuff Internal & External Rotation	2x15-each	
Floor Press (55/5, 62/5, 75/5, 85/5, Bonus/5)	(see left)	
Double Arm DB Bench Press (palms in)	3x10	
Isometric (5-4-3-2-1-X) 1-Arm DB Reverse Grip Rows	3x6-each	
Close Grip (CG) Rack Lockouts (1/4 reps)	4x8	
Submax Eccentric (6s down) Standing Hammer Curls	3x6	
2-Way Shoulder Combo (Standing Lateral & Bent Over Rear)	3x10-each	
ABS		
Plate Neck		2x10
Isometric (10s hold) DB Shrugs		2x10
Rotator Cuff Internal & External Rotation		2x15-each
Floor Press (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)		(see left)
Submax Eccentric (4s down) 1-Arm DB Reverse Grip Rows		2x8
CG Rack Lockouts		2x8
Submax Eccentric (4s down) Standing Hammer Curls		2x8
3-Way Shoulder Combo (Rear, Lateral, Front)		2x10-each
ABS		
<i>(PLAYER MONITORING ON SATURDAY)</i>		

Day 2	Week 9	Week 10
ABS		
Hurdle Mobility (unders)	3x20	
Max Conventional Deadlift (55/5, 65/3, 78/2, 90/1, Bonus/1)	see left	
1-Leg DB SQ (rear foot on box/bench)	3x8-each	
Good Mornings (narrow base)	4x8	
Normal Speed Pullups	3x10	
Quadrupled Supermans (all 4's; opp. Arm/leg)	3x10-each	
Standing Bar Calf Raises	2x15	
Iso Lunge Hold	1x30-each	
ABS		
Hurdle Mobility (unders)		3x20
Regular Squat (Light)		3x5
Good Mornings (narrow base)		2x8
Normal Speed Pullups		2x8
Quadrupled Supermans (all 4's; opp. Arm/leg)		2x10-each
<i>(PLAYER MONITORING ON SATURDAY)</i>		

Day 3	Week 9	Week 10
Plate Neck	2x10	
Dynamic Trap Bar Shrugs	2x20	
Rotator Cuff Internal & External Rotation	2x15-each	
Dynamic Effort (MG) Bench Press (45s rest)	55%-8x3	
Bar JM Press	4x6	
Submax Eccentric (4s down) Reverse Grip Rows (bar)	3x8	
Normal Speed Straight Bar Curls	3x10	
Submax Eccentric (4s down) Standing Bar Front Raise	3x8	
ABS		
OFF		
<i>(PLAYER MONITORING ON SATURDAY)</i>		

Day 4	Week 9	Week 10
ABS		
Hurdle Mobility (overs)	3x20	
Dynamic Effort Box SQ (45s rest)	55%-10x2	
Bar RDL (toes pointed in)	4x6	
Normal Speed Reverse Hypers	3x12	
Seated Calf Raises	2x15	
OFF		
<i>(PLAYER MONITORING TOMORROW...GOOD LUCK!!!)</i>		

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

ROOKIE: General Preparatory 3

Day 1	Week 11	Week 12
4-Way Neck	2x10-each	
Submax Eccentric (4s down) DB Shrugs	2x15	
Rotator Cuff HIGH Internal & External Rotation	2x15-each	
Bar Pushups--Superset (x10 close, x10 medium, x10 wide grip)	2x30	
Vertical Low Row (back) Machine	1x20	
3-Way Shoulder Combo (Rear, Lateral, Front)	1x10-each	
ABS		
4-Way Neck		2x10-each
Iso. Snatch (wide grip) Bar Shrugs (10s hold at top)		2x10
Rotator Cuff HIGH Internal & External Rotation		2x15-each
MAX Floor Press (55/5, 65/3, 78/2, 90/1, Bonus/1)		see left
1-Arm DB Incline Bench		3x10
Normal Speed 1-Arm DB Reverse Grip Row		3x10-each
JM Press		4x8
Iso. Standing DB Lateral Raises (Hold: 6s-5s-4s-3s-2s-1s)		3x6
Normal Speed Standing DB Hammer Curls		3x10
ABS		

Day 2	Week 11	Week 12
ABS		
Hurdle Mobility (overs)	3x20	
Band Knee Prehab	2x15-each	
Pistol Squats	2x15-each	
Pullups (grip: your choice)	2x12	
Prone Leg Curl Machine	2x15	
Reverse Hypers	1x20	
ABS		
Hurdle Mobility (overs)		3x20
Band Knee Prehab		2x15-each
LOW (2" below parallel) Box Squat (55/5, 62/5, 75/5, 85/5, Bonus/5)		see left
1-Leg DB SQ (rear foot on box/bench)		3x8-each
DB RDL (toes pointed straight)		4x8
Iso. Close Reverse Grip Pullups (Hold: 6s-5s-4s-3s-2s-1s)		3x6
Iso. Low Back Extensions (Hold: 12s-10s-8s-6s-4s-2s)		3x6
Iso Lunge Hold		1x40s

Day 3	Week 11	Week 12
4-Way Neck	2x10-each	
Rotator Cuff HIGH Internal & External Rotation	2x15-each	
Normal Speed DB Shrugs	2x20	
Dynamic Effort (WG) Bench (45s rest)	60%-8x3	
Bar JM Press	4x5	
Normal Speed Reverse Grip Rows (bar)	3x10	
Submax Eccentric (6s down) DB Incline Curls	3x6	
Normal Speed Standing Bar Front Raise	3x10	
ABS		
4-Way Neck		2x10-each
Rotator Cuff HIGH Internal & External Rotation		2x15-each
Submax Eccentric (4s down) Snatch Grip Shrugs		2x15
Dynamic Effort (CG) Bench (45s rest)		60%-8x3
Bar JM Press		4x5
Twisting DB Bent Over Rows (double arm)		3x10
Submax Eccentric (4s down) DB Incline Curls		3x8
Iso. Standing DB Front Raises (Hold: 6s-5s-4s-3s-2s-1s)		3x6
ABS		

Day 4	Week 11	Week 12
ABS		
Hurdle Mobility (unders)	3x20	
Band Knee Prehab	2x15-each	
Dynamic Effort Box SQ (45s rest)	60%-10x2	
Speed Deadlifts	55%-6x1	
Wide Good Mornings	4x6	
Seated Good Mornings	3x12	
Standing DB Calf Raises	2x15	
ABS		
Hurdle Mobility (unders)		3x20
Band Knee Prehab		2x15
Dynamic Effort Box SQ (45s rest)		65%-10x2
Speed Deadlifts		60%-6x1
Wide Good Mornings		4x6
Seated Good Mornings		3x12
Standing DB Calf Raises		2x15

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

ROOKIE: General Preparatory 3

Day 1	Week 13	Week 14
Manual Neck	1x10-each	
Normal Speed Snatch (wide) Grip Shrugs	2x20	
Rotator Cuff High Internal & External Rotation	2x15-each	
Close Grip Bench Press (55/5, 62/5, 75/5, 85/5, Bonus/5)	see left	
Alternating Arms DB Incline Bench	3x10-each	
Iso. T-Bar Row (Hold: 6s-5s-4s-3s-2s-1s)	3x6	
Bar Tricep Extensions	4x8	
Submax Eccentric (4s down) Standing DB Lateral Raises	3x8	
Submax Eccentric (6s down) Straight Bar Curls	3x6	
ABS		
Manual Neck		1x10-each
Submax Eccentric (4s down) Straight Bar (normal grip) Shrugs		2x15
Rotator Cuff High Internal & External Rotation		2x15-each
Close Grip Bench Press (62/3, 70/3, 80/3, 92/3, Bonus/3)		see left
Double Arm DB Incline Bench		3x10
Submax Eccentric (4s down) T-Bar Rows		3x8
Bar Tricep Extensions		4x8
Normal Speed Standing DB Lateral Raises		3x10
Submax Eccentric (4s down) Straight Bar Curls		3x8
ABS		

Day 2	Week 13	Week 14
ABS		
Hurdle Mobility (unders)	3x20	
Band Knee Prehab	2x15	
LOW Box Squat (62/3, 70/3, 80/3, 92/3, Bonus/3)	see left	
DB Forward Lunge	3x8-each	
DB RDL (toes pointed out)	4x8	
Submax Eccentric (4s down) Close Reverse Grip Pullups	3x8	
Submax Eccentric (4s down) Low Back Extensions	3x8	
Iso Lunge Hold	1x40s	
ABS		
Hurdle Mobility (unders)		3x20
Band Knee Prehab		2x15
MAX Low Box SQ (55/5, 65/3, 78/2, 90/1, Bonus/1)		see left
DB Lateral Lunge		3x8-each
DB RDL (toes pointed in)		4x8
Normal Speed Close Reverse Grip Pullups		3x10
Normal Speed Low Back Extensions		3x12
Iso Lunge Hold		1x40s

Day 3	Week 13	Week 14
Manual Neck	1x10-each	
Iso. (normal grip) Straight Bar Shrugs (Hold 10s at top)	2x10	
Rotator Cuff High Internal & External Rotation	2x15-each	
Dynamic Effort (MG) Bench (45s rest)	60%-8x3	
Floor Tricep Extensions	4x6	
Twisting DB Bent Over Rows (double arm)	3x10	
Normal Speed DB Incline Curls	3x10	
Submax Eccentric (4s down) Standing DB Front Raises	3x8	
ABS		
Manual Neck		1x10-each
Normal Speed Straight Bar (normal grip) Shrugs		2x20
Rotator Cuff High Internal & External Rotation		2x15-each
Dynamic Effort (WG) Bench (45s rest)		60%-8x3
Heavy Regular Bench Press		3x3
Floor Tricep Extensions		4x6
Twisting DB Bent Over Rows (double arm)		3x10
Submax Eccentric (6s down) Lying DB Hammer Curls		3x6
Normal Speed Standing DB Front Raises		3x10
ABS		

Day 4	Week 13	Week 14
ABS		
Hurdle Mobility (overs)	3x20	
Band Knee Prehab	2x15	
Dynamic Effort Box SQ (45s rest)	55%-12x2	
Hang Clean Pull	60%-3x5	
Concentric Good Mornings	4x6	
Kneeling Opposite Arm/Leg	3x10-each	
Iso Lunge Hold	1x40s	
ABS		
Hurdle Mobility (overs)		3x20
Band Knee Prehab		2x15
Dynamic Effort Box SQ (45s rest)		60%-10x2
Hang Clean Pull		65%-3x5
Concentric Good Mornings		4x6
Kneeling Opposite Arm/Leg		3x10-each
Iso Lunge Hold		1x40s

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

ROOKIE: General Preparatory 4

Day 1	Week 17	Week 18
4-Way Neck	2x12-each	
Iso. Trap Bar Shrugs (10s hold at top)	2x10	
Steering Wheels	2x30	
Close Grip Incline Bench (55/5, 62/5, 75/5, 85/5, Bonus/5)	see left	
Plyo Pushups	3x6	
Normal Speed T-Bar Row	3x10	
Kneeling DB Lateral Raises (double arm)	3x10	
Pause Floor Tricep Extensions	4x8	
Submax Eccentric (6s down) Concentration Curls	3x6	
ABS		
4-Way Neck		2x12-each
Normal Speed Trap Bar Shrugs		2x20
Steering Wheels		2x30
Close Grip Incline Bench (62/3, 70/3 80/3, 92/3, Bonus/3)		see left
Plyo Pushups		3x8
Normal Speed T-Bar Row		3x12
Kneeling DB Lateral Raises (double arm)		3x12
Pause Floor Tricep Extensions		4x8
Submax Eccentric (4s down) Concentration Curls		3x8
ABS		

Day 2	Week 17	Week 18
ABS		
Snatch Squat	3x10	
Dot Touches	2x10-each	
HIGH (2" above) Box SQ (62/3, 70/3, 80/3, 92/3, Bonus/3)	see left	
Pistol Squats	3x10-each	
DB Leg Curl	4x10	
Alternating Pullups	3x10	
Iso. Reverse Hypers (Hold: 12s-10s-8s-6s-4s-2s)	3x6	
Iso Lunge Hold	1x60s	
ABS		
Snatch Squat		3x10
Dot Touches		2x10-each
MAX High (2" above) Box SQ (55/5, 65/3, 78/2, 90/1, Bonus/1)		see left
Pistol Squats		3x10-each
DB Leg Curl		4x10
Alternating Pullups		3x10
Submax Eccentric (4s down) Reverse Hypers		3x8
Iso Lunge Hold		1x60s

Day 3	Week 17	Week 18
4-Way Neck	2x12-each	
Submax Eccentric (4s down) Trap Bar Shrugs	2x15	
Steering Wheels	2x30	
Dynamic Effort (MG) Bench	60%-8x3	
Floor JM Press	4x6	
1-Arm Reverse Grip DB Rows	3x10	
Normal Speed Lying DB Hammer Curls	3x10	
Incline Front Raises (bar)	3x10	
ABS		
4-Way Neck		2x12-each
Normal Speed Seated DB Shrugs		2x20
Steering Wheels		2x30
Dynamic Effort (WG) Bench		60%-8x3
Bar Pushups (10CG-10MG-10WG)		2x30
Floor JM Press		4x6
1-Arm Reverse Grip DB Rows		3x10
Bicep Curls (your choice)		3x10
Incline Front Raises (bar)		3x10
ABS		

Day 4	Week 17	Week 18
ABS		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Dynamic Effort Box Squat (45s rest)	55%12x2	
Below-Knee Clean Pull	65%-3x5	
Good Mornings (regular stance)	4x8	
Supermans	3x15	
Iso Lunge Hold	1x60s	
ABS		
Snatch Squat		3x10
Dot Touches		2x10-each
Dynamic Effort Box Squat (45s rest)		60%-10x2
Clean Pull (from floor)		60%-3x5
COMBO Good Mornings		4x6
Supermans		3x15
Iso Lunge Hold		1x60s

NFL EUROPE STRENGTH & CONDITIONING

Name:

ROOKIE: General Preparatory 4

Day 1	Week 19
Manual Neck	1x10-each
Rotator Cuff Internal Rotation	1X20-each
Rotator Cuff External Rotation	1X20-each
Hurdle Mobility (overs)	1X12-each
Hurdle Mobility (unders)	1X12-each
Band Knee Prehab	1X20-each

Day 2	Week 19
OFF	
<i>NOVEMBER 8-12 NFLE MINI CAMP-COLOGNE, GERMANY</i>	

Day 3	Week 19
OFF	
<i>NOVEMBER 8-12 NFLE MINI CAMP-COLOGNE, GERMANY</i>	

Day 4	Week 19
OFF	
<i>NOVEMBER 8-12 NFLE MINI CAMP-COLOGNE, GERMANY</i>	

NFL EUROPE STRENGTH & CONDITIONING

Name:

Day 1	Week 1
4-Way Neck (slow & controlled)	2x20
Isometric Bar Shrugs (:10 sec. Hold at top)	2x20
Isometric External Rotation (2-5-1 tempo: 2s-lower, 5s hold, 1s raise)	3x5
Dynamic Internal Rotation (normal controlled reps)	2x15-20
Single-leg Leg Press	2x20
DB, Hammer, or Machine BP (PALMS IN!!!)	2x15
Body Hold (elbows & toes)	3x20s
Lazy Supermans	3x10-each
Bodyweight Reverse Hypers	2x20
Cable Tricep Extensions	2x15
McGill Sit-ups	3x15-each
4-Way Hip Flexion	3x10-each
Double Leg Curls	2x20
Vertical Lat Row	2x15
Seated Calf Raises	2x20
"L" Shoulder Raises (contra-lateral)	2x15

Day 3	Week 1
4-Way Neck (slow & controlled)	2x15
Dynamic (normal speed) Bar Shrugs	2x20
Dynamic External Rotation (normal speed)	2x20
Dynamic Internal Rotation (normal controlled reps)	2x15-20
Single-leg Leg Press	3x15
DB, Hammer, or Machine BP (PALMS IN!!!)	3x12
Body Hold (elbows & toes)	3x20s
Lazy Supermans	3x10-each
Bodyweight Reverse Hypers	3x15
Cable Tricep Extensions	3x12
McGill Sit-ups	3x15-each
4-Way Hip Flexion	3x10-each
Double Leg Curls	3x15
Vertical Lat Row	3x12
Seated Calf Raises	3x15
"L" Shoulder Raises (contra-lateral)	3x12

VETS: Early Off-Season: General Preparatory 1

Day 2	Week 1
4-Way Neck (slow & controlled)	2x12
Submax Eccentric Bar Shrugs (4 sec. Down)	2x20
Submax Eccentric External Rotation (6-1-1 tempo: 6s lower-1s hold-1s raise)	2x8
Dynamic Internal Rotation (normal controlled reps)	2x15-20
Single-leg Leg Press	4x10
DB, Hammer, or Machine BP (PALMS IN!!!)	4x8
Body Hold (elbows & toes)	3x20s
Lazy Supermans	3x10-each
Bodyweight Reverse Hypers	4x10
Cable Tricep Extensions	4x8
McGill Sit-ups	3x15-each
4-Way Hip Flexion	3x10-each
Double Leg Curls	4x10
Vertical Lat Row	4x8
Seated Calf Raises	4x10
"L" Shoulder Raises (contra-lateral)	4x8

NFL EUROPE STRENGTH & CONDITIONING

Name:

Day 1	Week 2
4-Way Neck (slow & controlled)	2x20
Isometric Bar Shrugs (:10 sec. Hold at top)	2x20
Isometric External Rotation (2-5-1 tempo: 2s-lower, 5s hold, 1s raise)	3x5
Dynamic Internal Rotation (normal controlled reps)	2x15-20
Single-leg Leg Press	2x20
DB, Hammer, or Machine BP (PALMS IN!!!)	2x15
Body Hold (elbows & toes)	3x20s
Lazy Supermans	3x10-each
Bodyweight Reverse Hypers	2x20
Cable Tricep Extensions	2x15
McGill Sit-ups	3x15-each
4-Way Hip Flexion	3x10-each
Double Leg Curls	2x20
Vertical Lat Row	2x15
Seated Calf Raises	2x20
"L" Shoulder Raises (contra-lateral)	2x15

Day 3	Week 2
4-Way Neck (slow & controlled)	2x15
Dynamic (normal speed) Bar Shrugs	2x20
Dynamic External Rotation (normal speed)	2x20
Dynamic Internal Rotation (normal controlled reps)	2x15-20
Single-leg Leg Press	3x15
DB, Hammer, or Machine BP (PALMS IN!!!)	3x12
Body Hold (elbows & toes)	3x20s
Lazy Supermans	3x10-each
Bodyweight Reverse Hypers	3x15
Cable Tricep Extensions	3x12
McGill Sit-ups	3x15-each
4-Way Hip Flexion	3x10-each
Double Leg Curls	3x15
Vertical Lat Row	3x12
Seated Calf Raises	3x15
"L" Shoulder Raises (contra-lateral)	3x12

VETS: Early Off-Season: General Preparatory 1

Day 2	Week 2
4-Way Neck (slow & controlled)	2x12
Submax Eccentric Bar Shrugs (4 sec. Down)	2x20
Submax Eccentric External Rotation (6-1-1 tempo: 6s lower-1s hold-1s raise)	2x8
Dynamic Internal Rotation (normal controlled reps)	2x15-20
Single-leg Leg Press	4x10
DB, Hammer, or Machine BP (PALMS IN!!!)	4x8
Body Hold (elbows & toes)	3x20s
Lazy Supermans	3x10-each
Bodyweight Reverse Hypers	4x10
Cable Tricep Extensions	4x8
McGill Sit-ups	3x15-each
4-Way Hip Flexion	3x10-each
Double Leg Curls	4x10
Vertical Lat Row	4x8
Seated Calf Raises	4x10
"L" Shoulder Raises (contra-lateral)	4x8

NFL EUROPE STRENGTH & CONDITIONING

Name:

Day 1	Week 3
4-Way Neck (slow & controlled)	2x15
Isometric Bar Shrugs (:10 sec. Hold at top)	2x20
Isometric External Rotation (2-5-1 tempo: 2s-lower, 5s hold, 1s raise)	3x5
Dynamic Internal Rotation (normal controlled reps)	2x15-20
DB Stepups	2x15-each
DB, Hammer, or Machine Incline	2x20
Side Hover (side body hold)	3x:20-each
Quadruped Supermans (all 4's; opp. Arm/leg)	3x10-each
Stability Ball Hip Extension + Leg Curl	2x15
Dumbell JM Press	2x20
Stability Ball Crunch	3x10
Hanging Knee to Chest (hip flexors)	3x20
Standing Calf Raise	2x15
Horizontal Lat Row	2x20
Face Pulls (cable or band)	2x20
Lateral Shoulder Raises	2x15

Day 3	Week 3
4-Way Neck (slow & controlled)	2x12
Dynamic (normal speed) Bar Shrugs	2x20
Dynamic External Rotation (normal speed)	2x20
Dynamic Internal Rotation (normal controlled reps)	2x15-20
DB Stepups	3x12
DB, Hammer, or Machine Incline	3x15
Side Hover (side body hold)	3x:20-each
Quadruped Supermans (all 4's; opp. Arm/leg)	3x10-each
Stability Ball Hip Extension + Leg Curl	3x12
Dumbell JM Press	3x15
Stability Ball Crunch	3x10
Hanging Knee to Chest (hip flexors)	3x20
Standing Calf Raise	3x12
Horizontal Lat Row	3x15
Face Pulls (cable or band)	3x15
Lateral Shoulder Raises	3x12

VETS: Early Off-Season: General Preparatory 1

Day 2	Week 3
4-Way Neck (slow & controlled)	2x10
Submax Eccentric Bar Shrugs (4 sec. Down)	2x20
Submax Eccentric External Rotation (6-1-1 tempo: 6s lower-1s hold-1s raise)	2x8
Dynamic Internal Rotation (normal controlled reps)	2x15-20
DB Stepups	4x8
DB, Hammer, or Machine Incline	4x10
Side Hover (side body hold)	3x:20-each
Quadruped Supermans (all 4's; opp. Arm/leg)	3x10-each
Stability Ball Hip Extension + Leg Curl	4x8
Dumbell JM Press	4x10
Stability Ball Crunch	3x10
Hanging Knee to Chest (hip flexors)	3x20
Standing Calf Raise	4x8
Horizontal Lat Row	4x10
Face Pulls (cable or band)	4x10
Lateral Shoulder Raises	4x8

NFL EUROPE STRENGTH & CONDITIONING

Name:

Day 1	Week 4
4-Way Neck (slow & Controlled)	2x15
Isometric Bar Shrugs (:10 sec. Hold at top)	2x20
Isometric External Rotation (2-5-1 tempo: 2s-lower, 5s hold, 1s raise)	3x5
Dynamic Internal Rotation (normal controlled reps)	2x15-20
DB Stepups	2x15-each
DB, Hammer, or Machine Incline	2x20
Side Hover (side body hold)	3x:20-each
Quadruped Supermans (all 4's; opp. Arm/leg)	3x10-each
Stability Ball Hip Extension + Leg Curl	2x15
Dumbell JM Press	2x20
Stability Ball Crunch	3x10
Hanging Knee to Chest (hip flexors)	3x20
Standing Calf Raise	2x15
Horizontal Lat Row	2x20
Face Pulls (cable or band)	2x20
Lateral Shoulder Raises	2x15

Day 3	Week 4
4-Way Neck (slow & Controlled)	2x12
Dynamic (normal speed) Bar Shrugs	2x20
Dynamic External Rotation (normal speed)	2x20
Dynamic Internal Rotation (normal controlled reps)	2x15-20
DB Stepups	3x12
DB, Hammer, or Machine Incline	3x15
Side Hover (side body hold)	3x:20-each
Quadruped Supermans (all 4's; opp. Arm/leg)	3x10-each
Stability Ball Hip Extension + Leg Curl	3x12
Dumbell JM Press	3x15
Stability Ball Crunch	3x10
Hanging Knee to Chest (hip flexors)	3x20
Standing Calf Raise	3x12
Horizontal Lat Row	3x15
Face Pulls (cable or band)	3x15
Lateral Shoulder Raises	3x12

VETS: Early Off-Season: General Preparatory 1

Day 2	Week 4
4-Way Neck (slow & Controlled)	2x10
Submax Eccentric Bar Shrugs (4 sec. Down)	2x20
Submax Eccentric External Rotation (6-1-1 tempo: 6s lower-1s hold-1s raise)	2x8
Dynamic Internal Rotation (normal controlled reps)	2x15-20
DB Stepups	4x8
DB, Hammer, or Machine Incline	4x10
Side Hover (side body hold)	3x:20-each
Quadruped Supermans (all 4's; opp. Arm/leg)	3x10-each
Stability Ball Hip Extension + Leg Curl	4x8
Dumbell JM Press	4x10
Stability Ball Crunch	3x10
Hanging Knee to Chest (hip flexors)	3x20
Standing Calf Raise	4x8
Horizontal Lat Row	4x10
Face Pulls (cable or band)	4x10
Lateral Shoulder Raises	4x8

NFL EUROPE STRENGTH & CONDITIONING

Name:

VETS: Early Off-Season: General Preparatory 1

Day 1	Week 5
4-Way Neck	2x20
Bar Snatch Grip (Wide) Shrugs	2x20
Rotator Cuff External & Internal Rotation	1x12-each
Push-up Iso Hold	3x20s
Submax Eccentric (6s down) BP w/Dynamic Effort (Explosive) off Chest	60%-4x5
Isometric (Hold reps: 5s-4s-3s-2s-1s-dynamic) Vertical Lat Row	3x6
Tricep Pushdowns	4x8-10
Submax Eccentric (4s down) DB Hammer Curls	4x8-10
Posterior Deltoid Single Arm Bent Over Lateral Raise	3x15
Flutter Kicks (abs)	3x25-each
Standing Calbe/Band Retractable Rows (scapula+row)	2x10
V-Twists	3x15-20
<p><i>Aerobic Treadmill Conditioning:</i> 1 min. Jogging & 2 min. recovery walk x 5 Reps (total time:15 min) OL: 6.5-7mph DL: 7-7.5mph LB/TE/RB/QB: 7.5-8.5mph RB/DB/WR: 8-9mph</p>	

Day 3	Week 5
4-Way Neck	2x12
Bar Snatch Grip (Wide) Shrugs	2x20
Rotator Cuff External & Internal Rotation	1x12-each
Push-up Iso Hold	2x30s
Submax Eccentric (6s down) BP w/Dynamic Effort (Explosive) off Chest	65%-4x4
Submax Eccentric (6s down) Vertical Lat Row	3x8
Tricep Pushdowns	4x8-10
Submax Eccentric (4s down) DB Hammer Curls	4x8-10
Posterior Deltoid Single Arm Bent Over Lateral Raise	3x12
Flutter Kicks (abs)	3x25-each
Standing Calbe/Band Retractable Rows (scapula+row)	2x10
V-Twists	3x15-20
<p><i>Aerobic Treadmill Conditioning:</i> 1 min. Jogging & 2 min. recovery walk x 7 Reps (total time:21 min) 7.5-9mph OL: 6.5-7mph DL: 7-7.5mph LB/TE/RB/QB: 7.5-8.5mph RB/DB/WR: 8-9mph</p>	

Day 2	Week 5
Abs	3x20
Iso Lunge Hold (off 6" boxes)	3x20s
Single Leg Up & Twists (legs straight, 1leg 6" off ground)	3x20-each
Seated Groin abduction (out) & adduction (in)	2x15-each
Hurdle Mobility (Step Overs & Duck Unders)	2x10-each
Bar Squats (4s down: 3x8) OR Leg Press (4s down: 3x10)	(see left)
Low Back Extensions ("hyperextensions): 4s down	2x10
Pullthroughs (cable or band)	3x10-12
V-Situps	3x10
Single Leg Isometric Leg Curls (hold reps: 5s,4s,3s,2s,1s)	3x6
Kneeling Medicine Ball Overhead Pass	3x12-15
<p><i>Aerobic Treadmill Conditioning:</i> 1 min. Jogging & 2 min. recovery walk x 6 Reps (total time:18 min) 7.5-9mph OL: 6.5-7mph DL: 7-7.5mph LB/TE/RB/QB: 7.5-8.5mph RB/DB/WR: 8-9mph</p>	

NFL EUROPE STRENGTH & CONDITIONING

Name:

VETS: Early Off-Season: General Preparatory 1

Day 1	Week 6
4-Way Neck	2x20
Iso Lunge Hold (off 6" boxes)	2x30s
Single Leg Up & Twists (legs straight, 1leg 6" off ground)	3x20-each
Seated Groin abduction (out) & adduction (in)	2x15-each
Hurdle Mobility (Step Overs & Duck Unders)	2x10-each
Bar Squats (4s down: 3x8) OR Leg Press (4s down: 3x10)	(see left)
Low Back Extensions ("hyperextensions): 4s down	2x10
Pullthroughs (cable or band)	3x10-12
V-Situps	3x10
Single Leg Submax Eccentric (6s down) Leg Curls	3x8
Kneeling Medicine Ball Overhead Pass	3x12-15
<i>Aerobic Treadmill Conditioning:</i>	
1 min. Jogging & 2 min. recovery walk x 6 Reps (total time:18 min)	7.5-9mph
OL: 6.5-7mph	
DL: 7-7.5mph	
LB/TE/RB/QB: 7.5-8.5mph	
RB/DB/WR: 8-9mph	

Day 2	Week 6
4-Way Neck	2x20
Bar Snatch Grip (Wide) Shrugs	2x20
Rotator Cuff External & Internal Rotation	1x12-each
Push-up Iso Hold	1x60s
Submax Eccentric (6s down) BP w/Dynamic Effort (Explosive) off Chest	70%-6x3
Dynamic Vertical Lat Row	3x8
Tricep Pushdowns	4x8-10
Submax Eccentric (4s down) DB Hammer Curls	4x8-10
Posterior Deltoid Single Arm Bent Over Lateral Raise	3x10
Flutter Kicks (abs)	3x25-each
Standing Calbe/Band Retractable Rows (scapula+row)	2x10
V-Twists	3x15-20
<i>Aerobic Treadmill Conditioning:</i>	
1 min. Jogging & 2 min. recovery walk x 7 Reps (total time:21 min)	7.5-9mph
OL: 6.5-7mph	
DL: 7-7.5mph	
LB/TE/RB/QB: 7.5-8.5mph	
RB/DB/WR: 8-9mph	

Day 3	Week 6
4-Way Neck	2x12
Iso Lunge Hold (off 6" boxes)	1x60s
Single Leg Up & Twists (legs straight, 1leg 6" off ground)	3x20-each
Seated Groin abduction (out) & adduction (in)	2x15-each
Hurdle Mobility (Step Overs & Duck Unders)	2x10-each
Bar Squats (4s down: 3x8) OR Leg Press (4s down: 3x10)	(see left)
Low Back Extensions ("hyperextensions): 4s down	2x10
Pullthroughs (cable or band)	3x10-12
V-Situps	3x10
Single Leg Dynamic (normal speed) Leg Curls	3x8
Kneeling Medicine Ball Overhead Pass	3x12-15
<i>Aerobic Treadmill Conditioning:</i>	
1 min. Jogging & 2 min. recovery walk x 8 Reps (total time:24 min)	7.5-9mph
OL: 6.5-7mph	
DL: 7-7.5mph	
LB/TE/RB/QB: 7.5-8.5mph	
RB/DB/WR: 8-9mph	

NFL EUROPE STRENGTH & CONDITIONING

Name:

VETS: General Preparatory 2

Day 1	Week 7	Week 8
Plate Neck	2x15	
DB Shrugs (no straps)	2x20	
Rotator Cuff Internal & External Rotation	2x15-each	
3-Board Press (55/5, 62/5, 75/5, 85/5, Bonus/5)	(see left)	
1-Arm DB Floor Press (Palms IN; pause on floor)	3x8-each	
Isometric (5s-4s-3s-2s-1s-Dynamic) Bent Over Row-Bar	3x6	
Bar Tricep Extensions (aka. Skull crushers)	4x8	
Submax Eccentric (6s down) Straight Bar Curls	3x6	
Single Arm Bent Over Lateral Shoulder Raises	3x10-each	
ABS		
Plate Neck		2x15
DB Shrugs (no straps)		2x20
Rotator Cuff Internal & External Rotation		2x15-each
3-Board Press (62/3, 70/3, 80/3, 92/3, Bonus/3)		(see left)
Alternating Arms (keep opp. Arm up) DB Floor Press		3x8-each
Submax Eccentric (4s down) Bent Over Row-Bar		3x8
Bar Tricep Extensions (aka. Skull crushers)		4x8
Submax Eccentric (4s down) Straight Bar Curls-add weight		3x8
Alternating Arms Bent Over Lateral Shoulder Raises		3x10-each
ABS		

Day 2	Week 7	Week 8
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Front SQ (55/5, 62/5, 75/5, 85/5, Bonus/5)	(see left)	
Forward Lunge	3x6-each	
Regular Good Mornings w/Bar (feet parallel)	4x8	
Isometric (12s-10s-8s-6s-4s-2s) Kneeling Opp. Arm/Leg	2x6-each	
Isometric (5s-4s-3s-2s-1s-X) Pullups	3x6	
Seated Calf Raises	2x15	
Iso Lunge Hold (off 6" boxes)	1x30s	
ABS		
Knee Prehab (flexion/extension)		2x20
Hip Mobility (ie. Hurdles)		2x15
Front SQ (62/3, 70/3, 80/3, 92/3, Bonus/3)		(see left)
Lateral Lunge (step to side; return)		3x6-each
COMBO Good Mornings (Good Morning-to-Squat, then up)		4x6
Isometric (12s-10s-8s-6s-4s-2s) Kneeling Opp. Arm/Leg		2x6-each
Submax Eccentric (4s down) Pullups		3x8
Seated Calf Raises		2x15
Iso Lunge Hold (off 6" boxes)		1x30s

Day 3	Week 7	Week 8
Plate Neck	2x20	
DB Shrugs	2x15	
Rotator Cuff Internal & External Rotation	2x15-each	
Dynamic Effort (fast as you can) Bench (CG): 45s rest bet. Sets	60%-8x3	
Regular Bench Press (work up to a HEAVY tripple)	3x3	
Bar Tricep Extensions	4x5	
Isometric (5s-4s-3s-2s-1s-Dynamic) Bent Over Row-Bar	3x6	
Submax Eccentric (6s down) Straight Bar Curls	3x6	
Isometric Plate (front) Raise: 5s-4s-3s-2s-1s-Dynamic	3x6	
ABS		
Plate Neck		2x20
DB Shrugs		2x15
Rotator Cuff Internal & External Rotation		2x15
Dynamic Effort (fast as you can) Bench (MG): 45s rest bet. Sets		60%-8x3
Regular Bench Press (work up to a HEAVY tripple)		3x3
Bar Tricep Extensions		4x5
Submax Eccentric (4s down) Bent Over Row-Bar		3x8
Submax Eccentric (4s down) Straight Bar Curls-add weight		3x8
Submax Eccentric (4s down) Plate (front) Raise		3x8
ABS		

Day 4	Week 7	Week 8
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Iso Lunge Hold (off 6" boxes)	1x30s	
Dynamic Effort (explosive) BOX SQ: 45s rest between sets	55%-8x2	
Regular Back Squat (work up to a HEAVY tripple)	3x3	
RDL + Shrug	4x6	
Isometric (12s-10s-8s-6s-4s-2s) Low Back Extensions	3x6	
Standing Calf Raises	2x15	
ABS		
Knee Prehab (flexion/extension)		2x20
Hip Mobility (ie. Hurdles)		2x15
Iso Lunge Hold (off 6" boxes)		1x30s
Dynamic Effort (explosive) BOX SQ: 45s rest between sets		60%-8x2
Regular Back Squat (work up to a HEAVY tripple)		3x3
RDL + Shrug		4x6
Submax Eccentric (4s down) Low Back Ext. (Hold a Plate)		3x10
Standing Calf Raises		2x15

NFL EUROPE STRENGTH & CONDITIONING

Name:

VETS: General Preparatory 2

Day 1	Week 9	Week 10
4-Way Machine Neck	2x15	
Snatch Grip (WIDE) Bar Shrugs	2x20	
Rotator Cuff Internal & External Rotation	2x15-each	
3-Board Press (55/5, 65/3, 78/1, 90/1 101/1, Bonus/1)	(see left)	
Double Arm DB Floor Press (Palms in, pause)	3x8	
Normal Speed Bent Over Rows-Bar	3x10	
DB Tricep Extensions	4x8	
Normal Speed Straight Bar Curls	3x10	
Double Arm Bent Over Lateral Shoulder Raises	3x10	
ABS		
4-Way Machine Neck		
Snatch Grip (WIDE) Bar Shrugs		2x20
2-Board Press (55/5, 62/5, 75/5, 85/5, Bonus/5)		see left
Normal Speed Bent Over Rows-Bar		2x10
DB Tricep Extensions		2x8
Normal Speed Straight Bar Curls		2x10
Double Arm Bent Over Lateral Shoulder Raises		2x10
<i>(PLAYER MONITORING ON SATURDAY)</i>		

Day 2	Week 9	Week 10
ABS		
Hurdle Mobility (overs)	3x20	
Max Front SQ (55/5, 65/3, 78/2, 90/1, Bonus/1)	(see left)	
Reverse Lunge (step back, return)	3x6-each	
COMBO Good Morning + VERTICAL JUMP	4x5	
Normal Speed Kneeling Opposite Arm/Leg	2x12-each	
Normal Speed Pullups	3x10	
Standing Calf Raises	2x15	
Iso Lunge Hold (off 6" boxes)	1x30s	
ABS		
Hurdle Mobility (overs)		3x20
Regular SQ (light)		3x5
WIDE base Good Mornings		2x8
Normal Speed Pullups		2x10
Normal Speed Kneeling Opposite Arm/Leg		2x12-each
<i>(PLAYER MONITORING ON SATURDAY)</i>		

Day 3	Week 9	Week 10
Plate Neck	2x20	
DB Shrugs	2x15	
Rotator Cuff Internal & External Rotation	2x15-each	
Dynamic Effort (fast as you can) Bench (WG): 45s rest bet. Sets	60%-8x3	
Close Grip (CG) Bar Lockouts (1/4 reps)	4x5	
Normal Speed Bent Over Rows-Bar	3x10	
Normal Speed Straight Bar Curls	3x10	
Normal Speed Plate Raise (front)	3x10	
Abs		
OFF		
<i>(PLAYER MONITORING ON SATURDAY)</i>		

Day 4	Week 9	Week 10
ABS		
Knee Prehab (flexion/extension)	2x20	
Hip Mobility (ie. Hurdles)	2x15	
Iso Lunge Hold (off 6" boxes)	1x30s	
Dynamic Effort (explosive) BOX SQ: 45s rest between sets	65%-8x2	
DB RDL + Shrug	4x6	
Normal Speed Low Back Extensions	3x12	
Seated Calf Raises	2x15	
OFF		
<i>(PLAYER MONITORING TOMORROW...GOOD LUCK!!!)</i>		

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

VETS: General Preparatory 3

Day 1	Week 11	Week 12
4-Way Neck	2x10-each	
Iso. (normal grip) Bar Shrugs (10s hold at top)	2x10	
Rotator Cuff HIGH Internal & External Rotation	2x15-each	
Bar Pushups--Superset (x10 close, x10 medium, x10 wide grip)	2x30	
Vertical Low Row (back) Machine	1x20	
3-Way Shoulder Combo (Rear, Lateral, Front)	1x10-each	
ABS		
Machine 4-Way Neck		2x10-each
Normal Speed Straight Bar Shrugs		2x20
Rotator Cuff High Internal & External Rotation		2x15-each
2-Board Press (62/3, 70/3, 80/3, 92/3, Bonus/3)		see left
1-Arm DB Bench Press (keep 1 arm up, palms in!)		3x10
Iso. 1-Arm DB Row (Hold: 6s-5s-4s-3s-2s-1s)		3x6
EZ Curl Bar Tricep Extensions		4x8
Submax Eccentric (6s down) Reverse Grip Curls		3x6
Seated 1-Arm DB Lateral Raises		3x10
ABS		

Day 2	Week 11	Week 12
ABS		
Hurdle Mobility (overs)	3x20	
Pistol Squats	2x15-each	
Reverse Close Grip Pullups	2x12	
Prone Leg Curl Machine	2x15	
Reverse Hypers	1x20	
Iso Lunge Hold	1x30s	
ABS		
Hurdle Mobility (Overs)		3x20
Parallel Box SQ (55/5, 62/5, 75/5, 85/5, Bonus/5)		see left
Forward Stepups		3x8-each
Prone (face down) Leg Curl		4x8
Iso. Pullups (Hold: 6s-5s-4s-3s-2s-1s)		3x6
Supermans		3x12
Standing Bar Calf Raises		2x15
Iso Lunge Hold		1x30s

Day 3	Week 11	Week 12
4-Way Neck		
Submax Eccentric (4s down) Bar Shrugs	2x15	
Rotator Cuff High Internal & External Rotation	2x15-each	
Dynamic Effort (CG) Bench (45s rest)	60%-8x3	
JM Press (bar)	4x6	
Iso. Reverse Grip Bar Rows (Hold: 6s-5s-4s-3s-2s-1s)	3x6	
Iso. Standing Bar Front Raises (Hold: 6s-5s-4s-3s-2s-1s)	3x6	
Submax Eccentric (6s down) EZ Bar Curls	3x6	
ABS		
4-Way Neck		
Iso. Trap Bar Shrugs (10s hold at top)		2x10
Rotator Cuff High Internal & External Rotation		2x15-each
Dynamic Effort (MG) Bench (45s rest)		60%-8x3
JM Press (bar)		4x6
Submax Eccentric (4s down) Reverse Grip Bar Rows		3x8
Submax Eccentric (4s down) Standing Bar Front Raises		3x8
Submax Eccentric (4s down) EZ Bar Curls		3x8
ABS		

Day 4	Week 11	Week 12
ABS		
Hurdle Mobility (Unders)	3x20	
Band Knee Prehab	2x15-each	
Dynamic Effort Box SQ (45s rest)	55%-10x2	
Speed Deadlifts (45s rest)	55%-6x1	
RDL (toes pointed straight)	4x6	
Iso. Reverse Hypers (Hold: 12s-10s-8s-6s-4s-2s)	3x6	
Seated Calf Raises	2x15	
ABS		
Hurdle Mobility (Unders)		3x20
Band Knee Prehab		2x15
Dynamic Effort Box SQ (45s rest)		60%-10x2
Speed Deadlifts (45s rest)		60%-6x1
RDL (toes pointed out)		4x6
Submax Eccentric (4s down) Reverse Hypers		3x8
Seated Calf Raises		2x15

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

VETS: General Preparatory 3

Day 1	Week 13	Week 14
Manual Neck	1x10-each	
Submax Eccentric (4s down) Trap Bar Shrugs	2x15	
Rotator Cuff High Internal & External Roatation	2x15-each	
MAX 2-Board Press (55/5, 65/3, 78/2, 90/1, Bonous/1)	see left	
Alternating Arms DB Bench	3x10-each	
Submax Eccentric (4s down) 1-Arm DB Row	3x8	
EZ Curl Bar Tricep Extensions	4x8	
Submax Eccentric (4s down) Reverse Grip Curls	3x8	
Seated Alternating Arms DB Lateral Shoulder Raises	3x10-each	
ABS		
Manual Neck		1x10-each
Iso. DB Shrugs (10s hold at top)		2x10
Rotator Cuff High Internal & External Rotation		2x15-each
Floor Press (62/3, 70/3, 80/3, 92/3, Bonous/3)		see left
Double Arm DB Bench		3x10
Normal Speed 1-Arm DB Row		3x10
EZ Curl Bar Tricep Extensions		4x8
Normal Speed Reverse Grip Curls		3x10
Seated Double Arm DB Lateral Shoulder Raises		3x10
ABS		

Day 2	Week 13	Week 14
ABS		
Hurdle Mobility (unders)	3x20	
Band Knee Prehab	2x15-each	
Parallel Box SQ (62/3, 70/3, 80/3, 92/3, Bonous/3)	see left	
Lateral Stepups	3x8-each	
Prone (face down) Leg Curl	4x8	
Submax Eccentric (4s down) Pullups	3x8	
Quadruprted Supermans	3x10-each	
Iso Lunge Hold	1x40s	
ABS		
Hurdle Mobility (unders)		3x20
Band Knee Prehab		2x15
MAX Parallel Box SQ (55/5, 65/3, 78/2, 90/1, Bonous/1)		see left
Crossover Stepups		3x8-each
Prone (face down) Leg Curl		4x8
Normal Speed Pullups		3x10
Quadruprted Supermans		3x10
Iso Lunge Hold		1x40s

Day 3	Week 13	Week 14
Manual Neck	1x10-each	
Normal Speed Trap Bar Shrugs	2x20	
Rotator Cuff High Internal & External Rotation	2x15-each	
Dynamic Effort (WG) Bench (45s rest)	60%-8x3	
Heavy Close Grip Incline Bench	3x3	
DB Tricep Extensions	4x6	
Normal Speed Reverse Grip Rows (bar)	3x10	
Normal Speed Standing Bar Front Raises	3x10	
Normal Speed EZ Bar Curls	3x10	
ABS		
Manual Neck		1x10-each
Submax Eccentric (4s down) DB Shrugs		2x15
Rotator Cuff High Internal & External Rotation		2x15-each
Dynamic Effort (CG) Bench (45s rest)		60%-8x3
Heavy Close Grip Incline Bench		3x3
DB Tricep Extensions		4x6
Twisting DB Rows (double arm)		3x10
Iso. Standing DB Front Raises (Hold: 6s-5s-4s-3s-2s-1s)		3x6
Submax Eccentric (6s down) DB Incline Curls		3x6
ABS		

Day 4	Week 13	Week 14
ABS		
Hurdle Mobility (overs)	3x20	
Band Knee Prehab	2x15	
Dynamic Effort Box SQ (45s rest)	65%-10x2	
Hang Clean Pull	60%-3x5	
RDL (toes pointed in)	4x6	
Normal Speed Reverse Hypers	3x12	
Iso Lunge Hold	1x40s	
ABS		
Hurdle Mobility (overs)		3x20
Band Knee Prehab		2x15
Dynamic Effort Box SQ (45s rest)		55%-12x2
Hang Clean Pull		65%-3x5
Multiple RDL (2 x Straight, 2 x Out, 2 x In, 2 x Straight=8reps)		4x8
Seated Good Mornings		3x12
Iso Lunge Hold		1x40s

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

VETS: General Preparatory 3

Day 1	Week 15	Week 16
Manual Neck	1x10	
Normal Speed DB Shrugs	2x20	
Plate ABC's (draw alphabet)	1x	
MAX Floor Press (55/5, 65/3, 78/2, 90/1, Bonus/1)	see left	
1-Arm DB Incline Bench (keep opp. Arm up)	3x10-each	
Iso. T-Bar Row (Hold: 6s-5s-4s-3s-2s-1s)	3x6	
Floor Tricep Extensions	4x8	
Submax Eccentric (6s down) Standing DB Hammer Curl	3x6	
ABS		
Manual Neck		1x10
Submax Eccentric (4s down) Snatch (wide) Grip Bar Shrugs		2x15
Plate ABC's (draw alphabet)		1x
Regular Bench Press		80%-3x3
Submax Eccentric (4s down) T-Bar Row		2x8
Floor Tricep Extensions		2x8
Submax Eccentric (4s down) Standing DB Hammer Curl		2x8
ABS		
<i>NFLE COMBINE TESTING / OTA II - SATURDAY</i>		

Day 2	Week 15	Week 16
ABS		
Snatch SQ	3x10	
Band Knee Prehab	2x15-each	
LOW (2" below) Box SQ (55/5, 62/5, 75/5, 85/5, Bonus/5)	see left	
1-Leg DB SQ (rear foot on box)	3x8-each	
DB RDL (toes straight)	4x8	
Alternating Pullups	3x10	
Supermans	3x15	
Iso Lunge Hold	1x45s	
ABS		
Snatch SQ		3x10
Band Knee Prehab		2x15
Regular SQ		80%-3x3
DB RDL (toes straight)		2x8
Supermans		2x15
<i>NFLE COMBINE TESTING / OTA II - SATURDAY</i>		

Day 3	Week 15	Week 16
Manual Neck	1x10	
Iso. Snatch (wide) Grip Bar Shrugs (10s hold at top)	2x10	
Plate ABC's (draw alphabet)	1x	
Dynamic Effort (MG) Bench (45s rest)	60%-8x3	
Floor JM Press	4x6	
Twisting DB Rows (double arm)	3x10	
Submax Eccentric (4s down) Standing DB Front Raises	3x8	
Submax Eccentric (4s down) DB Incline Curls	3x8	
ABS		
OFF		
<i>NFLE COMBINE TESTING / OTA II - SATURDAY</i>		

Day 4	Week 15	Week 16
ABS		
Snatch SQ	3x10	
Band Knee Prehab	2x15	
Dynamic Effort Box SQ (45s rest)	60%-10x2	
Below-Knee Clean Pull	60%-3x5	
Concentric Good Mornings	4x6	
Seated Good Mornings	3x12	
Iso Lunge Hold	1x45s	
OFF		
<i>NFLE COMBINE TESTING / OTA II - SATURDAY...GOOD LUCK!</i>		

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

VETS: General Preparatory 4

Day 1	Week 17	Week 18
4-Way Neck	2x12-each	
Normal Speed Snatch Grip Shrugs	2x20	
Steering Wheels	2x30	
Close Grip Bench Press (62/3, 70/3, 80/3, 92/3, Bonus/3)	see left	
Alternating Arm DB Incline Bench (keep opp. Arm up)	3x10-each	
Normal Speed T-Bar Row	3x10	
Pause Floor Tricep Extensions	4x8	
Normal Speed Standing DB Hammer Curl	3x10	
ABS		
4-Way Neck		2x12-each
Submax Eccentric (4s down) Standing DB Shrugs		2x15
Steering Wheels		2x30
MAX Close Grip Bench Press (55/5, 65/3, 78/2, 90/1, Bonus/1)		see left
Double Arm DB Incline Bench		3x10
Normal Speed T-Bar Row		3x10
Pause Floor Tricep Extensions		4x8
Normal Speed Standing DB Hammer Curl		3x10
ABS		

Day 2	Week 17	Week 18
ABS		
Snatch Squat	3x10	
Dot Touches	2x10-each	
LOW (2" below) Box SQ (62/3, 70/3, 80/3, 92/3, Bonus/3)	see left	
Pistol Squats	3x10-each	
DB Leg Curl	4x10	
Alternating Pullups	3x10	
Iso. Low Back Extensions (Hold: 12s-10s-8s-6s-4s-2s)	3x6	
Iso Lunge Hold	1x60s	
ABS		
Snatch Squat		3x10
Dot Touches		2x10-each
MAX Low Box SQ (55/5, 65/3, 78/2, 90/1, Bonus/1)		see left
Pistol Squats		3x10
DB Leg Curl		4x10
Alternating Pullups		3x10
Submax Eccentric (4s down) Low Back Extensions		3x8
Iso Lunge Hold		1x60s

Day 3	Week 17	Week 18
4-Way Neck	2x12-each	
Iso. Standing DB Shrugs (10s hold at top)	2x10	
Steering Wheels	2x30	
Dynamic Effort (WG) Bench (45s rest)	60%-8x3	
Plyo Pushups	3x8	
Floor JM Press	4x6	
Twisting DB Rows	3x10	
Normal Speed Standing DB Front Raises	3x10	
Normal Speed DB Incline Curls	3x10	
ABS		
4-Way Neck		2x12-each
Normal Speed Standing DB Shrugs		2x20
Steering Wheels		2x30
Dynamic Effort (CG) Bench (45s rest)		60%-8x3
Plyo Pushups		3x10
Floor JM Press		4x6
Twisting DB Rows		3x12
Normal Speed Standing DB Front Raises		3x12
Bicep Curls (your choice)		3x10
ABS		

Day 4	Week 17	Week 18
ABS		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Dynamic Effort Box SQ (45s rest)	65%-10x2	
Clean Pull (from floor)	60%-3x5	
Concentric Good Mornings	4x8	
Supermans	3x15	
Iso Lunge Hold	1x60s	
ABS		
Snatch Squat		3x10
Dot Touches		2x10-each
Dynamic Effort Box SQ (45s rest)		55%-10x2
Clean Pull (floor)		65%-3x5
Concentric Good Mornings + Vertical Jump		4x5
Supermans		3x15
Iso Lunge Hold		1x60s

NFL EUROPE STRENGTH & CONDITIONING

VETS: General Preparatory 4

Name:

Day 1	Week 19
Manual Neck	1x10-each
Rotator Cuff Internal Rotation	1X20-each
Rotator Cuff External Rotation	1X20-each
Hurdle Mobility (overs)	1X12-each
Hurdle Mobility (unders)	1X12-each
Band Knee Prehab	1X20-each

Day 2	Week 19
OFF	
<i>NOVEMBER 8-12 NFLE MINI CAMP-COLOGNE, GERMANY</i>	

Day 3	Week 19
OFF	
<i>NOVEMBER 8-12 NFLE MINI CAMP-COLOGNE, GERMANY</i>	

Day 4	Week 19
OFF	
<i>NOVEMBER 8-12 NFLE MINI CAMP-COLOGNE, GERMANY</i>	

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

LINE: Specialized Preparatory 1

Day 1	Week 20	Week 21
OFF		
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
3-Board Press (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
1-Arm DB Floor Press (only 1 DB in hand)		3x6
Bent Over Rows (bar)		3x8
DB Tricep Extensions		4x8
2-Way Shoulder Combo (x8-Bent Lateral, x8-Lateral)		3x8-each
Pushup Iso Hold		1x20s
ABS (see week 21)		

Day 2	Week 20	Week 21
OFF		
ABS (see week 21)		
Hurdle Mobility (unders)		3x10
Band Knee Prehab		2x20
Front Squat (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
Zercher Squats (hold bar in arms & squat)		3x6
Wide Good Mornings		4x8
Fat-Man Pullups		3x8
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
Straight Bar Curls		3x8

Day 3	Week 20	Week 21
Manual Neck	1x10-each	
Straight Bar Shrugs	2x20	
Rotator Cuff Low Internal & External Rotation	2x15-each	
Bar Pushups--Superset (x10 close, x10 medium, x10 wide grip)	2x30	
Vertical Low Row (back) Machine	2x12	
3-Way Shoulder Combo (Rear, Lateral, Front)	2x10-each	
ABS (your choice)	x100	
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
Dynamic Effort (CG) Bench (40s rest)		60%-8x3
2-Board Press (85-93% of 2-Board 1RM)		3x3
Bent Over Rows (bar)		3x8
Close Grip Rack Lockouts		4x5
Plate Raises		3x8
Pusup Iso Hold		1x20s
ABS (see week 21)		

Day 4	Week 20	Week 21
ABS (your choice)	x100	
Hurdle Mobility (unders)	3x10	
Band Knee Prehab	2x20	
Pistol Squats	2x10-each	
Pullups (grip: your choice)	2x10	
Prone Leg Curl Machine	2x12	
Bodyweight Reverse Hypers	2x15	
Band Ankle Prehab	2x12-each	
ABS (see week 21)		
Hurdle Mobility (unders)		3x10
Band Knee Prehab		2x20
Dynamic Effort Box Squat (40s rest)		55%-12x2
Clean Pull (floor)		65%-4x4
Wide Good Mornings		4x6
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
Straight Bar Curls		3x8
Band Ankle Prehab		2x12-each

NFL EUROPE STRENGTH & CONDITIONING

Name:

LINE: Specialized Preparatory 1

Day 1	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
3-Board Press (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
Alternating Arm DB Floor Press	3x6	
Wide Grip Bent Over Rows	3x8	
JM Press	4x8	
1-Arm DB Lateral Raises	3x8-each	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
Plate Neck		2x15
Trap Bar Shrugs		2x20
Plate ABC's		1x
MAX 3-Board Press (55/5, 65/3, 75/2, 83/1, 92/1, 101/1, Bonus/1)		see left
Double Arm DB Floor Press		2x6
Wide Grip Bent Over Rows		2x8
JM Press		3x8
Alternating Arm DB Lateral Raises		2x8-each
Pushup Iso Hold		1x30s
ABS (see week 23)		

Day 2	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Front Squat (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
Zercher Squats	3x6	
Good Mornings (regular stance)	4x8	
Fat Man Pullups	3x8	
Low Back Extensions	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
ABS (see week 23)		
Snatch Squat		3x10
Dot Touches		2x10-each
MAX Front Squat (55/5, 65/3, 75/2, 83/1, 92/1, 101/1, Bonus/1)		see left
Lateral SQUAT (no step, keep feet wide)		2x6-each
COMBO Good Mornings (GM + SQ)		3x5
Close Reverse Grip Lat Pulldowns		2x8
Low Back Extensions		2x12
Iso Lunge Hold		2x30s
Reverse Grip Curls (straight bar)		2x8

Day 3	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
Dynamic Effort (MG) Bench (40s rest)	60%-8x3	
1-Arm DB Bent Over Row (NO BENCH)	3x8-each	
Close Grip Rack Lockouts	4x5	
Plate Raises	3x8	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
OFF: Player Monitoring on Saturday		

Day 4	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Dynamic Effort Box SQ (40s rest)	60%-10x2	
Clean Pull (floor)	70%-4x4	
RDL	4x6	
Seated Good Mornings	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
Band Ankle Prehab	2x12-each	
OFF: Player Monitoring on Saturday		

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

SKILL: Specialized Preparatory 1

Day 1	Week 20	Week 21
OFF		
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
3-Board Press (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
1-Arm DB Bench Press (only 1 DB in hand)		3x6
Bent Over Rows (bar)		3x8
DB Tricep Extensions		4x8
2-Way Shoulder Combo (x8Bent Lateral, x8-Lateral)		3x8-each
Pushup Iso Hold		1x20s
ABS (see week 21)		

Day 2	Week 20	Week 21
OFF		
ABS (see week 21)		
Hurdle Mobility (unders)		4x10
Band Knee Prehab		2x20
Front Squat (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
Split Squats		3x6-each
COMBO Good Mornings		4x6
Wide Grip Pullups		3x8
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
Straight Bar Curls		3x8

Day 3	Week 20	Week 21
Manual Neck	1x10-each	
Straight Bar Shrugs	2x20	
Rotator Cuff Low Internal & External Rotation	2x15-each	
Bar Pushups--Superset (x10 close, x10 medium, x10 wide grip)	2x30	
Vertical Low Row (back) Machine	2x12	
3-Way Shoulder Combo (Rear, Lateral, Front)	2x10-each	
ABS (your choice)	x100	
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
Dynamic Effort (CG) Bench (40s rest)		60%-8x3
2-Board Press (85-93% of 2-Board 1RM)		3x3
Bent Over Rows (bar)		3x8
Heavy DB Tricep Extensions		4x6
Plate Raises		3x8
Pusup Iso Hold		1x20s
ABS (see week 21)		

Day 4	Week 20	Week 21
ABS (your choice)	x100	
Hurdle Mobility (unders)	3x10	
Band Knee Prehab	2x20	
Pistol Squats	2x10-each	
Pullups (grip: your choice)	2x10	
Prone Leg Curl Machine	2x12	
Bodyweight Reverse Hypers	2x15	
Band Ankle Prehab	2x12-each	
ABS (see week 21)		
Hurdle Mobility (unders)		3x10
Band Knee Prehab		2x20
Dynamic Effort Box Squat (40s rest)		50%-12x2
Hang Clean Pull		65%-4x4
Staggered DB RDL		4x6
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
Straight Bar Curls		3x8
Band Ankle Prehab		2x12-each

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

SKILL: Specialized Preparatory 1

Day 1	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
3-Board Press (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
Alternating Arm DB Bench Press	3x6	
Bent Over Rows	3x8	
DB Tricep Extensions	4x8	
1-Arm DB Lateral Raises	3x8-each	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
Plate Neck		2x15
Trap Bar Shrugs		2x20
Plate ABC's		1x
MAX 3-Board Press (55/5, 65/3, 75/2, 83/1, 92/1, 101/1, Bonus/1)		see left
Double Arm DB Bench Press		2x6
Bent Over Rows		2x8
EZ Bar Tricep Extensions		3x8
Alternating Arm DB Lateral Raises		2x8-each
Pushup Iso Hold		1x30s
ABS (see week 23)		

Day 2	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Front Squat (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
Split Squats	3x6	
COMBO Good Mornings + Vertical Jump	4x8	
Wide Grip Pullups	3x8	
Low Back Extensions	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
ABS (see week 23)		
Snatch Squat		3x10
Dot Touches		2x10-each
MAX Front Squat (55/5, 65/3, 75/2, 83/1, 92/1, 101/1, Bonus/1)		see left
Forward Lunge		2x6-each
Staggered Good Mornings		3x5
Close Grip Pullups		2x8
Low Back Extensions		2x12
Iso Lunge Hold		2x30s
Reverse Grip Curls (straight bar)		2x8

Day 3	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
Dynamic Effort (MG) Bench (40s rest)	60%-8x3	
1-Arm DB Bent Over Row (NO BENCH)	3x8-each	
JM Press	4x5	
Plate Raises	3x8	
Pushup Iso Hold	1x30s	
ABS (see week 22)		

Day 4	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Dynamic Effort Box SQ (40s rest)	55%-12x2	
Below-Knee Clean Pull	65%-4x4	
Staggered DB RDL	4x6-each	
Seated Good Mornings	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
Band Ankle Prehab	2x12-each	

OFF: Player Monitoring on Saturday		
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OFF: Player Monitoring on Saturday		
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NFL EUROPE STRENGTH & CONDITIONING

Name: _____

QB: Specialized Preparatory 1

Day 1	Week 20	Week 21
OFF		
Manual Neck		1x10-each
Straight Bar Shrugs and Scapula Dips		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
Scapula Dips		2x20
Double Arm Floor Press (palms in!)		5x5
Bent Over Rows (bar)		3x8
1-Arm DB Tricep Extensions		4x8-each
2-Way Shoulder Combo (x8Bent Lateral, x8-Lateral)		x8-each
Pushup Iso Hold		1x20s
ABS (see week 21)		

Day 2	Week 20	Week 21
OFF		
ABS (see week 21)		
Hurdle Mobility (unders)		4x10
Band Knee Prehab		2x20
Front Squat (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
DB Split Squats		3x6-each
COMBO Good Mornings		4x6
Close Reverse Grip Pullups		3x8
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
Straight Bar Curls		3x8

Day 3	Week 20	Week 21
Manual Neck	1x10-each	
Straight Bar Shrugs	2x20	
Rotator Cuff Low Internal & External Rotation	2x15-each	
Bar Pushups--Superset (x10 close, x10 medium, x10 wide grip)	2x30	
Vertical Low Row (back) Machine	2x12	
3-Way Shoulder Combo (Rear, Lateral, Front)	2x10-each	
ABS (your choice)	x100	
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
Scapula Dips		2x20
Standing Medicine Ball Chest Pass (EXPLOSIVE!)		6x5
1-Arm Medicine Ball Pushups		3x6-each
Bent Over Rows (bar)		3x8
Alternating Arm DB Tricep Extensions		4x8-each
Plate Raises		3x8
Pusup Iso Hold		1x20s
ABS (see week 21)		

Day 4	Week 20	Week 21
ABS (your choice)	x100	
Hurdle Mobility (unders)	3x10	
Band Knee Prehab	2x20	
Pistol Squats	2x10-each	
Close Reverse Grip Pullups	2x10	
Prone Leg Curl Machine	2x12	
Bodyweight Reverse Hypers	2x15	
Band Ankle Prehab	2x12-each	
ABS (see week 21)		
Hurdle Mobility (unders)		3x10
Band Knee Prehab		2x20
Hang Snatch Rotation		4x5-each
Submax Eccentric (6s down) Pistol Squats (explode up!)		4x6
Staggered DB RDL		4x6
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
Straight Bar Curls		3x8
Band Ankle Prehab		2x12-each

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

QB: Specialized Preparatory 1

Day 1	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
Medicine Ball Wall ABC's	1x-each	
Double Arm DB Floor Press (palms in!)	5x3	
Bent Over Rows (bar)	3x8	
DB Tricep Extensions (double arm)	4x8	
1-Arm DB Lateral Raises	3x8-each	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
Plate Neck		2x15
Trap Bar Shrugs		2x20
Plate ABC's		1x
Medicine Ball Wall ABC's		1x-each
Double Arm DB Incline Bench (palms in!)		4x5
Close Reverse Grip Bent Over Row (bar)		2x8
1-Arm Floor DB Tricep Extensions		3x8-each
Alternating Arm DB Lateral Raises		2x8-each
Pushup Iso Hold		1x30s
ABS (see week 23)		

Day 2	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Front Squat (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
DB Lateral Squats	3x6-each	
COMBO Good Mornings + Vertical Jump	4x8	
Close Reverse Grip Lat Pulldown	3x8	
Low Back Extensions	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
ABS (see week 23)		
Snatch Squat		3x10
Dot Touches		2x10-each
MAX Front Squat (55/5, 65/3, 75/2, 83/1, 92/1, 101/1, Bonus/1)		see left
DB Forward Lunge		2x6-each
Staggered Good Mornings		3x5
Close Reverse Grip Pullups		2x8
Low Back Extensions		2x12
Iso Lunge Hold		2x30s
Reverse Grip Curls (straight bar)		2x8

Day 3	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's & Medicine Ball Wall ABC's	1x-each	
Explosive Medicine Ball Pushups	6x5	
1-Arm Medicine Ball Pushups	3x6-each	
1-Arm DB Bent Over Row (NO BENCH)	3x8-each	
JM Press	4x5	
Plate Raises	3x8	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
OFF: Player Monitoring on Saturday		

Day 4	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Below-Knee Snatch Rotation	4x5-each	
Submax Eccentric (4s down) Pistol Squats (explode up!)	4x8-each	
Staggered DB RDL	4x6-each	
Seated Good Mornings	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
Band Ankle Prehab	2x12-each	
OFF: Player Monitoring on Saturday		

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

KICKER: Specialized Preparatory 1

Day 1	Week 20	Week 21
OFF		
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
3-Board Press (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
1-Arm DB Bench Press (only 1 DB in hand)		3x6
Bent Over Rows (bar)		3x8
DB Tricep Extensions		4x8
2-Way Shoulder Combo (x8-Bent Lateral, x8-Lateral)		3x8-each
Pushup Iso Hold		1x20s
ABS (see week 21)		

Day 2	Week 20	Week 21
OFF		
ABS (see week 21)		
Hurdle Mobility (unders)		3x10
Band Knee Prehab		2x20
Front Squat (55/5, 62/5, 70/5, 77/5, 85/5, Bonous/5)		see left
Split Squats		3x6-each
Staggered Good Mornings		4x8
Wide Grip Pullups		3x8
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
4-Way Band Hip Mobility		2x10-each

Day 3	Week 20	Week 21
Manual Neck	1x10-each	
Straight Bar Shrugs	2x20	
Rotator Cuff Low Internal & External Rotation	2x15-each	
Bar Pushups--Superset (x10 close, x10 medium, x10 wide grip)	2x30	
Vertical Low Row (back) Machine	2x12	
3-Way Shoulder Combo (Rear, Lateral, Front)	2x10-each	
ABS (your choice)	x100	
Manual Neck		1x10-each
Straight Bar Shrugs		2x20
Rotator Cuff Low Internal & External Rotation		2x15-each
Dynamic Effort (CG) Bench (40s rest)		60%-8x3
2-Board Press (85-93% of 2-Board 1RM)		3x3
Bent Over Rows (bar)		3x8
Heavy DB Tricep Extensions		4x6
Plate Raises		3x8
Pusup Iso Hold		1x20s
ABS (see week 21)		

Day 4	Week 20	Week 21
ABS (your choice)	x100	
Hurdle Mobility (unders)	3x10	
Band Knee Prehab	2x20	
Pistol Squats	2x10-each	
Pullups (grip: your choice)	2x10	
Prone Leg Curl Machine	2x12	
Bodyweight Reverse Hypers	2x15	
Band Ankle Prehab	2x12-each	
ABS (see week 21)		
Hurdle Mobility (unders)		3x10
Band Knee Prehab		2x20
Dynamic Effort Box Squat (40s rest)		50%-12x2
Hang Clean Pull		65%-4x4
Staggered DB RDL		4x6
Machine 1-Leg Extensions (6s down)		3x6-each
Low Back Extensions		3x12
Iso Lunge Hold		2x20s
4-Way Band Hip Mobility		2x10-each
Band Ankle Prehab		2x12-each

NFL EUROPE STRENGTH & CONDITIONING

Name: _____

KICKER: Specialized Preparatory 1

Day 1	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
3-Board Press (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
Alternating Arm DB Bench Press	3x6	
Bent Over Rows	3x8	
DB Tricep Extensions	4x8	
1-Arm DB Lateral Raises	3x8-each	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
Plate Neck		2x15
Trap Bar Shrugs		2x20
Plate ABC's		1x
MAX 3-Board Press (55/5,65/3,75/2,83/1,92/1,101/1,Bonus/1)		see left
Double Arm DB Bench Press		2x6
Bent Over Rows		2x8
EZ Bar Tricep Extensions		3x8
Alternating Arm DB Lateral Raises		2x8-each
Pushup Iso Hold		1x30s
ABS (see week 23)		
Day 3	Week 22	Week 23
Plate Neck	2x15	
Trap Bar Shrugs	2x20	
Plate ABC's	1x	
Dynamic Effort (MG) Bench (40s rest)	60%-8x3	
1-Arm DB Bent Over Row (NO BENCH)	3x8-each	
JM Press	4x5	
Plate Raises	3x8	
Pushup Iso Hold	1x30s	
ABS (see week 22)		
OFF: Player Monitoring on Saturday		

Day 2	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Front Squat (62/3, 70/3, 77/3, 85/3, 92/3, Bonus/3)	see left	
Split Squats	3x6	
Staggered Good Mornings	4x8	
Wide Grip Pullups	3x8	
Low Back Extensions	3x12	
Iso Lunge Hold	2x30s	
Reverse Grip Curls (straight bar)	3x8	
ABS (see week 23)		
Snatch Squat		3x10
Dot Touches		2x10-each
MAX Front Squat (55/5, 65/3, 75/2, 83/1, 92/1, 101/1, Bonus/1)		see left
Forward Lunge		2x6-each
1-Leg Good Mornings		3x8-each
Close Grip Pullups		2x8
Low Back Extensions		2x12
Iso Lunge Hold		2x30s
4-Way Band Hip Mobility		1x10-each
Day 4	Week 22	Week 23
ABS (see week 22)		
Snatch Squat	3x10	
Dot Touches	2x10-each	
Dynamic Effort Box SQ (40s rest)	55%-12x2	
Below-Knee Clean Pull	65%-4x4	
Staggered DB RDL	4x6-each	
Machine 1-Leg Extensions (4s down)	3x8-each	
Seated Good Mornings	3x12	
Iso Lunge Hold	2x30s	
4-Way Band Hip Mobility & Band Ankle Prehab	2x10-each	
OFF: Player Monitoring on Saturday		

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 2: Week 7

Monday	Tuesday	Wednesday	Thursday	Friday
General Warmup		General Warmup		General Warmup
Jog 3-5 min.		Jog 3-5 min.		Jog 3-5 min.
Dynamic Warmup		Dynamic Warmup		Dynamic Warmup
High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd		High Knee Tucks: 2x20 yd Ankle Tucks: 2x15yd Side Step SQ: 2x15yd High Knee Skip: 2x20yd Lunge Walk: 2x20yd		High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd
Flexibility		Flexibility		Flexibility
See Flexibility Routine		See Flexibility Routine		See Flexibility Routine
Sprint Technique/Footwork		Sprint Technique/Footwork		Sprint Technique/Footwork
High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd		High Knee Quick Skip: 2x20yd Goose Step: 2x20yd A-Skip: 2x20yd Line Hop-Side to Side: 3x15 sec Claw Drill: 2x10 each leg Foot Ladder/Rope Lateral: x2		High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd
Conditioning Workout		Conditioning Workout		Conditioning Workout
90, 100, 110 Yard Runs: x4 Goals: Skill (110 yds): 16 sec. Mid (100 yds): 16 sec. Big (90 yds): 16 sec. Rest: 45 sec.		300 Yard Shuttle Run (100 yds x3): x2 Goals: Skill: 60 sec. Mid: 65 sec. Big: 70 sec. Rest: 2 min.		6 100 Yard Tempo Runs 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd run. 100 yd walk back to opposite Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line.
Strength Workout	Strength Workout	Strength Workout	Strength Workout	Strength Workout
Upper	Lower	OFF	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 2: Week 8

Monday	Tuesday	Wednesday	Thursday	Friday
General Warmup Jog 3-5 min.		General Warmup Jog 3-5 min.		General Warmup Jog 3-5 min.
Dynamic Warmup High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd		Dynamic Warmup High Knee Tucks: 2x20 yd Ankle Tucks: 2x15yd Side Step SQ: 2x15yd High Knee Skip: 2x20yd Lunge Walk: 2x20yd		Dynamic Warmup High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd
Flexibility See Flexibility Routine		Flexibility See Flexibility Routine		Flexibility See Flexibility Routine
Sprint Technique/Footwork High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd		Sprint Technique/Footwork High Knee Quick Skip: 2x20yd Goose Step: 2x20yd A-Skip: 2x20yd Line Hop-Side to Side: 3x15 sec Claw Drill: 2x10 each leg Foot Ladder/Rope Lateral: x2		Sprint Technique/Footwork High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd
Conditioning Workout 90, 100, 110 Yard Runs: x6 Goals: Skill (110 yds): 16 sec. Mid (100 yds): 16 sec. Big (90 yds): 16 sec. Rest: 45 sec.		Conditioning Workout 300 Yard Shuttle Run (60 yds x5): x2 Goals: Skill: 60 sec. Mid: 65 sec. Big: 70 sec. Rest: 2 min.		Conditioning Workout 8 100 Yard Tempo Runs 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd run. 100 yd walk back to opposite Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line. 100 yd Run, walk to 25 yd line / Back to Goal line.
Strength Workout Upper	Strength Workout Lower	Strength Workout OFF	Strength Workout Upper	Strength Workout Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 2: Week 9

Monday	Tuesday	Wednesday	Thursday	Friday
General Warmup		General Warmup		General Warmup
Jog 3-5 min.		Jog 3-5 min.		Jog 3-5 min.
Dynamic Warmup		Dynamic Warmup		Dynamic Warmup
High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd		High Knee Tucks: 2x20 yd Ankle Tucks: 2x15yd Side Step SQ: 2x15yd High Knee Skip: 2x20yd Lunge Walk: 2x20yd		High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd
Flexibility		Flexibility		Flexibility
See Flexibility Routine		See Flexibility Routine		See Flexibility Routine
Sprint Technique/Footwork		Sprint Technique/Footwork		Sprint Technique/Footwork
High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd		High Knee Quick Skip: 2x20yd Goose Step: 2x20yd A-Skip: 2x20yd Line Hop-Side to Side: 3x15 sec Claw Drill: 2x10 each leg Foot Ladder/Rope Lateral: x2		High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd
Conditioning Workout		Conditioning Workout		Conditioning Workout
90, 100, 110 Yard Runs: x8 Goals: Skill (110 yds): 16 sec. Mid (100 yds): 16 sec. Big (90 yds): 16 sec. Rest: 45 sec.		300 Yard Shuttle Run (50 yds x6): x2 Goals: Skill: 60 sec. Mid: 65 sec. Big: 70 sec. Rest: 2 min.		BIG W Drill: x2 Goals: Skill: 38 sec. Mid: 40 sec. Big: 43 sec.
Strength Workout	Strength Workout	Strength Workout	Strength Workout	Strength Workout
Upper	Lower	OFF	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program

General Preparatory 2: Week 10 (PLAYER MONITORING ON SATURDAY)

Monday	Tuesday	Wednesday	Thursday	Friday
General Warmup	General Warmup			
Jog 3-5 min.	Jog 3-5 min.			
Dynamic Warmup	Dynamic Warmup			
High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd	High Knee Tucks: 2x20 yd Ankle Tucks: 2x15yd Side Step SQ: 2x15yd High Knee Skip: 2x20yd Lunge Walk: 2x20yd			
Flexibility	Flexibility			
See Flexibility Routine	See Flexibility Routine			
Sprint Technique/Footwork	Sprint Technique/Footwork			
High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Quick Skip: 2x20yd Goose Step: 2x20yd A-Skip: 2x20yd Line Hop-Side to Side: 3x15 sec Claw Drill: 2x10 each leg Foot Ladder/Rope Lateral: x2			
Conditioning Workout	Conditioning Workout			
200 Yard Shuttles (100 yds x2): x3 Goals: Skill: 35 Mid: 38 Big: 42 Rest: 2 min.	90, 100, 110 Yard Runs: x8 Goals: Skill (110 yds): 15 sec. Mid (100 yds): 15 sec. Big (90 yds): 15 sec. Rest: 45 sec.			
Strength Workout	Strength Workout	Strength Workout	Strength Workout	Strength Workout
Upper	Lower	OFF	OFF	OFF

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 3: Week 11

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd	High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd	High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd	High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork
OFF	OFF	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2
Conditioning Workout	Conditioning Workout	Conditioning Workout	Conditioning Workout
OFF	OFF	Conditioning Course: x2 Goals: Skill: 3:00 Mid: 3:15 Big: 3:30 Rest: 2 min.	Ladder Sprints: 100 yds x2 80 yds x2 60 yds x2 40 yds x2 20 yds x2 Light Sled Pulls (ex. 45lb plate) 4x30yd OR Hill Runs: x4
Strength Workout	Strength Workout	Strength Workout	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 3: Week 12

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork
Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2
Speed/Agility Workout	Conditioning Workout	Conditioning Workout	Speed/Agility Workout
Ladder Sprints: 80yds x 4 60yds x5 40yds x5 20yds x5 Sled Pulls Medium (ex.65lb) 6x25yd OR Hill Run: x6	200 Yard Shuttles (50 yds x4): x3 Goals: Skill: 35 Mid: 38 Big: 42 Rest: 2 min.	Conditioning Course: x3 Goals: Skill: 3:00 Mid: 3:15 Big: 3:30 Rest: 2:00	Agility Drills: T-Drill: x3 Sprint Ladder: x3 5 Star Drill w/Backpedal: x3 S-Drill: x3
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 3: Week 13

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork
High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd
Speed Workout	Agility/Conditioning Workout	Speed Workout	Agility/Conditioning Workout
Hollow Sprints: x3 (see description) Sled Pulls-Medium (ex.65lb): 8x20yd OR Hill Runs: x8	Agility Drills: Backpedal Ladder: x4 Comeback Cone Drill: x4 4-Corner Carioca: x4 Drop Drill: x4 200 Yard Shuttle (40yds x5): x3 Skill: 35sec. Mid: 37sec. Big: 40sec. Rest: 2:00	Plyometric Drills: x4 (on each drill) Continuous Broad Jump (for height) Continuous Broad Jump (distance) 40 yd Sprints: x6 20 yd Sprints: x6 10 yd Sprints: x6 Rest: 45sec	Agility Drills: x3 (each drill) 4-Corner Bag Drill Box Drill Cone Chute Bulldog Agility L-Drill 90, 100, 110 yard Runs: x4 (45s rest) Skill: 110 yds in 15sec Mid: 100 yds in 15sec Big: 90 yds in 15sec
Strength Workout	Strength Workout	Strength Workout	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 3: Week 14

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork
High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd
Speed Workout	Agility/Conditioning Workout	Speed Workout	Agility/Conditioning Workout
Hollow Sprints: x4 (see description) Sled Pulls-Heavy (ex.90lb): 8x15yd OR Hill Runs: x10	Agility Drills: Backpedal Ladder: x4 Comeback Cone Drill: x4 4-Corner Carioca: x4 Drop Drill: x4 200 Yard Shuttle (40yds x5): x3 Skill: 35sec. Mid: 37sec. Big: 40sec. Rest: 1:30	Plyometric Drills: x4 (on each drill) Continuous Broad Jump (for height) Continuous Broad Jump (distance) (all x20yds) 40 yd Sprints: x8 20 yd Sprints: x8 10 yd Sprints: x8 Rest: 45sec	Agility Drills: x3 (each drill) 4-Corner Bag Drill Box Drill Cone Chute Bulldog Agility L-Drill 80, 90, 100 yard Runs: x6 (45s rest) Skill: 100 yds in 14sec Mid: 90 yds in 14sec Big: 80 yds in 14sec
Strength Workout	Strength Workout	Strength Workout	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 3: Week 15

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork	Sprint Technique/Footwork
Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2	Goose Step: 2x20yds A-Skip: 2x20yds Line Hop Side-to-Side: 3x15sec. Claw Drill: 2x10-each leg Foot Ladder/Rope Lateral: x2
Speed Workout	Agility/Conditioning Workout	Speed Workout	Agility/Conditioning Workout
Hollow Sprints: x5 (see description) Sled Pulls-Heavy (ex.90lb): 8x15yd OR Hill Runs: x10	Agility Drills: Backpedal Ladder: x5 Comeback Cone Drill: x5 4-Corner Carioca: x5 Drop Drill: x5 100 Yard Shuttle (25yds x4): x4 Skill: 18sec. Mid: 20sec. Big: 22sec. Rest: 1:00	Plyometric Drills: x5 (on each drill) Continuous Broad Jump (for height) Continuous Broad Jump (distance) (all x20yds) 40 yd Sprints: x6 20 yd Sprints: x8 10 yd Sprints: x10 Rest: 45sec	Agility Drills: x4 (each drill) 4-Corner Bag Drill Box Drill Cone Chute Bulldog Agility L-Drill 80, 90, 100 yard Runs: x8 (45s rest) Skill: 100 yds in 14sec Mid: 90 yds in 14sec Big: 80 yds in 14sec
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	Upper	Lower

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General Preparatory 3: Week 16 (Combine Testing on Saturday)

Monday	Tuesday	Wednesday	Thursday	Friday
General Warmup	General Warmup			
Jog 3-5 min.	Jog 3-5 min.			
Dynamic Warmup	Dynamic Warmup			
High Knee Carioca: 2x20 yds Lateral Shuffle: 2x20 yd Walking Toe Touch: 2x20 yd High Knee Crossover Skip: 2x20 yd Inch Worm: 2x10 yd	High Knee Tucks: 2x20 yd Ankle Tucks: 2x15yd Side Step SQ: 2x15yd High Knee Skip: 2x20yd Lunge Walk: 2x20yd			
Flexibility	Flexibility			
See Flexibility Routine	See Flexibility Routine			
Sprint Technique/Footwork	Sprint Technique/Footwork			
High Knee Rhythm Run: 2x20yd Wall Drill: 3x15 sec Line Hops-Scissor Step: 3x15 sec Foot Ladder/Rope Lateral: 2 feetx2 Chin to Pocket Drill: 3x30 sec Starts: 6x10 yd	High Knee Quick Skip: 2x20yd Goose Step: 2x20yd A-Skip: 2x20yd Line Hop-Side to Side: 3x15 sec Claw Drill: 2x10 each leg Foot Ladder/Rope Lateral: x2			
Speed/Agility Workout				
40 yd Sprints: x2 Pro-Agility: x2-each way L-Drill: x2				
COMBINE WEEK				
Strength Workout	Strength Workout	Strength Wkt.	Strength Wkt.	Strength Wkt.
Upper	Lower	OFF	OFF	OFF

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 4: Week 17

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Reactive Agility	Programable Agility	Linear Speed	Reactive Agility
Position Specific Drills: 1st Quarter (3 min. rest between quarters) 2nd Quarter	Agility Drills (all x5 reps): Backpedal Ladder Comeback Cone Drill 4-Corner Carioca Drop Drill Plyometric Drills (all 4x20yds): Continuous Broad Jump for Height Continuous Broad Jump for Distance	80, 90, 100 Yard Runs: x10 (45 second rest between runs) Skill: 100yds in 13 seconds Mids: 90yds in 13 seconds Big: 80yds in 13 seconds	Position Specific Drills: 3rd Quarter (3 min. rest between quarters) 4th Quarter
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
General Preparatory 4: Week 18

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Reactive Agility	Programable Agility	Linear Speed	Reactive Agility
Position Specific Drills: 1st Quarter (3 min. rest between quarters) 2nd Quarter	Agility Drills (all x5 reps): Backpedal Ladder Comeback Cone Drill 4-Corner Carioca Drop Drill Plyometric Drills (all 4x20yds): Continuous Broad Jump for Height Continuous Broad Jump for Distance	80, 90, 100 Yard Runs: x14 (45 second rest between runs) Skill: 100yds in 13 seconds Mids: 90yds in 13 seconds Big: 80yds in 13 seconds	Position Specific Drills: 3rd Quarter (3 min. rest between quarters) 4th Quarter
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program

General Preparatory 4: Week 19 (NFLE Mini Camp November 8-12)

Monday	Tuesday	Wednesday	Thursday	Friday
OFF				
NFLE MINI CAMP-COLOGNE, GERMANY				
Strength Workout	Strength Wkt.	Strength Wkt.	Strength Wkt.	Strength Wkt.
Upper & Lower Prehab-LIGHT	OFF	OFF	OFF	OFF

NFL Europe 2005 Speed, Agility, & Conditioning Program
Specialized Preparatory 1: Week 20

Monday	Tuesday	Thursday	Friday
OFF	OFF	General Warmup	General Warmup
		Jog 3-5 min.	Jog 3-5 min.
		Dynamic Warmup	Dynamic Warmup
		Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
		Flexibility	Flexibility
		See Flexibility Routine	See Flexibility Routine
		Linear Speed	Skill Development Drills
		80, 90, 100 Yard Runs: x14 (45s rest between runs) Skill: 100yds in 13s Mids: 90yds in 13s Big: 80yds in 13s Kickers: Kickoffs x15 reps Punters: Punt from 50yd line for distance (R&L hash) x8 reps	QB: Skill Sets #1 & #2 OL: Skill Sets #1 & #2 RB: Skill Sets #1 & #2 DL: Skill Sets #1 & #2 LB: Skill Sets #1 & #2 DB: Skill Sets #1 & #2 TE: Skill Sets #1 & #2 WR: Skill Sets #1 & #2 (35s rest between plays; 2:00 rest between sets) Kickers: Short Accuracy x30 reps Punters: Punt +45yd line for distance (middle) x8 reps
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
OFF	OFF	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
Specialized Preparatory 1: Week 21

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Skill Development Drills	Programable Agility	Linear Speed	Skill Development Drills
QB: Skill Sets 2, 3 OL: Skill Sets 2, 3 RB: Skill Sets 2, 3 DL: Skill Sets 2, 3 LB: Skill Sets 2, 3 DB: Skill Sets 2, 3 TE: Skill Sets 2, 3 WR: Skill Sets 2, 3 (35s rest between plays) (2:00 rest between sets)	Agility Drills (all x4-each): Square Drill (x4) V-Drill (x4) Bag Drills (4 times through all 6 drills) Shuffle Ladder (x4) 4-Corner Rag Drill (x4)	<u>Skills</u> : Ladder Sprints (see description) 3 Cycles of 2-each (rest 30s between sprints) <u>Mids</u> : Ladder Sprints (see description) 2 Cycles of 2-each (rest 30s between sprints) <u>Bigs</u> : Ladder Sprints (see description) 1 Cycle of 2-each (rest 30s between sprints)	QB: Skill Set #1 OL: Skill Set #1 RB: Skill Set #1 DL: Skill Set #1 LB: Skill Set #1 DB: Skill Set #1 TE: Skill Set #1 WR: Skill Set #1 <u>Skills</u> : BIG W Drill: x3 (Target: 35s; 2:00 rest between runs) <u>Mids</u> : 200yd Shuttle Run (25yds x4): x2 (Target: 38s) <u>Bigs</u> : 200yd Shuttle Run (25yds x4): x1 (Target: 42s)
Kickers: Kickoffs x15 reps	Kickers: Accuracy x30 reps	<u>Kickers</u> : Kickoffs x15 reps	Kickers: Short Accuracy x30 reps
Punters: Punt out of endzone for distance x12 reps	Punters: Punt from 20 for distance (R&L hash) x8 reps	Punters: Punt from 50yd line for distance (R&L hash) x8 reps	Punters: Punt +45yd line for distance (middle) x8 reps
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	Upper	Lower

NFL Europe 2005 Speed, Agility, & Conditioning Program
Specialized Preparatory 1: Week 22

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	General Warmup	General Warmup
Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.	Jog 3-5 min.
Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds
Flexibility	Flexibility	Flexibility	Flexibility
See Flexibility Routine	See Flexibility Routine	See Flexibility Routine	See Flexibility Routine
Skill Development Drills	Programable Agility	Linear Speed	Skill Development Drills
QB: Skill Sets 1, 3 OL: Skill Sets 1, 3 RB: Skill Sets 1, 3 DL: Skill Sets 1, 3 LB: Skill Sets 1, 3 DB: Skill Sets 1, 3 TE: Skill Sets 1, 3 WR: Skill Sets 1, 3 (35s rest between plays) (2:00 rest between sets)	Agility Drills (all x5-each): Square Drill (x5) V-Drill (x5) Bag Drills (5 times through all 6 drills) Shuffle Ladder (x5) 4-Corner Rag Drill (x5)	<u>Skills</u> : Ladder Sprints (see description) 4 Cycles of 2-each (rest 30s between sprints) <u>Mids</u> : Ladder Sprints (see description) 3 Cycles of 2-each (rest 30s between sprints) <u>Big</u> s: Ladder Sprints (see description) 2 Cycles of 2-each (rest 30s between sprints)	QB: Skill Set #2 OL: Skill Set #2 RB: Skill Set #2 DL: Skill Set #2 LB: Skill Set #2 DB: Skill Set #2 TE: Skill Set #2 WR: Skill Set #2 <u>Skills</u> : BIG W Drill: x3 (Target: 33s; 2:00 rest between runs) <u>Mids</u> : 200yd Shuttle Run (25yds x4): x2 (Target: 36s) <u>Big</u> s: 200yd Shuttle Run (25yds x4): x1 (Target: 40s)
Kickers: Kickoffs x15 reps	Kickers: Accuracy x30 reps	<u>Kickers</u> : Kickoffs x15 reps	Kickers: Short Accuracy x30 reps
Punters: Punt out of endzone for distance x12 reps	Punters: Punt from 20 for distance (R&L hash) x8 reps	Punters: Punt from 50yd line for distance (R&L hash) x8 reps	Punters: Punt +45yd line for distance (middle) x8 reps
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	Upper	Lower

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Specialized Preparatory 1: Week 23 (Player Monitoring Saturday December 10 & Sunday December 11)

Monday	Tuesday	Thursday	Friday
General Warmup	General Warmup	OFF	OFF
Jog 3-5 min.	Jog 3-5 min.		
Dynamic Warmup	Dynamic Warmup		
Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds	Inch Worm: x5yds, stride 15yds Lunge Walk: 20yds Ankle Tugs: 20yds Walking Toe Touch: 20yds High Knee Skip: 20yds High Knee Carioca: 20yds Backward Sprint: 20yds Lateral Shuffle: 20yds		
Flexibility	Flexibility		
See Flexibility Routine	See Flexibility Routine		
Skill Development Drills	Linear Speed		
QB: Skill Sets 1, 2, 3 OL: Skill Sets 1, 2, 3 RB: Skill Sets 1, 2, 3 DL: Skill Sets 1, 2, 3 LB: Skill Sets 1, 2, 3 DB: Skill Sets 1, 2, 3 TE: Skill Sets 1, 2, 3 WR: Skill Sets 1, 2, 3 (35s rest between plays) (2:00 rest between sets)	80, 90, 100 Yard Runs: x15 (45s rest between runs) Skill: 100yds in 13s Mids: 90yds in 13s Big: 80yds in 13s		
Kickers: Kickoffs x15 reps	Kickers: Accuracy x30 reps		
Punters: Punt out of endzone for distance x12 reps	Punters: Punt from 20 for distance (R&L hash) x8 reps		
Strength Workout	Strength Wkt	Strength Wkt	Strength Workout
Upper	Lower	OFF	OFF



NFL EUROPE LEAGUE



STRENGTH, SPEED & NUTRITION

2005

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Nutrition Program

Athlete Guide to Performance Enhancing Nutrition

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GAME PLAN TO GOOD NUTRITION

When competing in college athletics there are three factors that contribute to successful performance: genetics, hard work, and NUTRITION. Since we can only control two out of the three it is important that we do so. As division I athletes taking care of your body will enhance your performance by keeping you energized for maximum physical capacity, protect you from injury and sickness, and maximizes recovery of muscles and body. Our game plan will involve six basic nutrients and three keys to achieving optimal health.

SIX NUTRIENTS

A nutrient is a substance we obtain from food and use in the body for growth, maintenance, and repair. Foods are made up of many different nutrients; there are six that are essential to achieving and maintaining optimal health and performance

Carbohydrates

Carbohydrates are one of the three major sources of energy supplying 4 calories per gram. You should get 60% of your daily intake of calories from carbohydrates. They are the primary energy source for high intensity exercise. This energy is supplied in the form of glycogen, which is glucose that is stored in your muscles and liver. Adequate carbohydrate intake is necessary especially during heavy training to replenish and maintain the body's relatively limited glycogen stores. Athletes who do not consume enough carbohydrates to meet their daily needs for hard practices and training feel tired and lethargic due to the depletion of glycogen in their muscles. A common symptom is when your muscles start to feel heavy and your pace slows, also known as "hitting the wall".

There are two types of carbohydrates simple and complex. When differentiating simple sugars from complex it is important to bring up the glycemic index. The glycemic index is the ability of a food to raise blood sugar, which creates an insulin response. The faster the blood sugar appears in the bloodstream after eating, the higher the insulin response and glycemic index. Simple sugars have a much higher glycemic index than complex carbohydrates and are most desirable **during or immediately after** exercise. Complex carbohydrates are low to moderate glycemic foods that slowly enter the blood stream. They are most desirable **before** exercise because they provide sustained energy (rather than a "sugar high" followed by a sugar low). Fiber affects the glycemic index of foods and is mainly present in complex carbohydrates. It is an indigestible part of plant food that lowers glycemic index by slowing the absorption of carbohydrates. Fiber is also important in promoting regular bowel movements, lowers blood cholesterol, improving blood sugar control, protecting against colon cancer, and helps with weight management helping you to feel full longer. High-fiber carbohydrate rich foods like fruits, vegetables, legumes, and whole grains should make up a large part of the diet. You should take in 10 grams of fiber for every 1000 Kcal ingested.

Protein

Protein is essential for building and repairing muscles, red blood cells, hair and other tissues, and for synthesizing hormones. Protein from food supplies 4 calories per gram. They are broken down into amino acids, which are then rebuilt into proteins in the muscles and other tissues. Protein does not like to be used for energy, but will be if there are inadequate carbohydrates available (like during exhaustive exercise). When you burn protein for energy, it is at considerable expense to your body. Proteins are not only drawn away from their structural and regulatory roles, but when the amino acid components are degraded for energy, the nitrogen released is sent to the liver, into your urea, and then to the kidneys. This not only provides extra work for your kidneys but excess volumes of water are lost in the process and the body can become dehydrated quickly. About 15% of your daily intake should be from protein rich foods or 1.3- 1.8 grams per kilogram of body weight. It is important to recognize that proteins are essential in the diet for many reasons but **over consuming protein does not build muscle bulk, strength training does**. In fact extra protein is stored as fat or burned for energy when carbohydrates are scarce. Your best bet for building strong muscles is a combination of strength training and a diet adequate in protein and enough muscle fuel (carbohydrates) to let you exercise to full capacity. This will ultimately eliminate the utilization of that hard-earned protein (muscles) for energy. We will talk later about the effects of a high protein diet.

Fat

Fat is the most calorie dense food providing 9 calories per gram. It is a source of stored energy that is burned mostly during low-level activity (reading or sleeping) and long-term exercise (long runs and gentle bike rides). Fat comes in two forms saturated and unsaturated. Saturated fats are animal fats like butter, lard, fat in meat, and when not moderated can contribute to heart disease and even cancer. Unsaturated fats are mainly plant derived (olive oil, canola oil), and are generally less harmful. Fats play many roles in the body; they provide the biggest energy reserve, surround and protect vital organs, provide thermal insulation from cold, and act as a transport medium for fat-soluble vitamins (ADEK). Approximately 15% of males' and 25% of women's bodies are fat; this supply provides the potential energy of up to 100,000 calories. Most of this energy is available for exercise and could fuel a run from New York to Wisconsin. This is important to an athlete because usually carbohydrate stores run out in about 1-½ hours where as fat stores provide energy for up to 120 hours. "Fat burns in a carbohydrate flame", you can't use fat for energy without carbohydrates present (this spares protein). Well-trained athletes generally utilize fat for energy better than the average person. Athletes should try to limit daily fat intake to 25-30%.

Water

Water is one of the most important nutrients in an athlete's diet. Even though it yields no energy, it can impact performance in many ways. Water stabilizes body temperature, carries nutrients to and wastes away from cells, and is needed for cells to function. It is very important to athletes because it carries oxygen to the muscles, acts as a temperature control preventing heat disorders, and most importantly prevents dehydration. **Dehydration is one of the biggest factors inhibiting your ability to exercise or perform at your maximum potential**. Just **one percent** dehydration roughly 1.5 pounds of water lost, will cause increased body temperature, while **three percent** dehydration around 4.5 pounds of water lost, will impair performance. **Five percent** dehydration around 7.5 pounds of water lost can cause heat cramps, chills, nausea, clammy skin, rapid pulse, and a 20-30% decrease in endurance capacity. **Six to ten percent** dehydration around 9-15 pounds of water lost can cause dizziness, headache, fatigue, heat exhaustion, and dry mouth. **Anything greater than ten percent** can cause heat stroke, swollen tongue, reduced sweat or urine, unsteady walk, and hallucinations. The average water loss during training and competition without replacement is between 2-5 pounds. It is important to realize that you lose water in other ways besides just sweat. One way is respiration; every time you exhale you are losing water in your breath. It is normal to lose 3 pounds of water per hour through respiration alone. For an athlete, who breathes relatively hard and sweats a lot this all must be taken very seriously.

PROPER HYDRATION cannot be emphasized enough; here are some tips to follow when trying to achieve this goal. Ultimately, when replacing water loss due to heavy exercise you should weigh yourself before and after exercise to see the amount of fluid lost (weight) and then replaces it accordingly. However, this is tedious and not likely going to happen. When properly hydrating your body consuming water not only after training or competition is important, but before and during as well. **Before** training or competition you should "hyper-hydrate" by consuming 12-24 ounces 20 minutes before. **During** training or competition you should consume 8-10 ounces every 10-15 minutes. **After** competition you should consume as much water as possible and just because you don't feel thirsty doesn't mean you have drank enough.

Words of wisdom "You can never drink enough water!" The best way to judge hydration is to monitor the color and quantity of your urine (The more and clearer the better!). During long-term high intensity activities, sports drinks can provide greater stamina by not only fluid replacement but by providing small amounts of sugar and electrolytes, which provides fuel and sodium. The extra fuel helps spare glycogen so you can compete longer at a set pace. Sodium is an important electrolyte that enhances water absorption, balance, and nerve function. **Be sure that your sports drink is between 6-8% glucose solutions only!** That means it should provide 40-80 calories per 8 ounces (anymore than this can provide those sugar highs and lows). To

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make the correct glucose solutions cut fruit juices by ¼ and sports drinks by ½ with water.

Vitamins

Vitamins are chemical substances that your body does not manufacture and must be obtained through your diet. Vitamins provide a wide variety of functions within the body yielding no energy. They are most commonly known to regulate all chemical reactions during the metabolism of food in the body. They include vitamins A, B complex, C, D, E, K. Exercise does not burn vitamins, and athletes do not need extra. Most athletes get double the amount of vitamins they need through their diet alone. Keep in mind the more you exercise, the more you eat, which means the more vitamins you take in. There is little evidence that supplementing vitamins enhances performance and most are excreted from the body in excess. It is proven that if your body is low in a certain vitamin it becomes more efficient in absorbing it. So consuming one McDonald's Big Mac that yields very few vitamins will probably not be detrimental to your vitamin stores. Nutritional deficiencies take months or even years to develop and are more commonly found in a sedentary person with a small appetite, an anorexic, or inadequate vegetarian diet. Fruits and vegetables are the most vitamin rich foods and are the best sources for obtaining them.

Minerals

There are twelve minerals, and each performs a wide variety of important functions in the body, however they do not provide energy. Minerals are elements obtained from food that regulates many of the body's processes. An example is iron in the red blood cells that helps transport oxygen. They also combine in many ways to form structures in the body like calcium in bones. Calcium, Phosphorus, and magnesium are considered major minerals due to the important role they play on bone density. Athletes should pay special attention to iron, which transports oxygen in your body through your red blood cells. Your red blood cells are the main source of oxygen for your muscles, which consume a lot during exercise. When low in iron you tend to feel tired, fatigued, and sluggish. Other important minerals are sodium, potassium, and chloride, which are **electrolytes**. When you sweat you not only lose water but you also lose minerals (electrolytes). These electrolytes help your body function normally by maintaining normal water balance. You can easily replace these losses with foods and fluids you consume after training or competition (most commonly in the form of salt). Like vitamins if you are eating an athlete size portion of meals daily you have little need to worry about getting enough minerals. Ultimately, skipping meat for a few meals or being a vegetarian does not mean you will become iron deficient. For instance, iron is present in many other foods like baked potatoes, lima beans, spinach, broccoli, raisins, navy beans, oatmeal, and whole wheat bread. Minerals, take a long time to form actual deficiencies within the body.

NUTRITION USING THE 3:2:1 RULE

This approach to nutrition gives the athlete an easy ratio to follow in order to determine how many calories should come from carbohydrates, protein and fat throughout the day. The 3:2:1 rule simply means that the athlete will consume 3 times the amount of calories in the form of carbohydrates than fat and two times the amount of calories in the form of protein than fat. This method will help the athlete keep the fat intake low while ensuring the proper intake of carbohydrates and protein. Example: An athlete taking in 4200 calories would take in 2100 calories from carbohydrates, 1400 calories from protein, and 700 calories from fat. This is equal to 525 grams of carbohydrates, 350 grams of protein, and 77.7 grams of fat.

THREE BASIC KEYS TO OPTIMAL HEALTH

Variety

When developing a diet to achieve the optimal health you must take the following in consideration. Every food offers something beneficial to our bodies; oranges offer vitamin C and carbohydrates while meat offers iron and various proteins. Restricting your diet to just oranges even though plentiful in vitamin C and carbohydrates, would ultimately lead to deficiencies in iron and essential proteins offered by meat. Variety allows us to consume a wide range of foods that all contain different nutrients, vitamins, and minerals helping us achieve the optimal diet with no concern for deficiencies.

Balance & Moderation

There is room for everything in a well-balanced diet. The key thing to remember is that no one food should be considered a "junk food", rather a nutrient poor selection. It is fine to eat these so-called "junk foods" or nutrient poor selections, in moderation. Just be smart and compensate by making nutrient wise choices at the next meal. For example, after a morning workout you are very hungry and see a whole plate full of donuts sitting on the table, so you decide to eat two, at your next meal you compensate by eating a low-fat turkey sandwich on wheat bread with a side of fruit. This brings a sense of balance to your diet without limiting any one thing. So you consumed two donuts for breakfast that does not mean you should not eat lunch. Skipping that meal is worse for body than the donuts, and does not help out much in the nutrient department. Compensate for the donuts by having a light lunch and healthy dinner. Problems only occur when too many nutrient poor selections accumulate into what is called a "junk food diet".

Nutritious and Wholesome

Nutritious and wholesome foods usually consist of natural or lightly processed foods. They are very important in any diet and are often over looked in the "busy" lifestyle that a majority of athletes lead. Here are a few quick tips in adding some wholesomeness to your life. Start by replacing white bread with wheat bread, apple juice with apples, potato chips with baked potatoes, candy bars with granola bars, hamburgers with sandwiches, and most importantly healthy balanced meals for fast food. Benefits of eating these foods are not only fewer questionable additives, but also most importantly a much higher nutrient density including vitamins, minerals, fiber, and usually lower in fat content!

USING THE PYRAMID

Now that we know some basic facts about nutrition, what nutrients do we need and why. The question is; **what are the best sources for these nutrients and how much do I need?** The food guide pyramid can be a great tool when answering this question. It not only provides a shape to our diet by separating the basic nutrients into groups and categories. The pyramid helps enforce variety, balance, and moderation by recommending amounts of each group to be eaten while providing a list of wholesome and nutritious choices to choose from. When using the pyramid you must consider that you are an athlete, you exercise hard, you are hungry, and sometimes you will consume double or triple the recommended servings. The following pyramids are categorized into anytime, sometimes, and seldom. **Anytime foods** should be the backbone of your diet they are low in fat and have no serious flaws. **Sometimes foods** should be limited to two or three times a day, they contain moderate fat and are high in sodium, cholesterol, and added sugars. **Seldom foods** should be small portioned and limited to two or three times a week being high in fat, saturated fat, and having at least one other major flaw.

Shaping your Pyramid to an Optimal Diet

The key to shaping your pyramid is using all of the provided information and tables to create a balanced diet choosing a variety of foods with moderation. Consuming the right amounts of servings as well as serving sizes following the pyramid should be rather easy. One trick is to try and choose at least 3 out of the five groups at every meal (not always choosing the sweets group). Another trick is to choose foods from groups you do not eat at the previous meal, if you had a fruit and dairy products for breakfast go for some breads, grains and protein at lunch. It does not matter when you consume foods in your diet, eating all your protein in the morning is not going to assume you will be protein deficient that night. What time you choose to eat does not affect your diet, eating before bed does not mean all that food that will be digested to fat. Basic rules to follow are eat when you're hungry and never

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deny your body food (this will only lead to overeating at a later time). Your body is the best measure of how much you should eat, brain signals are only sent out when you are in need of fuel, stimulating hunger. Following these signals while maintaining a healthy balanced diet will ensure not only proper weight management but also optimal performance.

Using the pyramid to shaping this diet should simply help you choose the best foods to eat.

FOOD GUIDE PYRAMID

Breads and Grains

The largest group of the pyramid is the breads, grains and cereals. These are mainly carbohydrates and are what make up the foundation of your diet. You should take in at least 6-11 servings from this group. One serving does not necessarily constitute one bowl of pasta; (especially if the bowl is the size of a popcorn bowl) instead one serving of pasta is ½ cup. Relative serving sizes are 1 slice of bread, 1 medium muffin, ½ hot dog bun or hamburger bun, ½ bagel or English muffin, 4 small crackers, 1 tortilla, 1 cup cold cereal, ½ cup cooked cereal, or ½ cup rice. Every athlete should be getting at least 60% of their daily calories from carbohydrates. Two ways to think about this is 600 of every 1000 calories or 6 out of 10 servings should be from a carbohydrate source. Top choices would be cereal, bagels, muffins, whole grains, dark breads, rice, and pasta. Low- fat choices are always better for your diet as well as whole grain, high fiber and wholesome choices.

Fruit Group

Fruits help build a strong foundation for a sports diet, being rich in carbohydrates, fiber, vitamins, and health protective chemicals. All of which improve healing, while reducing the risk of colon cancer, high blood pressure, constipation and most importantly aid in recovery after exercise. The recommended amount is 2-4 servings (keep in mind athletes probably eat 4 or more), one serving would constitute 1 whole medium fruit (about 1 cup), ¼ cup dried fruit, ½ cup canned fruit, and ½ - ¾ cup fruit juice. Some top fruit choices are bananas, apples, cantaloupe, kiwi, strawberries, citrus fruits; including oranges, grapefruits, and tangerines, as well as assorted dried fruit. The following table shows some comparisons of various fruits.

Vegetable Group

Vegetables are very important in your sports diet and are what some call "nature's vitamin pills" because they are excellent sources of many vitamins, minerals, and health protective chemicals. Most vegetables have more nutritional value than fruits, so if you don't eat adequate quantities of fruit you can easily compensate by eating more vegetables. Recommended servings for vegetables are 3-5. One serving is ½ cup-cooked vegetables, ½ cup raw chopped vegetables, 1-cup raw leafy vegetables (lettuce), and ½ - ¾ cup vegetable juice. When picking your vegetables keep in mind that the dark, colorful vegetables have more nutritional value (vitamins, mineral, etc.) than the lighter ones. Some good choices are broccoli, spinach, green peppers, tomatoes and tomatoes sauce, carrots, squash, and potatoes. The following table shows some comparisons of various vegetables.

Milk, Yogurt, and Cheese Group

Dairy products are good sources of protein and are rich in the very important bone-strengthening mineral calcium. Recommended servings of milk and dairy products is 3-4, which should supply you with sufficient calcium. One serving is considered to be 1 cup of milk or yogurt, 2 slices of cheese (1/8" thick), 2 cups cottage cheese, or 1 ½ cups ice cream or frozen yogurt. Choosing low-fat versions as substitutes is essentially better for you and provides the same amount of vitamins, minerals, proteins, and calcium. Some good choices are low fat or skim milk, yogurt, low-fat cheese, Dark green veggies, orange juice (calcium fortified), and tofu. Refer to the pyramids for more choices. If you limit all dairy products from your diet it is important to realize, that few nondairy foods contain the same concentrated amounts of calcium and are not as easily absorbed from these sources. You must make sure you are getting adequate amounts from other natural foods. To obtain the same amount of calcium from one glass of milk you need to consume 2-½ cups broccoli, 6 cups of spinach or 2 ½ cups white beans. The following chart shows the relative amounts of calcium, cholesterol, and fat in dairy products.

Meat and Meat Alternative Group

These protein rich animal and non-animal foods provide the essential amino acids that help build and repair your muscles while reducing the risk of iron-deficiency anemia. Athletes usually either fill up on too much meat or choose to bypass animal proteins all together, neglecting to replace the beef with the beans. Excess protein is not stored in the bulging muscles or as fuel, and slabs of steak and hamburgers have no place in the sports diet. On the other hand limiting protein leads to anemia, cold, flu, poor healing, and lack of performance. The protein rule of thumb is to limit your intake to a total of 4 to 6 ounces or 2 to 3 servings. One serving might be 2 to 3 ounces (approximately the size of a deck of cards) cooked lean meat, poultry or fish, 2 eggs, 2 oz. Drumstick of chicken, 4 tablespoons peanut butter, 1 cup cooked legumes, or ½ cup nuts or seeds. Some top choices would be lean beef, chicken, turkey, fish, peanut butter, canned beans, tofu, and eggs.

Fats, Oils, and Sweets

As the tip of your pyramid this group allows you a little breathing room from the "perfect" diet to add a few of your favorite things. Notice it is the smallest group, and even though these fats and sugars add a little spice to every diet, it is due to the nutrient poor qualities they contain. Fats provide taste, help transport fat-soluble vitamins, and provide the essential fatty acids your body can't make. They provide a sense of feeling full and help sustain that feeling for a long time due to slowed digestion. **Sugar** is a big word for everyone as it plays a huge role in many diets. Sugar is known as "empty calories" that provides you with no essential nutrients, vitamins or minerals. Limiting sugar as much as possible would be the most optimal thing to do. You must make sure you do not fill up on too many fats or sugars leaving your pyramid top heavy limiting other important groups. **SPARINGLY** is the key word for this group and around 30% of your daily calories should come from fat. Even though that sounds like a lot this group is very calorie dense and tends to be easily fulfilled. It is usually dispersed throughout your day whether it is butter on a roll or oil on a salad. The top choices of fats are the unsaturated ones (plant derived) like olive oil, canola oil, and nuts. Top choices of sugars are berry jams, molasses (confirming the rule the darker the food the more nutrient rich it is), and most importantly your favorite sweet temptation. Even though adding your favorite sweet does not contribute a lot of health to your diet it does add pleasure. Always keep in mind that limiting your favorite sweet always brings a greater want for that sweet and usually ends in overindulgence. This can all be avoided by frequently allowing a **small** amount of that sweet in your diet, as there is no "bad" food in moderation.

Alcohol and Athletes

Many college athletes take their sport very seriously and never consume alcohol, knowing the performance impairing effects it has on the body. For those who do not believe that the consumption of a 12 pack of beer the night before training or competition will affect them, here are few things to consider. Alcohol provides 7 calories per gram commonly called "empty calories" yielding no vitamins, minerals, or anything of use to your body. Your body cannot store calories in the form of alcohol. Meaning, all the alcohol you take in must be burned; leaving everything else you consume (fats, proteins, and carbohydrates) to be stored. This is not a good thing, since most people tend to eat a lot when intoxicated. Using alcohol as an energy source is not the most optimal choice. It takes almost twice as much oxygen to burn one gram of alcohol than a normal carbohydrate. This dramatically impairs your performance by putting more strain on your muscles and body, which leads to early fatigue. Alcohol dehydrates your body by blocking your anti-diuretic hormone (ADH) from telling your body to conserve water rather than excrete it. It inhibits you from getting proper sleep, even though you may think that you were passed out. When you have alcohol in your blood you never truly reach the third stage of sleep leaving you tired and sluggish the next day (hangover). Performing the morning after ingesting alcohol has shown that muscle glycogen levels are significantly lower; there is a decreased glucose (energy) output in the body and a decrease in the uptake of glucose (energy) by muscles, which leads to a much faster burn out.

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Athletes need to understand that drinking will not only affect them the day after consumption but up to three days after as well! Most likely due to burning alcohol for energy, lack of sleep, and by not allowing their muscles to fully recover and reestablish normal glycogen levels. Athletes who drink usually have what is considered to be "Bad Mondays" the day they should return to practice well rested.

PRE-EVENT MEALS

The pre-event meal is an important component to any competition or training program. The goal of the meal is to boost glycogen stores, prevent low blood sugar, and to over hydrate your body. A few things to consider when planning this meal are the time, size and components of the meal. The night before the event is the most important meal and should be high in carbohydrates usually something you like that is moderately low in fat, like pastas, potatoes, and rice dishes. If your event is an afternoon or evening eating a high carbohydrate snack before going to bed like oatmeal raisin cookies and juice or fruits and bagels will be beneficial. Most importantly, drink as much fluid as possible; preferably water, the night before an event. The day of your event you should eat a small high carbohydrate meal 3-4 hours prior. This meal should be something you enjoy to eat and that will satisfy you. Try to limit proteins and fat from this meal because they tend to slow digestion and leave you feeling heavy and slow. By eating three hours in advance there should be adequate enough time for proper digestion.

POST-EVENT MEALS

The most important purpose of the post-event meal is to re-hydrate your body and replenish your glycogen stores. Research shows that the first 20 minutes to 10 hours after competition are the most crucial for recovery. The biggest problem is that most athletes are tired and fatigued during this time and do not feel like eating. In the first 20 min after competition or intense training you should optimally eat a high glycemic snack containing at least 400 Kcal or 100g of carbohydrate. At this time your body has depleted all of your glycogen stores (energy sources) and will better replenish them to full capacity. Some good choices would be a tall glass of orange juice and a medium bagel, 12-ounce soft drink and an 8-ounce fruit yogurt, or 16 ounces cranberry juice. Most athletes who have followed this regimen have shown dramatic increases in energy levels and performance the next day. After the first hour an athlete should eat and drink whatever sounds good! This is a good time to eat proteins and fats, they will help rebuild your muscles and promote storage of nutrients. **DON'T FORGET** that along with replenishing your glycogen stores you need to replenish as much fluid to your body as possible!

EATING ON THE ROAD

Between jet lag and irregular meal and game times it is challenging to maintain a high carbohydrate sports diet that fuels your muscles for repeated performance on the road. When on trips most teams eat all their meals at restaurants that serve large quantities of food quickly. Unfortunately, the fastest meal is usually chosen when tired, stressed, anxious, and hungry and is traditionally high in fat, salt, and cholesterol. Optimally, you should try to choose restaurants that might offer a variety of pastas, baked potatoes, lean meats, breads, juices, and other carbohydrate rich foods. Try to avoid places that offer only fried food. When choosing from any menu whether it is a nice restaurant or McDonald's there are usually high carbohydrate foods that are low in fat. Clues to look for are grilled, baked, broiled, roasted, B-B-Q, steamed, and poached. While avoiding foods that are fried, creamed, and buttered. Also when traveling bringing a few snacks along will always be beneficial and keep you from purchasing something not so healthy from a quickie mart or vending machine. Some good things to pack are pretzels, graham crackers, bagels, fruit (fresh and dried), juice boxes, animal crackers, pop tarts, trail mixes, and granola bars or energy bars. Try to avoid bringing excess candies, chips, cookies, and sugary drinks.

SUPPLEMENTS

Supplementing Vitamins and Minerals

Most important thing that every athlete needs to know about their diet is, if they are working out really hard they are most likely eating a lot. Assuming that your diet is well balanced and for the most part healthy they are probably receiving at least double if not triple the amounts of vitamins and minerals you need (don't forget that your body burns energy not vitamins). Taking a supplement of any of these vitamins or minerals is probably not going to benefit you and if in excess it will be excreted from the body in your urine.

Supplementing Energy Enhancers

I hope that we all realize that one little magic pill or shake is not going to necessarily make us run faster, jump higher, or get stronger. Offering of such items for sale is highly unethical and in some cases illegal however, most highly competitive athletes will pay a high price for improved performance. Most improvements seen from the use of these products results from higher confidence due to taking the supplement and the belief it is helping them. This is commonly called the "placebo affect" a highly mental effect. Your mind being your most powerful tool can push you far beyond your expectations enhancing your performance. No scientific data proves any of the following effects; protein supplements help build strong muscles, Bee pollen provides energy, or ginseng makes you faster. Your best bet when analyzing a product that has a certain claim is that if it sounds too good to be true like "lose ten pounds in two days" it probably is. **The Best energy Enhancer** is to consume a well-balanced diet rich in carbohydrates and maintain proper hydration before, during, and after exercise while allowing adequate rest for your muscles to recover. **There is no substitute for HARD WORK and SMART NUTRITION**

Food Supplements

Supplements should be taken only to supplement a healthy diet. Athletes need supplements due to the increased level of activity when training and subsequently need for more calories and nutrients. Supplements are just that: something to be used in conjunction with a healthy diet. When taking supplements, remember that too much of one nutrient may be counterproductive to the functioning of another nutrient. Use your head and be skeptical when learning about a "miracle supplement" promising unbelievable growth or fat loss. Most supplements provide no scientific data to back up their claims. Remember... diet, rest, and training make up 99% of a successful athlete. Let the other 1% be knowledge, not dreams.

Multivitamins

We feel that the most important supplement is a high quality multivitamin. By taking daily multivitamins, you are sure to receive all the necessary vitamins you may be lacking if your diet is not complete. **No matter what other supplements you take, if you are lacking in vitamins and minerals, your body will not utilize any supplement efficiently.**

Protein Drinks

Protein drinks should not be used as meal replacements. Most protein supplements lack fiber, vitamins, and minerals that are essential to very meal. They are however a convenient and inexpensive way to get extra protein. Stay away from protein drinks that contain high amounts of sodium or sugar; these are a sure sign of a cheap product. The protein drink should have all essential and non-essential amino acids present.

NUTRITION PROGRAM

Amino Acids

Amino acid supplementation allows you to take in protein for muscle growth without the fat or the calories of protein rich foods such as meat or dairy products. Due to the increased protein requirements of athletes who are trying to increase muscle size, amino acids are a valuable supplement. We recommend peptide bond amino acid formulas taken with food three times a day. The peptide bond helps in the digestion of amino acids for subsequent distribution into the muscle cells. Pepsin also allows you to take in and utilize more than the usual 25-30 grams of protein at a time.

Branched chain amino acids are essential amino acids leucine, isoleucine, and valine. **These essential amino acids make up 60% of all muscle tissue.** They work best when taken just prior to, or during exercise without food. The body will use branched chain amino acids first for energy, leaving the other amino acids for protein synthesis and muscle repair.

Carbo Drinks

It is best to drink carbohydrate drinks after exercise to replenish drained glycogen stores in the muscles you should try to ingest a carbo drink, which contains as its main ingredient, a long chain complex carbohydrate, usually glucose polymers. The body utilizes glucose that is already stored in the muscles for energy during weight training. Therefore, drinking a carbo drink prior to lifting won't help that particular workout. However, for aerobic work, drinking carbo drinks prior to exercising helps maintain blood sugar levels, thus extending aerobic capability. These types of drinks are also beneficial if you are feeling tired or your energy level is very low.

Weight Gainer

Weight gainers are invaluable for individuals who require an abnormally high number of calories to meet their energy needs due to their high basal metabolic rate or increased activity level. These drinks provide the increased calories, in balanced form, to avoid having to eat foods high in fat or constantly throughout the day to meet your caloric needs. Stay away from products that are high in fat or sugar.

Metabolic Optimizers

These products help to increase your metabolism by providing carbohydrates and proteins in a balance, which encourages growth of lean muscle tissue and supposedly burns excess fat at the same time. By giving your body more fuel (carbs and protein), you accelerate your metabolism and burn fat. You can use them as a meal replacement or as a means of getting more "good" calories without the accompanying "bad" fat calories or by eating too much food. These drinks may be taken prior to and just after working out for increased energy and muscle tissue growth. These drinks are also great as a meal replacement. When deciding which product to buy, try to find one low in sugar, low in fat, and high in protein. Remember that the higher the protein contents the better the value. This is true due to the cost of protein vs. carbohydrates. Also, check the biological value (BV): the higher this number the greater percentage of that protein your body will absorb and utilize.

Medium Chain Triglycerides (MCT)

Known as the "Fatless Fat", MCT provides nine calories of energy per gram instead of the four, carbohydrates and protein provide. It is metabolized and used by the body for energy in the same manner as conventional dietary fat and carbohydrates (sparing dietary and muscular protein for repair and growth). Because MCT provides more than twice the energy as carbohydrates (9 kcal vs. 4 kcal) it is a good supplement to take prior to working out. However, you must take it in small doses because it may cause diarrhea in large doses.

Creatine Monohydrate

Creatine is converted to Creatine Phosphate in the muscle tissue where it, in turn, converts ADP to ATP to replace the ATP consumed during exercise. Muscle fatigue occurs when the supply of Creatine Phosphate is exhausted and ADP can no longer be converted to the necessary ATP fast enough. The body produces on average, about 2 grams of its own Creatine per day. By taking it as a supplement, it shortens the time necessary for the body to generate replacement Creatine, thus significantly reducing muscle replenishment time between short duration, high intensity activities. Studies have shown that endurance exercise performance (cardiovascular exercise) has not been enhanced with the use of Creatine.

Creatine is an example of the new "Nutraceuticals"- nutritional supplements that provide functional benefits by increasing the supply of natural building blocks in the body. Remember, Creatine is in the muscle, therefore eating meat and fish will also increase your intake of Creatine.

Most people who have taken it agree they felt stronger, recovered faster, and more often than not, gained weight. This gain in weight is typically thought to be muscle mass, cut science has shown that this increase in weight is due to an increase in water weight. Believe it or not, there are disadvantages. The muscles seem to get tighter (increase tone), so therefore, it may be a challenge to either maintain or even increase ones flexibility. Although the muscle gets stronger, does it work better at a higher speed? We don't know, but there are studies going on currently looking at the possible increase incidence of quad/hamstring/groin cramps, spasms and strains among athletes using Creatine vs. non-Creatine using athletes.

Keep in mind that long term negative effects of creatine supplementation has not been studied nor has the effect of higher doses. One possible concern of long term, high dose use is kidney damage. Only a certain amount of creatine can be stored in the muscles and the excess is excreted through the kidneys. As the kidneys excrete creatine a by-product called creatinine is produced. Evaluated creatinine levels are one measure of possible kidney damage and potential failure. Users of creatine supplements have higher than normal creatinine levels and long term effect of these high levels is unknown.

Milk

With all emphasis on protein powders, amino acids, etc., you hear very little about possibly the best dietary supplement available- Milk. It is high in protein, rich in other nutrients, and easy to consume in large quantities. Drink skim (non-fat) milk if at all possible. Whole milk has 9 times as much fat as non-fat (skim) milk, but the **same amount of protein** and carbohydrates.

WEIGHT MANAGEMENT

When trying to maintain a certain weight it is essential that you do not consume more calories than you expend. Consuming just 100 calories extra per day for one year can produce a yearly gain of ten pounds. Most of the time you eat an average amount of calories per day, sometimes more sometimes less, without even knowing it. Your body having a relative "set point" will accept this undisturbed, unless abnormal behavior of eating more or less is attained for a long period of time. With that in mind the question still is, "**How many calories should I be eating?**" This is not always easy to answer as it fluctuates greatly among different genders, ages, heights, weights, body types, and activity. There are two ways you expend calories (energy), through the upkeep of the body (breathing, resting, sleeping, digestion of food, etc.) and physical exertion.

NUTRITION PROGRAM

STEP 1

To measure the energy needed for the upkeep of the body you have to establish your basal metabolic rate (BMR) or resting metabolic rate (RMR). This is easily calculated.

Body Weight (lbs) x 10 = BMR or RMR
135 lbs female x 10 = 1350 calories

That means that you need 1350 calories to simply keep you alive!

STEP 2

Now you must add in all physical exertion of calories, these are separated into two groups, purposeful activity (weight training, practice, running, etc.) and non-purposeful activity (work, walking to class, running errands, etc.). Purposeful is calculated by the amount of calories expended during activity.

Weight Training	1.9 kcals/lbs/hr
Softball	3-5 kcals/lbs/hr
Football	6-9 kcals/lbs/hr
Wrestling	9-13 kcals/lbs/hr
Baseball	3-6 kcals/lbs/hr
Field Hockey	6-9 kcals/lbs/hr
Golf	4-6 kcals/lbs/hr
Soccer	6-9 kcals/lbs/hr
Basketball	6-10 kcals/lbs/hr
Water Polo	9-13 kcals/lbs/hr
Volleyball	6-10 kcals/lbs/hr
Tennis	7-10 kcals/lbs/hr
Swimming	6-12 kcals/lbs/hr
Running	6-15 kcals/lbs/hr

135 lbs Field Hockey Player who has a 2.5 hr practice and 1 hr or strength training in one day.

135 lbs x 1.9 kcals/hr x 1 hr = 270 kcals
135 lbs x 6-9 kcals/lbs/hr x 2.5 hr = 2025- 3037 kcals

That means you need 2295 - 3307 kcals for strength training and practice (purposeful activity) for that day.

STEP 3

Your activity level aside from purposeful activity determines the non-purposeful activity. This is categorized into three groups sedentary, moderately active, and very active. If you find that you were sedentary add 20-40 % of BMR, moderately active add 40-60%, and if you were very active add 60-80%.

135 lbs Field Hockey Player who is moderately active:

1350 kcals x 50% = 675 kcals

Non-purposeful activity caloric requirement is 675 kcals.

STEP 4

BMR + Purposeful Activity + Non purposeful Activity = Total Daily Requirement of Calories

1350 kcals + 2295-3307 kcals + 675 kcals = 4320–5332 kcals for that day of energy expenditure

To maintain body weight energy intake: 4320-5332 kcals for that day.

Now that we know how many calories we should be eating our next question is, “**How much should I weigh and how much body fat should I have?**” This is the hardest question to answer and the best answer is only nature knows the best weight for your body. Even though there are charts you can follow (usually called height weight charts) it is important that you follow the genetic design of your body. When using a scale or chart to analyze your weight remember that you are an athlete and you contain more muscle (a lot more) than the average person. With all the extra muscle is a lot of stored water not found in fat. It is typical for athletes to be at the high end of their weight range even though they are typically leaner than someone of lesser weight is. **Scales** measure not only fat, but also muscle gain, water, food, intestinal contents, not to mention anything you may have eaten prior to weighing. It is easy to see how the scale may present to you irrelevant information. For instance you may increase your exercise program, decrease your food intake, build muscle and lose fat but the scale may say you remained the same weight or even gained a pound however, you look thinner, feel thinner, and your clothes are looser. The scale is not always a good measure to go by and I definitely discourage anyone from weighing him or herself daily. **Body fat measurements** will give more adequate proportions of your body and can be taken in many different forms like, underwater weighing, infrared, skin fold calipers or bioelectrical impedance. The following shows some average body fat percent of athletes in various sports:

MEN'S SPORTS

Baseball 8-14%
Basketball 6-12%
Golf 10-16%
Swimming 6-12%
Tennis 6-14%
Volleyball 7-15%
Cross Country 5-12%
Football 6-19%
Track & Field 6-15%
Wrestling 6-12%

NUTRITION PROGRAM

WOMEN'S SPORTS

Basketball 10-16%
Field Hockey 12-18%
Volleyball 10-18%
Soccer 10-18%
Softball 12-18%
Swimming 10-18%
Cross Country 9-16%
Golf 14-20%
Tennis 10-20%
Track & Field 10-19%
Equestrian 15-22%

Importance of Fat

Although excess body fat results in excess baggage that slows us down we do need a certain amount for our bodies to function properly. It is part of our nerves, spinal cord, brain, and protects all of our organs. For men 3-5% of their body weight is essential fat and 11-13% for women. **WOMEN** have essential fat in their hips, thighs and breasts to be readily available to nourish a healthy baby. It is supposed to be there and fighting to lose it may result in a losing battle. There are special enzymes that protect these fat stores by not only inhibiting the release of them but also promoting the storage of them if ever depleted. In other words you will have to severely starve your body to lose these essential fat stores and when you begin to eat again this is the first place the fat will go, not to mention probably double in amount too.

When trying to maintain a healthy weight it is best to follow a few certain rules. One listen to your body it is the best regulator of thirst and hunger, it will essentially tell you when to eat and when you are full. Two, just because your body is telling you that you are hungry does not mean that you can go to McDonalds to pick up a Big Mac with super sized fries and a chocolate milkshake. Maintaining a healthy diet balanced with adequate foods from every group in the pyramid, permitting a variety of foods you enjoy will be the best way to not only maintains weight but performance as well.

Weight Gain

Some athletes might find themselves a little skinny and wish to add a few pounds in hopes of filling out their physiques or just want to add some meat to their bones to repel being pushed around in their sport, most commonly basketball, football, and water polo. Most athletes usually males want to gain weight by building their muscles. **The key to gaining weight is to eat more calories than expended in correlation with appropriate muscle building activities.** When planning the weight gain diet it is important to maintain the ideals of a healthy diet in the proper consumption of carbohydrates, protein, and fat as opposed to consuming every high fat meal and desert on the menu. One pound of fat equals 3500 calories typically; you need to **consume 500 more calories a day than you expend to gain one pound a week.** Some people find it very hard to gain weight and no matter what they do or how much they eat they won't. A lot of this has to do with genetics; everyone has a predetermined genetic weight and metabolism. Current research shows that your body can adjust its metabolism accordingly to maintain your genetic weight. This is more commonly called set point theory, it suggests when you overeat your metabolism speeds up to compensate and slows down when have not eaten enough to conserve. By adding the extra 500 to 1000 calories per day you should see some weight gain as your set point is typically altered after a continual pattern is upheld. Diet and weight training are the two best ways to achieve weight gain. Many athletes believe the way to gain weight is to eat a high protein diet. But as we have already discussed **you do not store excess protein as muscle rather fat.** The best diet is one that is calorie rich while maintaining the proper balance of nutrients. Carbohydrates should be the bulk to ensure you have the proper fuel for your muscles to perform intense muscle-building exercise. By overloading the muscle with weight lifting and other resistance exercises (not protein), the muscle fibers will increase in size and generally get bigger. To increase your caloric intake substitute foods that are more calorie dense (not high in fat) for example, dried fruits, nuts, pizza, granola, grape nuts, wheat chex, fruits, fruit juices, oatmeal, beans and legumes peanut butter and jelly sandwiches, hearty soups filled with veggies and meat, lean cuts of meat, milk, vegetables stir fried in oil, potatoes, and last but not least deserts with nutritional value like fig newtons, chocolate pudding, oatmeal raisin cookies, low-fat frozen yogurt, muffins, corn bread, banana bread and other sweet breads. Snacks are also helpful for people trying to gain weight, since some cannot take in all the calories they need in three meals. Good snacks would be fruit, yogurt, pretzels, english muffins, bagels, bran muffins, peanut butter crackers, granola bars, fruit smoothies, sandwiches, nuts, and dried fruit. Another way to help add extra calories is to add bigger portions to your typical meal. By including the muscle building resistance training you will help to enhance muscle growth instead of fat deposit growth. Don't worry if you are not gaining weight it just might not be part of your physique and you will have to use your others virtues such as speed to get by the slow pudgy competitors. Keep in mind that people gain weight with age and if you are still in your 20's your bulk may still be coming!

Weight Loss

It is easy to find parts of your body that you would like to get rid of or change. **You need to love your body!** Once you have mastered this, there are steps you can take to promote better health and the best performance. Self-esteem is very important to performance. Being unhappy with your body and the way it looks will definitely distract from your self-esteem, confidence, and not to mention your performance. Athletes are typically the leanest individuals in society, and are more commonly worried about their weight than the average sedentary person. Accepting your body type is a big factor in loving your body. You must realize that just because your teammate has natural skinny legs and flat butt, doesn't mean you should too. In fact, there are four different body types that are solely due to genetics and there is little or nothing you can do about them. They are classified as apple, pear, hourglass, and inverted triangle. **Apple** shapes usually have a round tummy with no visible waistline while the limbs are thin, **Pear** has small chest and waist while bigger hips and thighs, **Hourglass** has broad hips and chest with small waist, and the **Inverted Triangle** has broad shoulders and narrow hips. Everyone being built differently means everyone will store fat in different areas of the body. It is best not to dwell on the negative, rather love the good things about your body.

Weight loss for athletes can be very scary and if not done properly will affect performance. **No athlete should be on a restricted calorie diet during season for any reason!** Any benefits from the loss of weight will most likely be counteracted by the deficit in performance. When deciding to lose weight you should optimally seek help from your trainers, coaches, strength and conditioning coach, or dietician. Losing weight is tough for any athlete in training. The body works much better when there is a steady flow of incoming carbohydrates than on stored fat. Make sure that you are realistic about the amount of weight to be lost, and the time in which to lose it. **The Key** is to lose weight while maintaining enough energy to train. This can be attained by the intake of a high energy, low-fat diet.

NUTRITION PROGRAM

RESTRICTION DIETS

Most people when dieting are looking for the quick fix and go on a restriction diet more commonly called a crash diet. These diets are supposed to miraculously make them lose ten pounds with in a short period of time, so they can go back to a normal way of life. It takes only a little bit of common sense to understand that this will not happen. Losing weight this fast will result in a combination of proteins and body fluids with minimal fat loss. Restricting calories lowers your metabolic rate. By not eating, your body thinks that you are starving it, and that it needs to hang on to every last piece of fat it has. To make sure that this does not happen, you should never go below 1500 calories for women and 1800 calories for a man. These types of diets commonly result in an increased gain in weight rather than loss.

“Yo-Yo” Dieting

“Yo-Yo” dieting is the result of gaining and losing weight repeatedly. This is very hard on your body, not only physically but also mentally. It is usually the result of following a too hard to follow diet (restriction diet) that is easily broken. This form of dieting dramatically affects your metabolism. When you go on a diet for the first time, you may lose 10 pounds, however, when you go off you may gain back anywhere from 10-12. This is because your body was like “hello” you starved me to death, now I am going to replace what I lost and store a little extra just in case this happens again. Of course, gaining this extra weight upsets you so you decide to go back on the diet, this time you find that you only lost seven pounds. This is because your overall metabolism has slowed, since your body already has been starved once, and it does not want to suffer again. You go off again resulting in an even higher weight gain because your body is now preparing for multiple starvations. “Crash” and “Yo-Yo” dieting can easily turn an individual that might be a few pounds overweight, to one who is obese. It is best to obtain a slow steady diet, with proper activity. This will promote muscle tissue maintenance while selectively losing fat.

High Protein Diets

A high protein diet is not the most optimal diet, and even though you may lose weight it is not necessarily “good weight”. When you do not eat enough carbohydrates to sustain glycogen (energy) levels for activity your body will start to use your protein stores. The protein stores you will burn will most likely be your lean muscle tissue (that you have been in the gym working so hard to build everyday). Using protein as an energy source is not optimal for your body. When you break down proteins, they dispense excess nitrogen that is useless to your body. These nitrogen’s are sent to the kidneys where they are filtered out and excreted through your urine. This process provides excess work for your kidneys and can lead to problems like kidney stones. Extra protein taken in the diet is stored as fat (not muscle). Most weight loss is a product of water because it is what carbohydrates and muscle are stored in and is excreted when they are metabolized. Once you begin to maintain a normal diet (substantially lower in protein) you will probably immediately gain 6-8 pounds of water. So unless you were looking for a muscle and water reducing diet this is not your best bet

Exercise and Dieting

Exercise not only burns calories but also raises your overall metabolic rate, inhibiting falls due to dieting. It will definitely enhance any weight reducing diet. Being an athlete you are probably exercising really hard and there is no need to exercise beyond that for weight loss. In fact over exercising without consuming adequate food to compensate will turn your diet into a “restricted one”. This slows down your metabolism and decreases weight loss. Over exercising also affects the body, as it needs adequate rest to replenish and properly heal. By not allowing your body enough rest you may experience weaker, sore muscles and an impaired performance. Endurance and low intensity exercise for long periods of time are best for fat loss. While short intensity exercise, like sprints, burns glycogen. Even though lifting weights is a short intensity exercise it raises your metabolic rate and sustains it for longer periods of time (as your body attempts to rebuild your muscles). This is why you may find yourself starving after a hard weight workout.

OPTIMAL WEIGHT LOSS

Losing ½ -1 lb. while never exceeding 2 in a week is the best approach to weight loss. A slow and steady diet with proper exercise, promotes muscle tissue maintenance, while selectively losing fat. It more importantly increases the chance of resetting your set point (the pre-determined genetic weight that your body attains), which will assist in inhibiting the return of weight. Being division I athletes, lack of exercise is not the problem however; make sure you are not over exercising. When it comes to losing weight the most important thing you have do is alter your dietary habits. To lose weight you must expend more calories than you take in. By expending 500 more calories a day than you take in, you should lose 1 pound a week (500 kcals/day x 7 days = 3,500 kcals or 1lbs of fat). Since athletes usually easily expend 500 calories a day this should not seem bad however, here are a few dietary tips to follow to escape pitfalls while maintaining a high performance.

You should maintain a high carbohydrate diet and limit fat as much as possible. After burning and using all of the carbohydrates and proteins, your body will have to turn to your fat stores for energy since there is not any to be used from the diet. Don’t restrict your body from food when hungry it will eventually lead to overeating (more commonly known as binge eating), not to mention an impaired performance. You should always consume at least ten calories per pound of body weight as an absolute minimum and never any less. A starved athlete will not want to exercise; early fatigue sets in with other signs of decreased endurance, weakness, dizziness, and depression. By altering your diet to a healthy balanced one rich in carbohydrates you will find ways to avoid being hungry while losing weight. For example, everyday you eat an afternoon snack of a bag of Doritos and a Pepsi equaling about 600 calories while, your teammate has a cup of low-fat yogurt and an apple equaling about 250 calories. By not excluding food from your diet, but making better choices, ultimately the lower fat less calorie dense foods you can decrease your intake dramatically and not even know it. In fact, when some people alter their diets in this way they find they are eating more than they usually did, just healthier, less calorie dense food. For instance, a piece of cheesecake is roughly equal to nine peaches in caloric value however; it would be much easier to eat the piece of cheesecake (less filling) than it would be to eat nine peaches. Besides who sits down after a meal and says, “I think I will have nine peaches for desert?” One might find it hard just to consume nine peaches in one day along with a healthy balanced diet. By providing proper substitutes you are keeping adequately fed with less calories and maintaining a much healthier diet. Eating smaller meals throughout the day usually helps in preventing hunger rather than eating only at three strict times. It also allows for you to eat when you are hungry and not just at twelve because that’s when you are supposed to eat lunch. Read food labels wisely paying attention to serving sizes as they may trick you. Make sure you are drinking plenty of water because thirst can often be mistaken for hunger.

Most importantly when dieting try not to become obsessed, it takes time and patience. Accept defeat in your diet, if you blow it once or twice that does not mean you blew your diet. Just get back on track the next meal or day and you probably will hardly even notice. Think fit and healthy and try to maintain positive self talk, as this is most important for your well-being. Dieting is not easy and takes a lot of hard work and careful determination. Try not to go crazy and even plan a day off every once in a while and eat your favorite most filling meal. **MOST IMPORTANTLY DON’T BE IN A HURRY TO LOSE WEIGHT!!**

NUTRITION PROGRAM

Fat Loss Tips

Never skip meals.

Exercise daily.

Keep protein levels up, thus maximizing the thermogenic effect.

Eat high quality proteins that are low in fat.

Weight training will increase lean muscle tissue and muscle tissue burns more calories than fat.

Do not drastically reduce your caloric intake. Reduce 4 calories per pound of lean body mass

Reduce your daily intake of fat to 10% or less. Look for foods that have less than 2 grams of fat per 100 calories.

Increase dietary fiber to help satisfy hunger.

Eat plenty of vegetables throughout the day.

Avoid processed foods and snack foods. They are usually high in fat, sugar, and sodium.

Do not fry foods in oil or fat. Instead, bake, broil or microwave foods and use low-fat and non-fat cooking sprays.

Avoid/ reduce the use of sauces and condiments that have a high fat content.

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FLEXIBILITY & MOBILITY EXERCISES

HIGH KNEE CARIOCA

Purpose:

Develops lateral movement, hip flexibility, and strength for the knee lift portion of the sprint cycle.

Procedure:

Move lateral to your left, lifting the right knee up and over your waistline and then bring right foot behind on next step. If moving right knee reverse the procedure.

While moving, keep shoulders square and torso erect.

Key Points:

Keep shoulders square and drive knee up high before crossing over.

Avoid moving too fast, so you don't lose knee lift.

Avoid unrhythmic movement.



LATERAL SHUFFLE

Purpose:

Used as a warm up drill to loosen the hips, groin, and quadriceps.

Procedure:

Start with one foot on the line with the feet hip to shoulder width apart. Drop the hips down and bend the knees to just about one half squat depth. Keeping the back flat and the chest up begin by stepping the lead foot out to the side six to eight inches then gathering the trail foot back in to about hip to shoulder width. Then by pushing off the trail foot, repeat the process for the given distance.

Key Points:

Most importantly always stay low with the hips down and the back flat.

Never let the feet come any closer together than six to eight inches.

Always make the lead step lateral, never forward or backward.



WALKING TOE TOUCH

Purpose:

To loosen and warm up the hamstrings, hip flexors, and lower lumbar area of the back, as well as overall dynamic flexibility.

Procedure:

Begin with the toes on the line of the start point, standing tall with arms extended straight ahead with hands at eye level. Start with a kicking motion, keeping the leg as straight as possible (done by flexing the quadriceps during the kick) trying to touch the tip of the toe to the outstretched fingers. Take the second step with the opposite leg repeating the process trying to once again touch the toe to the finger of the opposite hand. This action will be repeated the length of the given distance.

Key Points:

Keep the legs as straight as possible during the kicking motion.

Try to kick a little higher with each step to loosen the hamstring and low back as much as possible.

This drill can be done by kicking the right toe to the left fingers and the left toe to the right fingers, or by kicking the same toe to the same hand. This will be decided by the coach at the time of the drill.



FLEXIBILITY & MOBILITY EXERCISES

INCH WORM

Purpose:

This exercise is to warm up and promote flexibility in the mid section of the body as well as the hamstrings and low back area.

Procedure:

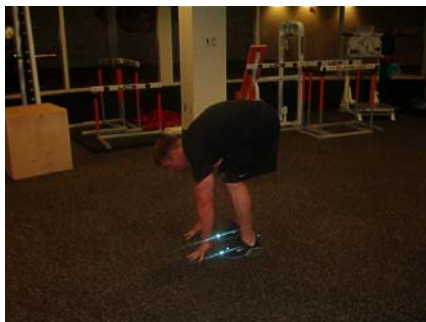
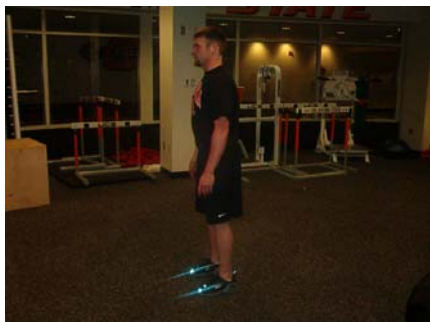
Starting with toes on the line, reach down and touch the toes just you would in the standing toe touch stretch. From this point walk the hand forward until you are in a perfect push up position. From the push up position, arch the back forcing the hips into the ground with the eyes upward in order to stretch the torso and low back. After this return to the push up position and walk the toes up to the hands taking tiny baby steps, keeping the legs perfectly straight in order to stretch the hamstring through out this portion of the movement. Once the feet reach the hands and you are in the standing toe touch position, repeat the exercise.

Key Points:

Always keep the legs as straight as possible.

At the bottom of the exercise the hips should be extended into the ground with a pause and stretch.

Take very small steps when returning the feet toward the hands in order to stretch the hamstrings.



HIGH KNEE TUCKS

Purpose:

To stretch and warm up the glutes, hamstring and lower back area, promoting functional flexibility.

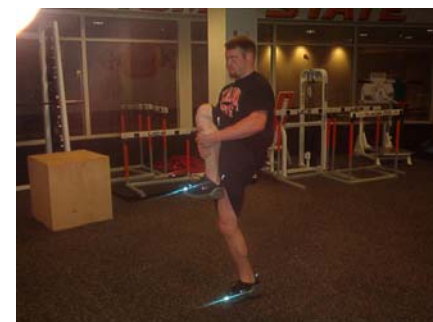
Procedure:

Standing with toes at the start line, drive the first knee up similar to the high knee run, then using both hands, grasp the knee and pull it tightly into the chest while driving up onto the toe with the foot that is still on the ground. Then take the next step once again driving the knee high and grasping it, pull it tightly into the chest, while driving up onto the toe of the down foot. Repeat this action all the way through the given distance.

Key Points:

Pull the knee tightly into the chest and give a quick pause at the top of the movement.

Pull the knee up and in, not just in to the chest.



HIGH KNEE CROSS OVER SKIP

Purpose:

This works dynamic flexibility while warming up the hips, quadriceps and hamstrings.

Procedure:

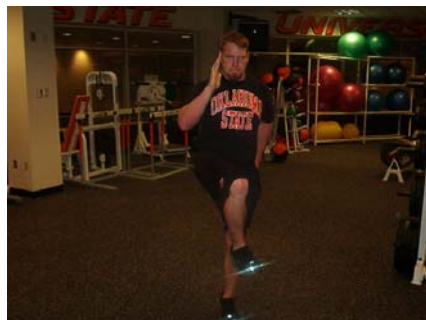
Start with toes on the start line, going into a skipping motion bringing the knees to waist level. While driving the leg up the knee will cross over the midline of the body while twisting the hips. The arms will be in a forceful driving motion just as they would be when sprinting. The right knee drives up and to the left, and the left knee will drive up and to the right. While performing this movement the upper body should stay squared to the direction you are going.

Key Points:

Always get the knee up to waist level, and make sure it crosses the mid line of the body.

Keep shoulders and torso as square as possible to the front.

Keep chest high with good arm motion.



FLEXIBILITY & MOBILITY EXERCISES

SIDE STEP SQUAT

Purpose:

This is a flexibility exercise to loosen and warm up the hip girdle, groin, hamstrings, and quadriceps.

Procedure:

Start with one foot on the start line in a lateral stance with the feet about 24 inches apart, or just outside shoulder width. Next drop the hips down into a full parallel squat position and hold. Take the lead foot and step it out another six to eight inches, then gather the trail foot back into the shoulder width range. Repeat the movement while keeping the full squat depth for the instructed distance.

Key Points:

Always remain in the parallel squat position during this exercise.

The steps during this exercise are deliberate and choppy, always keeping a wide base.

Keep the chest high and the back flat, just like you would during a back squat.



ANKLE TUGS

Purpose:

To promote flexibility in the hip girdle, groin, glutes, and quadriceps.

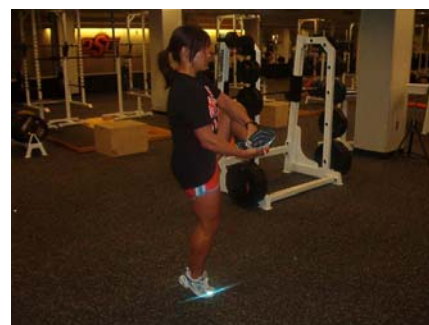
Procedure:

Standing tall with toes behind the start line, bring the foot up in a motion that brings the heel toward the navel. Then grasp the foot with one hand around the ankle, and one hand around the foot. From there tug the foot as if you were attempting to touch your heel to your chin. The down foot will be driving up onto the toe while pulling the up foot. Drop the up foot and bring the opposite foot up and repeat the exercise pulling the up foot toward the chin and driving onto the toe with the down foot.

Key Points:

Keep the chest high, and give the foot a stern pull to really stretch the groin.

When pulling up on the foot try to pause for a count at the top of the movement.



HIGH KNEE SKIP

Purpose:

Develops muscles needed for a fast long stride and flexibility in the hamstring. All good sprinters have a good high knee action. The higher the knee lift when running, the longer the stride.

Procedure:

Drive knees high and forcefully with toe dorsiflexed.

When you lift one leg, the other leg should be fully extended.

Bend forward slightly at the waist while keeping the back straight.

Drive elbows vigorously.

Relax face and arms.

Take short, quick, one-foot steps.

Key Points:

Avoid leaning back or taking long steps.

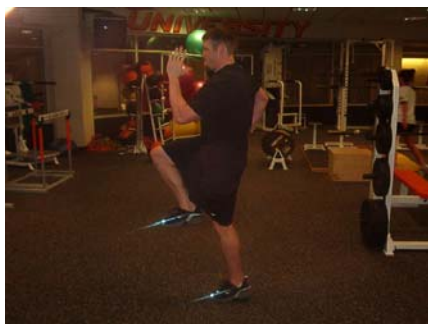
Maintain proper forward lean.

Make sure thighs become parallel to the ground.

Arms should swing freely at the shoulders with good arm action.

Keep your face and neck relaxed.

Athlete should achieve at least 30 steps in 10 yards.



FLEXIBILITY & MOBILITY EXERCISES

LUNGE WALK

Purpose:

To improve trunk and hip flexibility and to activate and strengthen the synergistic, stabilizing muscles of the hip and groin area.

Procedure:

Step out with right foot where the knee and ankle are aligned.

Sink hips so the quadriceps on the lead leg is parallel with the floor.

Forcefully drive front foot into ground and pull back leg up to the gluteus and continue through to the forward step.

Repeat this step back and forth with each leg.

Key Points:

Keep head and chest up / don't lean.

Bring heel to glutes.

Sink hips until quadriceps is parallel with floor.

Slow and controlled movement.



HURDLE DRILL

This warm-up drill is done using a regulation track hurdle that can be adjusted in height according to an athlete's flexibility.

Purpose:

This drill is for mobility and flexibility in the hip joints.

Start Position:

Stand perpendicular near one side of the hurdle.

Line up the shoulders, hips, and feet in squared position.

Use slow, deliberate movements to glide under the hurdle and stand erect on the other side.

Repeat going under the hurdle slowly with no jerky movements for a set of 10 repetitions. Repeat with a second set of 10 repetitions.

Do not let the hands touch the ground or hurdle.

Keep the hips below the shoulders in the low squat position.

Maintain a rhythmic stepping pattern under the hurdles.



SNATCH SQUAT

Purpose:

To warm up and stretch the hips, legs, and shoulders. Also, to develop total body stability and balance.

Start Position:

The bar should be placed on the racks at the height of the chest.

Position hands on the bar slightly wider than shoulder-width.

Position bar comfortably across the top of the shoulders at the base of the neck.

Lift bar out of rack by extending the knees.

Step backwards using as few steps as possible.

Position feet so they are parallel, and the toes are pointed out slightly.

The heels should be slightly wider than the hips.

Move hands to a snatch grip.

Press the bar overhead until arms are fully extended and squat down.

Key Points:

Press out hard on the bar during the entire movement.

Keep the chest up and back straight during the entire movement.

As you lower into the squat position, keep the bar positioned behind the head.



FLEXIBILITY & MOBILITY EXERCISES

FLEXIBILITY

BEHIND THE NECK (CHICKEN WING)

Purpose:

Muscle Targeted- Triceps and Latissimus Dorsi

Teaching Point:

Flex arm and pull elbow behind head for 10 sec.

Repeat with other arm.

Make sure athlete is in an erect position pulling elbow slowly downwards.

STANDING HAMSTRING STRETCH

Purpose:

Muscles Targeted- Hamstrings

Teaching Point:

Form a standing position, with feet under hips at waist slowly until you feel an easy stretch in the back of the legs. Hold for 10 sec. Repeat for 2 sets.

Make sure knees are slightly bent and athletes are moving downward in a slow controlled position. Hold for 10 sec.



STRADDLE (SPREAD EAGLE)

Purpose:

Muscles Targeted- Gastrocnemius, Hamstrings, Spinal Erectors, Adductors, and Sartorius

Teaching Point:

Form a sitting position sit with upper body vertical and legs spread as far as possible. Move torso and both hands slowly

forward as far as possible without bouncing for 10 sec. Return slowly to starting position and repeat movement toward each toe reaching to the ankle.

Make sure only a very slight bend occurs at the knees and the toes are pointing up. Movement should be gradual with no bouncing. While remaining fairly erect in the torso.



SPINAL TWIST (PRETZEL)

Purpose: Muscles Targeted- Spinal Erectors, Internal and External Obliques

Teaching Point:

Sit erect with left leg straight, place the right foot to the left side of the left knee. Place left elbow on the right side of the bent right knee and elbow on the right side of the bent right knee and allow palm to support torso about 8-12 inches behind hips. Push right knee with left elbow while turning torso to the right and looking back as far as possible. Hold 10 sec. Then repeat to other side.

Make sure cross over foot is flat and the correct elbow is being used to push on the lateral portion of the knee.



BUTTERFLY

Purpose:

Muscles Targeted- Adductors and Sartorius, Groin area

Teaching Points:

Pull soles of feet together. With your hands clasped around your feet pull yourself forward until you feel a stretch in the groin area. Hold for 10 sec. Repeat for a second set.

Make sure athletes are pulling heels toward their crotch and pushing the inner leg area down with the elbow.



FLEXIBILITY & MOBILITY EXERCISES

SIDE QUADRICEPS STRETCH

Purpose:

Muscles Targeted- Quadriceps and Iliopsoas, Hip Flexors

Teaching Points:

Lie on side using elbow as a prop, Extend lower leg into hand and pull back toward buttocks for 10 sec. Repeat with opposite leg.

Make sure athlete is propped up on elbow with knees, hips, and shoulders in line and the pull is slow and gradual.



SUPINE KNEE FLEX

Purpose:

Muscles Targeted- Hip Extensors, Glutes, Hamstrings

Teaching Points:

Lie on back with one leg straight while pulling the opposite knee to the chest and hold for 10 sec. Repeat with opposite leg.

Make sure the hip of the straight leg is in line and flush with the floor.



SAIGON SQUAT

Purpose:

Muscles Targeted- Glutes, hamstrings, and Groin

Teaching Points:

Place feet slightly outside shoulder width with heels flat and toes pointing slightly out. Lower buttocks slowly to the ground while heels remain flat. Hold for 10 sec.

Make sure feet remain flat and shoulders and elbows are between the knees.



HIP FLEXOR STRETCH

Purpose:

Muscles Targeted- Hip Flexors and Iliopsoas, and Groin

Teaching Points:

Place one leg forward with a bent knee. (Knee should be directly over the ankle). The other leg should be directly behind with knee slightly off ground. Slowly move hip forward with out changing position of front foot or back knee. Hold for 10 sec. Repeat with opposite leg.

Make sure athlete has knee directly over ankle before moving forward and front heel is flat.



AB / CORE EXERCISES

Core-Strength Exercises

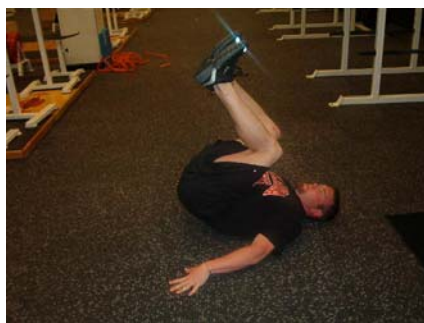
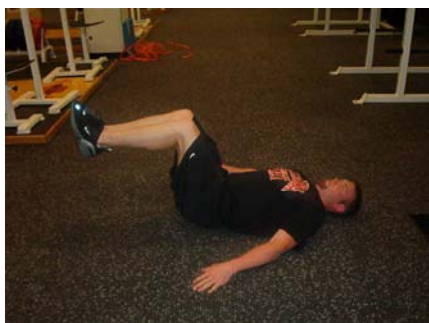
AB CRUNCH

Lie on back with feet flat on floor, knees bent at 90 degrees, arms placed by sides or across the chest to keep fingers from interlocking. Lift upper body upward until the shoulder blades leave the floor.



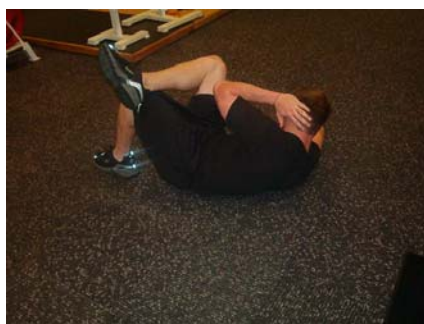
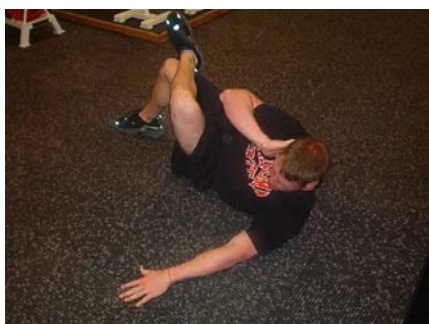
REVERSE CRUNCH

Lie on back with legs extended, arms by the side and squeeze lower abdominals so that the knees are drawn in toward the chest and hips come off the floor.



CROSS-OVER RIGHT/ LEFT

Lie on back with right foot flat on the floor. Place the left foot on top of the right knee creating a figure 4. Place right arm behind the head and left arm extended on the floor. Lift upper body upward bringing the right shoulder blade off the floor. Take the right elbow and bring it across the body to meet the left knee.



AB / CORE EXERCISES

STRAIGHT LEG CRUNCH

Lie on back with legs fully extended on the floor, arms placed by sides or across the chest to keep fingers from interlocking. Lift upper body upward until the shoulder blades leave the floor.



SUIT-CASE CRUNCH

Lie on back with feet off the floor and knees flexed. Place arms behind the head so that fingers are not interlocked. Simultaneously, bring the shoulder blades off the floor and the knees to the chest.



AB BRIDGE

Face-down, rest on your forearms and toes to hold your body off the floor. Keep your elbows under your shoulders with your forearms facing forward. Try to keep a straight line throughout your legs and spine. Hold this position for the desired time.

RIGHT SIDE AB BRIDGE W/ HIP TOUCH & LEFT SIDE AB BRIDGE W/ HIP TOUCH

Rest your right forearm on the ground with the left arm fully extended in the air. The right foot should be in contact with the ground with the left foot directly on top of the right. Form a bridge keeping your elbows under your shoulders and a straight line throughout your legs and spine. Lower yourself slowly to the ground making contact with your right hip. Immediately return to the right side abdominal bridge.



BAR ROLL

While kneeling, place hands shoulder width apart on the barbell. Keep the knees on the floor while extending. Keep abdominals contracted and slowly roll the bar forward keeping arms fully extended. Roll bar forward as far as you can while maintaining extended hips, an erect spine, and extended arms.



AB / CORE EXERCISES

LOW BACK/ HIP BRIDGE

Lie on back with feet flat on floor, knees bent at 90 degrees. Place arms on the floor, palms face down on the ground. Lift hips away from floor until they are in line with knees and shoulders. Pause at the top of the exercise and return to starting position.



NFL EUROPE AB CORE ROUTINE

WEEK	MONDAY core	REPS	WEEK	TUESDAY abs	REPS	WEEK	THURSDAY core	REPS	WEEK	FRIDAY abs	REPS
21	ab bridge	30sec	21	regular crunches	3x25	21	bar rolls	3x8	21	suitcase crunch	
&	right ab bridge	30sec		reverse crunch	3x25	&	low back/hip bridge	3x8		cross - over crunch right	2x25
22	left ab bridge	30sec	22	suitcase crunch	2x25	22			22	cross - over crunch left	30
	low back/hip bridge	10		cross - over crunch right	2x25	23	right ab bridge with 5	30sec		cross - over crunch left	30
23	ab bridge	45sec		cross - over crunch left	2x25	&	hip touched after hold		22	straight leg crunch	2x20
&	right ab bridge	45sec	23	suitcase crunch	2x25	24	left ab bridge with 5	30sec		cross - over crunch right	30
24	left ab bridge	45sec	&	reverse crunch	2x25		hip touched after hold			cross - over crunch left	30
	bar rolls	2x8	24	reverse crunch	2x25		low back/hip bridge	2x10		reverse crunch	2x20
25	ab bridge	45sec		straight leg crunch	2x25	25	with weight		23	regular crunch	2x50
&	right ab bridge w/ touch	3x8		cross - over crunch right	25	&	ab bridge	2x30sec		reverse crunch	30
26	left ab bridge w/ touch	3x8	25	cross - over crunch left	25	26	bar rolls	2x8	24	cross - over crunch right	20
	bar rolls	3x8	&	reverse crunch	2x30		low back/hip bridge	2x10		cross - over crunch left	20
27	ab bridge	60sec	26	cross - over crunch right	2x30	27			25	regular crunch w/ weight	2x20
&	right ab bridge with 5	30sec		cross - over crunch left	2x30	&	bar rolls	2x10		cross - over crunch right	2x20
28	hip touched after hold	30sec		suitcase crunch	2x20	28	&	8	26	cross - over crunch left	2x20
	left ab bridge with 5	30sec		regular crunches	50		right ab bridge w/ touch	8		straight leg crunch	2x20
	hip touched after hold		27	reg crunches w/ weight	2x25	29	left ab bridge w/ touch		27		
	low back/hip bridge	3x10	&	suitcase crunch	2x30					straight leg crunch	2x30
	weighted		28	reverse crunch	2x30	30	bar rolls	2x10	27	reverse crunch	2x30
29	bar rolls	3x10		cross - over crunch right	30		low back/hip bridge	2x10	28	suitcase crunch	2x30
&	ab bridge roll directly to	30sec		cross - over crunch left	30	31	weighted				
30	right side bridge roll to	30sec	29	reg crunches w/ weight	3x25		low back/hip bridge	2x10	29	suitcase crunch	3x25
	left side bridge	30sec	&	cross - over crunch right	2x30		right ab bridge	45sec		cross - over crunch right	3x30
	low back/hip bridge	2x15	30	cross - over crunch left	2x30		left ab bridge	45sec	30	cross - over crunch left	3x30
31	bar rolls	3x8		reverse crunch	2x30						
	ab bridge	45sec		straight leg crunch w/ weight	2x25				31	suitcase crunch	2x25
			31	regular crunch	25					cross - over crunch right	2x25
				reverse crunch	25					cross - over crunch left	2x25
				cross - over crunch right	25						
				cross - over crunch left	25						

STRENGTH & POWER EXERCISES

Strength & Power Exercises

POWER CLEAN PULL PROGRESSIN: CLEAN DEAD LIFT

Purpose:

To learn how to lift the bar off the ground properly and to develop the leg, hip, back and trapezius muscles.

Start Position:

With the bar resting on the floor or a platform, the athlete addresses the bar with a clean grip.

Procedure:

Slowly extend the legs, elevating the bar to just above the knees.

Extend the hips forward and up.

The shoulders, hips and knees should be in alignment as the lift is completed.

During the movement of the bar from the floor to the knees, the angle of the back should remain constant. The shoulders, hips and bar move together as a unit.

Do not jerk the bar off the floor; pull it smoothly and under control.

Keep the bar close to the legs. From above the knees, the bar should ride up the thighs.

Keep the back flat with lower back slightly arched.

POWER CLEAN PULL

Purpose:

To help develop proper form and technique for the Hang Clean, also develop explosive power in the hips and legs.

Start Position:

See first position

Slowly extend the legs, elevating the bar to just above the knees.

As the bar passes the knees, extend the hips explosively.

The shoulders, hips, and knees should be in alignment with the bar held at arm's length touching the top part of the thigh.

Procedure:

Lower the bar to the top of the knees by flexing at the hips.

Extend the hips explosively in a scooping action.

Simultaneously, extend up onto the balls of the feet while shrugging the shoulders.

Key Points:

When the bar is lowered, don't hesitate at the top of the knees; extend the hips immediately. This will allow you to take advantage of the stretch

POWER CLEAN HIGH PULL

Purpose:

To help develop proper form and technique for the Hang Clean, also develop explosive power in the hips and legs.

Start Position:

See first position

Slowly extend the legs, elevating the bar to just above the knees.

As the bar passes the knees, extend the hips explosively.

The shoulders, hips and knees should be in alignment with the bar held at arm's length touching the top part of the thigh.

Procedure:

Lower the bar to the top of the knees by flexing at the hips.

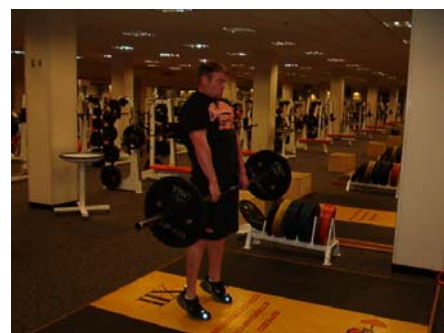
Extend the hips explosively in a scooping action.

Simultaneously, extend up on to the balls of the feet while shrugging the shoulders.

Pull yourself down under the bar, leading with elbows pointed up.

Key Points:

When the bar is lowered, don't hesitate at the top of the knees; extend the hips immediately. This will allow you to take advantage of the stretch shortening cycle.



STRENGTH & POWER EXERCISES

HANG SNATCH PROGRESSION

Purpose:

To develop explosive power in the legs and hips.

Start:

Assume a shoulder-width or slightly wider stance, knees inside arms.

Grasp bar with a probated closed or hook grip.

The correct distance between hand placements should be determined by one of the following methods

- 1) Elbow-to-elbow distance when arms are straight out at sides.
- 2) Distance from edge of clenched fist of one hand to opposite shoulder when arm is straight out at side.

Flex the hips, knees, and ankles.

Keep your back flat by pulling shoulder blades together, chest up and out, and head slightly up.

Fully extend arms and point elbows out to sides.

Position bar mid-thigh, above the knees, close to the body.

Position the shoulders over or slightly ahead of the bar.

Upward Movement Phase: First Pull

Lift the bar off the floor by forcefully extending the hips and knees.

Keep the torso-to-floor angle constant.

Do not let hips rise before the shoulders.

Maintain the flat-back position.

Keep the elbows fully extended, the head neutral in relation to the vertebral column, and the shoulders over or slightly ahead of the bar.

As the bar is raised, keep it as close to the shins as possible.

Upward Movement Phase: Transition (Scoop)

As the bar rises just above the knees, thrust the hips forward and slightly re-flex the knees to move the thighs against the knees under the bar.

Keep the back flat or slightly arched, the elbows fully extended and pointing out to the sides, and the head in line with the vertebral column.

Upward Movement Phase: Second Pull

Forcefully and quickly extend the hips and knees and plantar-flex the ankles.

Keep the bar near or in contact with the front of the thighs.

Keep the bar as close to the body as possible.

Keep the back flat, the elbows pointing out to the sides, and the head in line with the vertebral column.

Keep the shoulders over the bar and the elbows extended as long as possible.

When the lower-body joints reach full extension, rapidly shrug the shoulders upward, but do not allow the elbows to flex yet.

As the shoulders reach their highest elevation, flex the elbows to begin pulling the body under the bar.

Continue to pull with the arms as high and as long as possible.

Due to the explosive nature of this phase, the torso is erect or slightly hyper-extended, the head is tilted slightly back, and the feet may lose contact with the floor.



BACK SQUAT

Purpose:

To develop the quadriceps, thigh adductors, gluteus maximus and hamstrings. When done correctly, full squats will build up the muscles, ligaments and tendons that surround the knee. The spinal erectors are developed to a large degree by contracting isometrically to keep the torso erect.

Start Position:

The bar should be placed on the racks at the height of the chest.

Position hands on the bar slightly wider than shoulder-width.

Step under the bar, feet parallel and knees slightly bent.

Position bar comfortably on the shoulders in one of two positions.

Across the top of the shoulders at the base of the neck.

One inch below the top of the shoulders across the traps.

Pull the shoulder blades together tightly.

Hips are in vertical alignment with the shoulders.

Lift bar out of rack by extending the knees.

Step backwards using as few steps as possible.

Position feet so they are parallel, with the toes pointed out slightly.

The heels should be slightly wider than the hips.

Key Points:

Make sure the bar is in good solid position on the shoulders by pulling the shoulder blades together tightly.

The closer you position your hands together on the bar, the tighter the shoulder blades can be pulled together.

Athletes with narrow hips should use a narrow stance. Athletes with wide hips should use a wide stance.

Procedure:

Focus eyes directly ahead on the wall with head slightly up.



STRENGTH & POWER EXERCISES

Take a deep breath and hold it.
Slowly lower the bar under control by bending at the hips and knees.
Keep the knees pointed out in alignment with the feet.
The instant the thighs are parallel to the ground explode out of the bottom position.
Keep the back flat and shoulder blades drawn together.
Keep your weight back on your heels.
Do not throw the head back.
Exhale your breath as you near the completion of the lift.
Complete the squat by fully extending the knees and hips.

Key Points:

Control is the most important factor. Do not try to bounce out of the bottom. When an athlete tries to recover to an upright position after bouncing out of the bottom, he will raise his hips too quickly causing the back to round out. This takes the stress off the legs and puts it on the lower back. It is impressive to descend slowly and under control.

Keep the shoulder blades together. If the shoulder blades relax, the lower back will round out.

Pick out a spot on the wall in front of you. Keep the eyes focused on that spot throughout the performance of the squat. This will help control the bar by keeping the body in a stable position. If the eyes are looking all over the place, the lifter has a greater chance of losing his balance.

Flex the knees and hips.



Box Squat:

The benefits of this exercise are numerous. They develop eccentric and concentric power by breaking the eccentric concentric chain. Box squats are a form of overload and isolation. The box squat is the best way to teach proper form on the squat because it is easy to sit way back while pushing your knees out. To take the bar out of the rack, the hands must be evenly placed on the bar. Secure the bar on the back where it feel the most comfortable. To lift the bar out of the rack, one must push evenly with the legs, arch the back, push your ABS out against the belt, and lift the chest up while driving the head back. A high chest will ensure the bar rests as far back as possible. Slide one foot back then the other, to assume a position to squat. Set your feet up in a wide stance position. Point your toes straight ahead or slightly outward. Also keep your elbows pulled under the bar. When one is ready for the decent, make sure to keep the same arched back position. Pull your shoulders together and push your ABS out. To begin the decent push your hips back first. As you sit back push your knees out to the sides to ensure maximum hip involvement. Once one reaches the box, you need to sit on the box and release the hip flexors. Keep the back arched and abs pushed out while driving your knees out to the side. To begin the ascent, push out on the belt, arch the back as much as possible, and drive the head, chest, and shoulders to the rear. If you push with the leg first, your buttocks will raise first, forcing the bar over the knees, as in a good morning, causing stress to the lower back and knees and diminishing the power of the squat.



BIOMECHANICAL ANALYSIS OF THE BOX SQUAT

Introduction

The box squat is a supplemental exercise that develops strength, speed, and explosion in the lower-body musculature. Box squatting is the easiest way to teach correct form in the squat, and is safe and effective for athletes at any level. It also allows an athlete to break up the eccentric-concentric chain, something that cannot be accomplished with a normal back squat. By sitting on the box and relaxing the glutes momentarily, one develops a rapid rate of force development, which is key to developing explosion and power. Box squatting is used throughout the world by powerlifters and strength and conditioning coaches. This analysis will discuss four discrete skill phases: set-up phase, eccentric phase, transition phase, and the concentric phase.

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NFL Europe Strength & Conditioning Consultant
APA Louisiana State Chairman

STRENGTH & POWER EXERCISES

Good Morning:

This exercise is performed in one way or another 70% of all max effort workouts. This is because it works the posterior chain like no other exercise. Done properly, this exercise will work everything between your traps to your calves. Begin this exercise by unracking a barbell the same as you would a squat. Set up so your feet so they are slightly wider than shoulder width. Get into a tight position (arched back, shoulder blades pulled together, knees slightly bent, abdominal pushed out against your belt). This is the starting position. Slowly bend forward at the waist until your torso is slightly above parallel with the floor, then reverse the movement to return to the starting position.



Good Morning Squats:

This is another great max effort exercise for the squat. This exercise is a combination of the good morning exercise and a squat. You begin this exercise by unracking a barbell the same as you would a squat. Set up so your feet so they are slightly wider than shoulder width. Get into a tight position (arched back, shoulder blades pulled together, knees slightly bent, abdominal pushed out against your belt). This is the starting position. Slowly bend forward at the waist until your torso is slightly above parallel with the floor, then squat down into a rock bottom position then stand back up to the starting position.



FRONT SQUAT

Purpose:

To develop the quadriceps, thigh adductors, gluteus maximus and hamstrings. The spinal erectors are developed to a large degree by contracting isometrically to keep the torso erect.

Start Position:

The bar should be placed on the racks at the height of the chest.

Position hands on the bar slightly wider than shoulder-width, with the upper arm almost parallel to the floor and elbows out, use a pronated closed grip.

Step under the bar, feet parallel and knees slightly bent.

Position bar comfortably on the front deltoids.

Hips are in vertical alignment with the shoulders.

Lift bar out of rack by extending the knees.

Step backwards using as few steps as possible.

Position feet so they are parallel, with the toes pointed out slightly.

The heels should be slightly wider than the hips.

Key Points:

Make sure the bar is in good solid position on the front deltoids.

Athletes with narrow hips should use a narrow stance. Athletes with wide hips should use a wide stance.

Procedure:

Focus eyes directly ahead on the wall with head slightly up.

Take a deep breath and hold it.

Slowly lower the bar under control by bending at the hips and knees.

Keep the torso erect.

The instant the thighs are parallel to the ground explode out of the bottom position.

Keep the back flat and shoulder blades drawn together.

Keep your weight on the middle of the foot; do not place the weight back on your heels.



STRENGTH & POWER EXERCISES

Do not throw the head back.

Exhale your breath as you near the completion of the lift.

Complete the squat by fully extending the knees and hips.

Key Points:

Control is the most important factor. Do not try to bounce out of the bottom.

Keep the torso erect. If the torso is not erect, the lower back will round out.

Pick out a spot on the wall in front of you. Keep the eyes focused on that spot throughout the performance of the squat. This will help control the bar by keeping the body in a stable position. If the eyes are looking all over the place, the lifter has a greater chance of losing their balance.

Flex the knees and hips.

Pin Pulls:

This is a max effort deadlift exercise. You will be pulling deadlifts from pins that are 4 to 6 inches off the ground.



ROMANIAN DEAD LIFT (RDL)

Purpose:

To develop the upper hamstrings, gluteus maximus and erector stabilizers. This exercise can be used as an introductory lift for hang cleans.

Starting Position:

Grip the bar a little wider than shoulder-width apart.

Stand in an erect position with feet hip-width apart as if you were going to perform a vertical jump.

Toes should be pointed straight or slightly angled out.

Procedure:

Fill chest with air and hold high.

Unlock the knees and bend forward.

Move the hips backwards as the bar is lowered.

Lower the bar until the hips cannot go back any farther.

Raise the bar by extending the hips forward to starting position.

Keep back flat with a slight arch in lower back.



LUNGES

Purpose:

To develop the quadriceps, gluteus maximus and the trunk muscles are called into play as stabilizers.

Starting Position:

Position hands on the bar slightly wider than shoulder-width.

Step under the bar, feet parallel and knees slightly bent.

Position bar comfortably on the shoulders in one of two positions.

Across the top of the shoulders at the base of the neck.

One inch below the top of the shoulders across the traps.

Pull the shoulder blades together tightly.

Hips are in vertical alignment with the shoulders.

Lift bar out of rack by extending the knees.

Step backwards using as few steps as possible.

Position feet so they are parallel, with the toes pointed out slightly.

The heels should be slightly wider than the hips.

Procedure:

Focus eyes directly ahead on the wall with head slightly up.

Take a deep breath and hold it.



STRENGTH & POWER EXERCISES

Take a step forward with the lead leg.
Keep the lead knee and foot aligned, the toes should be pointed forward also.
Flex the lead knee and lower the back knee towards the floor.
Keep the torso erect and eyes forward.
The lead knee should be directly over the lead foot.
On the backward movement push forcefully off the lead foot.
Bring the lead foot back even with the trailing foot.
Alternate legs each repetition.

Key Points:

Do not overstride or under stride with the lead leg.
Keep torso erect and eyes forward throughout the movement.
Keep the hips under the bar.



LEG EXTENSION

Purpose:

This exercise is used to isolate and strengthen the quadriceps muscles.

Start:

Sit down in the machine and press the back firmly against the back pad.
Place the ankles behind and in contact with the foot roller pad.
Position the legs parallel to each other.
Align the knees with the axis of the machine.
Grasp the handles on the machine.

Procedure:

Upward Movement- Raise the roller pad by fully extending the knees. Keep the torso erect and the back firmly pressed against the back pad. Maintain a tight grip on the handles. Do not allow the hips or buttocks to lift off the seat. Downward Movement- Allow the knees to slowly flex back to the beginning position.

Key Points:

Exhale on the upward movement. Inhale on the downward movement.



STRENGTH & POWER EXERCISES

SPLIT SQUAT

Purpose:

To develop the quadriceps, gluteus maximus and the trunk muscles are called into play as stabilizers.

Start:

Position the bar in a balanced position on the shoulders above the posterior deltoids at the base of the neck.

Lift and hold chest up and out and pull shoulder blades towards each other.

Lift elbows up to create a shelf for the bar.

Extend both legs to lift bar out of racks and take at least three steps backwards.

Take one exaggerated step directly forward with one leg (lead leg).

Keep lead knee and foot aligned, and toes pointed straight ahead.

Procedure:

Flex the lead knee slowly and under control.

Lower trailing knee toward the floor.

Bottom position for trailing knee is 2.5 to 5 cm above floor.

Keep torso vertical.

Keep lead knee directly over lead foot.

Keep lead foot flat on floor.

While keeping feet in contact with the floor, slowly stand to an erect position.

Key Points:

Do not bounce in the bottom position.



STEP-UPS

Procedure:

This exercise will develop the quadriceps, hamstrings, and gluteus maximus muscles.

Start:

Box should be 30 to 45 cm high (depending on which height creates a 90 degree angle at the knee joint when the foot is on the box).

Position bar on shoulders.

Stand about 30 to 45 cm from the box.

Maintain an erect body position.

Procedure:

Upward Movement Phase:

Step with one leg onto the top of box.

Place entire foot on the center of the top of the box.

Toes of lead foot should point straight ahead or slightly inward.

Do not lean forward.

Shift body weight to lead leg.

Push with lead leg to move body to a standing position on top of the box.

Do not push off with trailing leg/foot.

Maintain erect body position.

At the top position, the hips and knees should be fully extended with feet together and body weight evenly distributed.

Downward Movement Phase:

Shift body weight to same lead leg.

With the same trailing leg, step off the box (30 to 45 cm away).

Maintain erect body position.

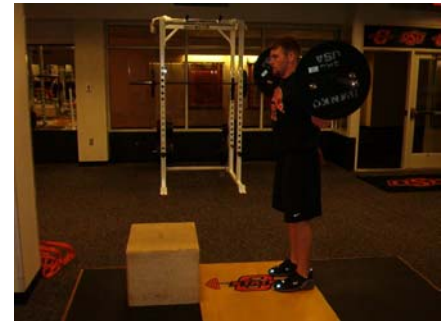
Place foot of trailing leg on floor.

At full trailing foot contact with the floor, shift body weight to trailing leg.

Step off the box with lead leg.

Move lead foot next to trailing foot.

Repeat, with other leg as lead leg.



STRENGTH & POWER EXERCISES

LEG CURL

Purpose:

To strengthen the hamstring muscles.

Start:

Lie face down on the bench.

Position hips and chest flat on pads.

Position knees below bottom edge of thigh pad.

Position ankles under and in contact with heel roller pad.

Align knees with axis of machine.

Grasp handles or edge of torso pad.

Procedure:

Upward Movement Phase:

Maintain body position on the bench and roller pad.

Keep hips in contact with the bench.

Flex the legs at the knees.

Pull heels up and as close to the buttocks as possible.

Downward Movement Phase

Maintain body position on the bench and roller pad.

Lower roller pad slowly and under control to beginning position.



LEG PRESS

Purpose:

This exercise will develop the quadriceps, hamstrings, and gluteus maximus muscles.

Start:

Assume a seated position on the machine.

Place feet on foot rest.

Position thighs, lower legs, and feet parallel to each other.

Grasp handles or sides of thigh pad.

Keep torso erect.

Keep buttocks on thigh pad and back flat against back pad.

Procedure:

Forward Movement Phase

Push foot rest forward.

Maintain erect position on the seat and back pad.

Keep buttocks in contact with the thigh pad.

Keep thighs, lower legs, and feet parallel to each other.

Avoid forcefully locking out the knees.

Backward Movement Phase

Maintain position on the pads.

Move foot rest backward slowly and under control to beginning position.



GLUTE-HAM RAISE

Purpose:

This exercise will develop the hamstrings and low back muscles.

Start:

Lie face down on glute-ham raise bench.

Position legs so knees are slightly below thighs.

Position thighs and back of ankles in contact with pads.

Hang torso down to form a 90 degree angle at the hip with the thighs over the thigh pad.

Hips should be off thigh pad.

Place a hand on each side of the head or cross at the chest.

Procedure:

Upward Movement Phase

Raise trunk until upper torso is parallel to the floor.

Face head forward.

Once upper body is parallel to the floor, flex knees slightly by contracting the hamstrings until thighs and shoulders form a straight line.

Downward Movement Phase

Lower the upper body slowly to beginning position.



STRENGTH & POWER EXERCISES

BENCH PRESS

Purpose:

This exercise will develop the pectoral muscles, with some development of the anterior deltoids and triceps.

Start Positions:

Place feet flat on the ground.

Slightly arch the back as buttocks are set on the bench.

Pull the shoulder blades inward as you push the chest upward.

Grip the bar slightly wider than shoulder-width.

Position yourself so the bar is lined up with the top of your hand.

Take the bar from the rack with the aid of a spotter.

Position the bar over chest.

Key Points:

Grip the bar so that when it touches the chest, the elbow joint should be at approximately a 90 degree angle.

The spotter and lifter must work together in developing a coordinated effort when guiding the bar into a lifting position and getting it racked. The spotter should also have his hands under the bar constantly be alert.

It is a good idea to have the thumbs wrapped around the bar.

Procedure:

Take a deep breath and hold your chest high.

Lower the bar slowly and under control.

Allow the bar to just touch the chest at about nipple level.

Drive the bar explosively off the chest.

The movement of the bar should be up and slightly back.

Exhale as you lock the bar out to full arm's length.

Key Point:

Many times the lift is not completed because the athlete gets the bar out of the groove. The most common error is to let the bar come off the chest moving toward the legs. This movement takes the bar out of the groove. The bar must come straight up and back off the chest so that maximum force can be applied to the bar.



Board Press:

This is a special max effort exercise designed to help strengthen the lockout of the bench press. It is also very effective in increasing tricep strength. This exercise is performed exactly the same as the bench press except you pause the barbell on a board that is placed on your chest. The board for this work out will be two 2 by 4 boards about 12 inches in length. Make sure to pause the barbell on the boards before the accent.



Floor Press:

This is a special max effort exercise designed to help strengthen the midpoint of the bench press. It is also very effective in increasing tricep strength. This exercise is performed exactly the same as the bench press except you lay on the ground instead of on a bench. Make sure to pause in the bottom of the movement before the accent.



STRENGTH & POWER EXERCISES

INCLINE PRESS

Purpose:

This exercise will develop the pectoral muscles, with some development of the anterior deltoids and triceps.

Start Position:

Place feet flat on the ground and slightly arch back as you sit on the bench. Pull your shoulder blades inward as you push the chest upward, and grip the bar slightly wider than shoulder width. Position yourself so the bar lines up with the top of your head. Take the bar from the rack with the aid of a spotter and position bar over the chest.

Procedure:

Take a deep breath and hold chest high as you lower the bar in a slow, controlled motion.

Allow the bar to just touch the upper chest at the base of the neck before driving it explosively off the chest. The movement of the bar should be up and slightly back.

Exhale as you lock the bar out to full arm's length.

Key Points:

Grip the bar so that when it touches the chest the elbow joint is approximately at a 90-degree angle. A wider grip doesn't develop the chest and arm muscles as used in football, which is played with the arms in close to the midline body.

The spotter and lifter must work in a coordination effort when guiding the bar into a lifting position and getting it racked. The spotter should have his hands under the bar and be alert.

It is a good idea to wrap the thumbs around the bar.



DB PRESS:



ALTERNATING



1-ARM DB PRESS:



Pin Press:

This is a great movement to use as a max effort exercise or a heavy triceps exercise. The safety pins can be lowered and raised for addressing different weaknesses.



STRENGTH & POWER EXERCISES

JM Press:

Notice the position of the bar. This is the same position it is lowered from and pushed back to. The elbows are tucked and shoulder rotation is minimized. The grip that is used is a close to medium grip (thumb distance from the smooth part of the bar). The most important thing to remember is the JM Press is a triceps exercise. If you do not feel it in your triceps, you are doing the exercise wrong so DON'T DO IT.



UPRIGHT ROW

Purpose:

To strengthen the shoulders and trapezius muscles.

Starting point:

The shoulders, hips, and knees should be in alignment with the bar held at arms length touching the top part of the thigh.

Procedure:

Pull the bar to the chin by flexing at the elbows.

Lower the bar to starting position.

Key Points:

Keep the bar close to the torso for the entire movement.

Keep the torso erect for the entire movement. Do not lean forward or backward.

During the pulling action, keep elbows pointed up.

Do the lift smoothly and under control.



PLATE RAISE

Purpose:

To strengthen the shoulders and front deltoids.

Starting Position:

Grip a barbell plate at the three and nine o' clock positions.

Line up the shoulders, hips and feet in a squared position.

Procedure:

Lift the plate to the front of the body so that the arms are horizontal.

Key Points:

Keep the arms horizontal during entire movement



STRENGTH & POWER EXERCISES

3 WAY SHOULDER CIRCUIT

Dumbbell shoulder routine is a combination of 3 exercises. Each of these exercises works a different head of the deltoid or shoulder muscle. Start by doing front raises for 10 repetitions, then do lateral raises for 10 repetitions, and then do bent over raises for 10 repetitions (description below). These exercises are performed consecutively without a break between each exercise.

Purpose:

This exercise will develop the anterior, lateral and posterior heads of the deltoid muscle.

Bent Over Lateral Raises

Bend forward from the waist until your upper body is parallel to the floor. There should be a slight bend in the knees. Arms should be hanging straight down with the palms facing each other. From this position raise the dumbbells to the side and upward until the arms are parallel to the ground. Lift the dumbbells together then lower and repeat. Each repetition should be performed smooth and slow on both the upward and downward movements.

Front Raises

Begin with a dumbbell in each hand and your arms hanging in front of your body. Palms should be facing in and the dumbbells should be resting on the front of the thigh. Raise the dumbbells to shoulder level, keeping the palms facing down and your hands in front of your body. There should be a slight bend in your arms that remains constant throughout the exercise. Lower the dumbbells then repeat.

Lateral Raises

Begin with a dumbbell in each hand and your arms hanging on the side of your body. Palms should be facing in and the dumbbells should be resting on the outside of the thighs. Raise the dumbbells to shoulder level, keeping the palms facing down. The hands should be raised directly to the side staying in the midline of your body. Lower the dumbbells and repeat.



Lat Pulldown:

This is a great exercise to develop your lats. A variety of different handle attachments can be used when performing a lat pulldown.



DB ONE-ARM ROW

Purpose:

This exercise is used to strengthen the latissimus dorsi, teres major, middle trapezius, and rhomboids (back muscles).

Start:

Stand at one side of the bench.

Kneel on the bench with the inside leg and lean forward and place inside hand on the bench in front of the knee.

Place outside foot at side of bench and flex knee.

Position torso parallel to floor and grasp dumbbell with outside hand.

Hang dumbbell at full elbow extension.

Procedure:

Pull dumbbell up toward the chest, keep upper arm and elbow next to ribs, keep back and shoulders even and parallel to the floor, and touch dumbbell to outer chest and rib cage.

Lower dumbbell slowly and under control to a fully extended elbow position. Keep upper arm and elbow next to the ribs, and maintain body position.



STRENGTH & POWER EXERCISES

PULL-UPS

Purpose:

This exercise is used to strengthen the latissimus dorsi, teres major, middle trapezius, and rhomboids (back muscles).

Start:

Hang from pull-up bar with overhand grip, hands shoulder width apart, arms fully extended.

Procedure:

Pull body up until chin clears bar and return to start.

Key Points:

Focus on keeping body steady- no swinging or kicking.



BENT ROW

Purpose:

To develop the muscles of the back

Starting Position:

A pronated grip with hands slightly wider than shoulder width. Assume a shoulder width starts with knees slightly flexed and lower the torso forward at about 30° above horizontal. Establish a flat back and focus the eyes forward.

Procedure:

Pull bar up and touch the lower chest or upper abdomen and point elbows up.

Keep a flat back, lower the bar slowly and under control until elbows are fully extended.



BACK EXTENSION

Start:

In prone position with feet locked into hyperextension machine, arms placed across chest, lower body to 90 degrees.

Procedure:

Slowly raise body to parallel.

Key Points:

Make sure athlete does not raise past parallel and that hips are level with pads of hyperextension machine.



STRENGTH & POWER EXERCISES

REVERSE HYPER-EXTENSION

Start:

In prone position, lay opposite as hyperextension, across the pads.
Reach arms through footpads and hold footplate to secure upper body.
Lower body is free with hips just off the pads.

Procedure:

Keep legs straight, raise legs to parallel position and lower to start.

Key Points: Hips should not bounce off pad.



Elbow Out Extensions:

This movement is great for bringing up the lower part of the tricep. The best benchers all seem to be very thick around the lower upper arm region. This is where this movement comes into play. To do this you begin with a set of dumbbells sitting on your chest with one end facing up. The butt or back ends of the dumbbells should be touching each other. When you begin the lift you are doing a cross between an extension and press. Make sure to keep the butts of the bells together throughout the entire lift.



CLOSE GRIP BENCH PRESS

Purpose:

This exercise will develop the pectoral muscles, with some development of the anterior deltoids and triceps.

Start Positions:

Place feet flat on the ground.
Slightly arch the back as buttocks are set on the bench.
Pull the shoulder blades inward as you push the chest upward.
Grip the bar shoulder-width.
Position yourself so the bar is lined up with the top of your hand.
Take the bar from the rack with the aid of a spotter.
Position the bar over chest.

Key Points:

Grip the bar so that when it touches the chest, the elbow joint will rub next to your side.
The spotter and lifter must work together in developing a coordinated effort when guiding the bar into a lifting position and getting it racked. The spotter should also have his hands under the bar constantly be alert.
It is a good idea to have the thumbs wrapped around the bar.

Procedure:

Take a deep breath and hold your chest high.
Lower the bar slowly and under control.
Allow the bar to just touch the chest a little below nipple level.
Drive the bar explosively off the chest.
The movement of the bar should be up and slightly back.
Exhale as you lock the bar out to full arm's length.

Key Point:

Many times the lift is not completed because the athlete gets the bar out of the groove. The most common error is to let the bar come off over the chest moving toward the legs. This movement takes the bar out of the groove. The bar must come straight up and back off the chest so that maximum force can be applied to the bar.



STRENGTH & POWER EXERCISES

BAR (LYING) TRICEP EXTENSION

Purpose:

To strengthen the tricep muscles.

Start:

Sit on one end of the bench, then lay back so head rests on the other end of bench.

Position feet flat on the floor.

Position head, shoulders, and buttocks flat on bench.

Grasp bar with a closed, overhand grip, hands 15 to 25 cm apart.

Position arms parallel to each other, perpendicular to floor.

Procedure:**Downward Movement Phase**

Maintain body position on bench.

Lower bar slowly and under control to the forehead.

Upper arms remain perpendicular to floor and parallel to each other.

Upward Movement Phase

Push bar until elbows are fully extended.

Upper arms remain perpendicular to floor and parallel to each other.

Maintain body position.

**Dumbbell Tricep Extensions:**

This exercise is designed to isolate the lower heads of the inner and outer triceps. Begin by laying on a flat bench on your back. Grabbing two dumbbells, press them to an extended arm position with palms facing each other. Keeping the upper arm stationary lower the dumbbell until one end of the dumbbell hits your shoulders, at this point roll your upper arm back to stretch the triceps, then press and extend the arm back to the starting position.

**STRAIGHT BAR CURL****Purpose:**

To develop the biceps.

Start Position:

Use an underhand grip slightly wider than shoulder-width.

Position feet shoulder-width apart.

Hold bar at arm's length.

Procedure:

Pull the bar slowly to the shoulders by bending at the elbows.

Lower the bar in a controlled manner to the starting position.

Keep the elbows positioned at the sides throughout the movement.

Key Point:

This exercise can be done with a barbell, dumbbell or a low pulley machine



STRENGTH & POWER EXERCISES

JAMMER EXTENSION

Purpose:

To develop total body power by utilizing a ground based, multiple joint movement and develop the ability of the body to stabilize at the ankles, knees, hips, torso, shoulders, elbows, and wrists.

Start Position:

Grasp the handles with hands as close as possible.
Position the shoulders directly behind the hands as close as possible.
Place the elbows at the side of the torso.
Position the feet shoulder-width apart with the heels off the ground.
Flex the knees and hips.

Key Point:

Do not allow the shoulders to be positioned higher than the hands. If the shoulders are too high the hips will not be flexed at the correct angle.

Procedure:

Rock back, then move forward to the starting position to gain momentum.
Explode into the handles by extending at the hips, knees and ankles on to the balls of the feet.
Follow through by extending the shoulders and elbows simultaneously.

Key Points:

When rocking back keep the shoulders below the hands. This helps maintain the proper hip and knee flexion.

Before you extend the hips, make sure the shoulders are close to the hands and the elbows are at the side of the torso.

The body must be positioned in a straight alignment from the feet to the hands at the finish of the exercise.



JAMMER ROTATION

Purpose:

The purpose of this exercise is to develop rotational power in the hips, legs and torso.

Start Position:

Face the left arm of the machine.
Grasp the handle with the left hand placed below the right hand.
Stand with feet hip-width apart perpendicular to the lever arm.
Lower the body so the chest is at hand height.

Procedure:

Drive with the left leg and arm while simultaneously rotating the body.
Extend on to the ball of the left foot as it rotates.
Simultaneously step forward with the right foot.
The right hand leaves the handle as the body rotates, leading with the right elbow backwards.
Finish the movement by extending the left arm.



STRENGTH & POWER EXERCISES

JAMMER EXTENSION W/ LEAD STEP

Purpose:

To develop total body power by utilizing a ground based, multiple joint movement. This exercise also develops the ability of the body to stabilize at the ankles, knees, hips, torso, shoulders, elbows, and wrist.

Start:

Grasp the handles with hands as close as possible.
Position the shoulders directly behind the hands as close as possible.
Place the elbows at the side of the torso.
Position feet shoulder-width apart with the heels off the ground.
Flex the knees and hips.

Do not allow the shoulders to be positioned higher than the hands.
If the shoulders are too high, the hips won't be flexed at the correct angle.

Procedure:

Rock back, then move forward to the starting position to gain momentum.
Explode into the handles by extending at the hips, knees and ankles while simultaneously taking a lead step with one foot. Follow through by extending the shoulders and elbows simultaneously.

Key Points:

When rocking back keep the shoulders below the hands. This helps maintain the proper hip and knee flexion. Before you extend the hips, make sure the shoulders are close to the hands and the elbows are at the side of the torso.



FOUR-WAY NECK (MACHINE)

Purpose:

To strengthen the muscles of the neck.

Left Lateral Flexion**Start:**

Sit in the neck machine with the left ear in the center of the pads.

Procedure:

Place the hands on the hand grips and flex the neck laterally to the left.
Relax the neck to allow the pad to move back until the plates slightly touch the weight stack.
Do not allow the upper body to move or the shoulders to dip down.

Hyperextension**Start:**

Sit on the seat so that the back of the head is against the pad.

Procedure:

Place the hands on the hand grips and extend the head backward.
Relax the neck to allow the pad to move back until the plates slightly touch the weight stack.
Do not allow the upper body to move or the shoulders to dip down.

Right Lateral Flexion**Start:**

Sit in the neck machine with the right ear in the center of the pads.

Procedure:

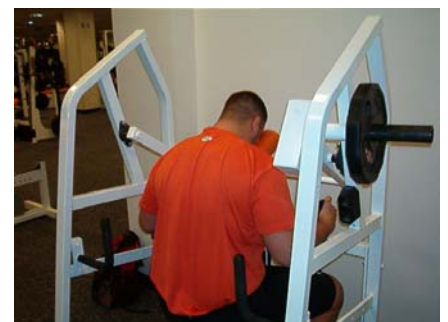
Place the hands on the hand grips and flex the neck laterally to the right.
Relax the neck to allow the pad to move back until the plates slightly touch the weight stack.
Do not allow the upper body to move or the shoulders to dip down.

Flexion**Start:**

Sit on the seat so that the front of the head is against the pad.

Procedure:

Place the hands on the hand grips and flex the neck forward.
Relax the neck to allow the pad to move back until the plates slightly touch the weight stack.
Do not allow the upper body to move or the shoulders to dip down.



STRENGTH & POWER EXERCISES

NECK W/ PLATE

Purpose:

To develop the neck muscles, while stabilizing the movement with the trunk.

Start:

Lay on the end of the bench so that the head is slightly off of the end of the bench.

Position feet flat on floor.

Position shoulders and buttocks flat on bench.

Grasp plate with hands and position behind the neck.

Procedure:

From the starting position, move the neck into hyperextension and then finish the repetition with neck flexion.



MED BALL CHEST PASS

Purpose:

To increase the power of subsequent movements by using both the natural elastic components of muscle and tendon and the stretch reflex.

Procedure:

Face partner a body length away, feet shoulder width apart, hands placed on sides of medicine ball, throw from chest.

Progressions:

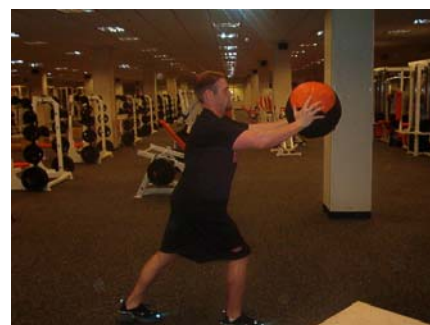
Seated- same as above, however athletes are seated in straddle position on the floor or seated on a bench.

Staggered- same as above with right foot in front of left foot remaining stationary. Repeat with left leg in front.

With Step- same as above with a step into the throw with the front leg. Repeat in opposite direction.

Single Leg- same as above standing on one leg.

One Arm- same as above using one arm behind ball and may use opposite arm on side of ball for balance, not to use for pass.



MED BALL OVERHEAD PASS

Purpose:

To increase the power of subsequent movements by using both the natural elastic components of muscle and tendon and the stretch reflex.

Procedure:

Stand facing partner in athletic stance, feet shoulder width apart, hold sides of ball with hands, arms extended overhead. Throw to partner. Focus on using the trunk to throw the ball more than the arms.

Progressions:

Seated- same as above, however athletes are seated in straddle position on floor or seated on a bench.

Staggered- same as above with right foot in front of left foot remaining stationary. Repeat with left leg in front.

With Step- same as above with a step into the throw with the front leg. Repeat in opposite direction.

Single Leg- same as above standing on one leg.



STRENGTH & POWER EXERCISES

BOX JUMP

Purpose:

To increase the power of subsequent movements by using both the natural elastic components of muscle and tendon and the stretch reflex.

Start:

Face the plyometric box, assume a comfortable, upright stance with feet shoulder-width apart.

Procedure:

Begin with a countermovement.

Jump onto the top of the box using both legs and double arm action.

Land on both feet in a half squat position.

Step down from the box, and repeat.



SINGLE LEG BOX JUMP

Purpose:

To increase the power of subsequent movements by using both the natural elastic components of muscle and tendon and the stretch reflex.

Start:

Face the plyometric box, assume a comfortable, upright stance standing on one leg.

Procedure:

Begin with a countermovement.

Jump onto the top of the box using one leg and double arm action.

Land on one foot in a single-leg half squat position.

Step down from the box, and repeat.



LATERAL BOX JUMP

Purpose:

To increase the power of subsequent movements by using both the natural elastic components of muscle and tendon and the stretch reflex.

Start:

Stand to one side of the plyometric box, assume a comfortable, upright stance with feet shoulder-width apart.

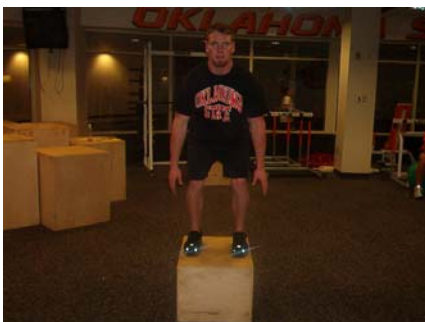
Procedure:

Begin with a countermovement.

Jump onto the top of the box using both legs and double arm action.

Land on both feet in a half squat position.

Step down from the box and repeat in the opposite direction.



STRENGTH & POWER EXERCISES

DOUBLE LEG HOPS (HEIGHT)

Purpose:

To develop explosive power in the legs and hips.

Procedure:

Stand with both feet under the hips.

Jump explosively up and out pulling knees to chest while driving arms through.

After contact with ground, quickly repeat jumps successively for prescribed distance.

Key Points:

Quick jumps – do not spend a lot of time on ground.

Use your arms to assist jumps.

Do not stutter step between jumps.

Emphasize vertical explosion.

DOUBLE LEG HOPS (DISTANCE)

Purpose:

To develop explosive power in the legs and hips.

Procedure:

Stand with both feet under the hips.

Jump explosively out bringing heels to the gluteus and then thrusting feet forward while driving arms through.

After contact with ground, quickly repeat jumps successively for prescribed distance.

Key Points:

Quick jumps – do not spend a lot of time on ground.

Use your arms to assist jumps.

Do not stutter step between steps.

Emphasize covering as much horizontal distance as possible with each jump.

POWER SKIPS (HEIGHT)

Purpose:

To develop explosive power in the legs and hips.

Procedure:

Begin skipping pushing off explosively with the back leg.

Opposite leg drives knee up as high as possible, trying to achieve maximal height.

Prepare for contact with the ground and repeat with opposite leg immediately upon landing.

Key Points:

Make sure skips are as high as possible with triple extension of the back leg.

Make sure to drive the knee to chest.

Use proper arm action

POWER SKIPS (DISTANCE)

Purpose:

To develop explosive power in the legs and hips.

Procedure:

Begin skipping pushing off explosively with the back leg.

Opposite leg drives knee up and out as high as possible. Try to achieve maximal distance.

Prepare for contact with the ground and repeat with opposite leg immediately upon landing.

Key Points:

Make sure to skip as far as possible with triple extension of the back leg.

Make sure to drive the knee up and out.

Use proper arm action.

POWER JUMPS

Purpose: To develop explosive power in the hips and legs.

Start Position:

Feet should be shoulder width with knees slightly flexed, also keep the torso erect.

Procedure:

Cover the body until the hips reach 90°, once the body reaches 90° then explode upward and reach as high as possible with both hands.

Make sure and drive arms upwards, also fully extend legs.

SPRINT TECHNIQUE & FOOTWORK EXERCISES

Sprint Technique & Footwork Exercises

HEAD:

Eyes are focused straight ahead, and chin is level.

POSTURE:

A tall erect posture with hips tucked back.

ARM ACTION:

Elbows will be flexed at 90° with wrist and hands relaxed. Arm movement will occur primarily at the shoulder joint allowing arms to swing in the opposite direction of the leg in a fluid chin to pocket motion. Hands should avoid swinging across the midline of the body.

KNEE LIFT:

The knee should be lifting to approximately 90°.

FEET:

Foot should be landing just barely in front of the center of gravity. During the course of sprint cycle dorsiflexion of foot is important. The term for dorsiflexion is "loaded".

EFFICIENCY:

All aspects of the sprint cycle should emphasize linear movement with a relaxed fluid motion.

HIGH KNEE RHYTHM RUN

Purpose:

Develops muscles needed for a fast long stride and flexibility in the hamstring. Done exactly the same as high knees, then lengthens the stride into a sprint. The higher the knee lift when running, the longer the stride. The high knee portion of the exercise is generally 3 to 5 yards before reaching out into a normal stride.

Procedure:

Drive knees high and forcefully with toe dorsiflexed.

When you lift one leg, the other leg should be fully extended.

Bend forward slightly at the waist while keeping the back straight.

Drive elbows vigorously.

Relax face and arms.

Take short, quick, one-foot steps, trying to get as many steps in as possible in the given distance.

At the given distance the high knee steps lengthen into a full sprint stride, while nothing changes except the length of the stride.

Key Points:

Avoid leaning back or taking long steps.

Maintain proper forward lean.

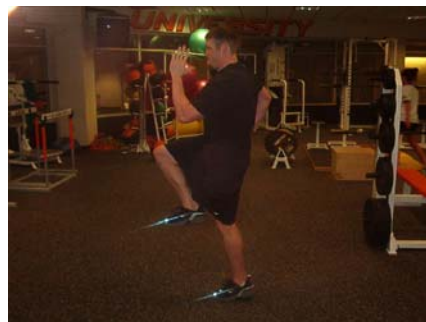
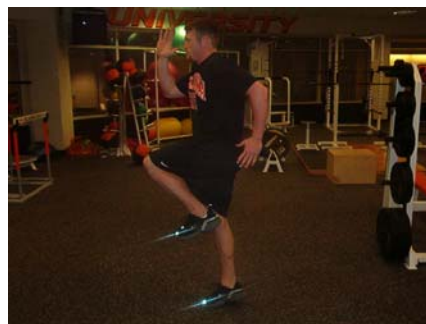
Make sure thighs become parallel to the ground.

Arms should swing freely at the shoulders with good arm action.

Keep your face and neck relaxed.

Athlete should achieve at least 30 steps in 10 yards.

At the point of stride lengthening make sure there is no dip in the torso, and that nothing changes other than stride length.



LINE HOPS (SCISSOR STEP)

Purpose:

Develops foot speed, agility, balance, and joint stabilization.

Procedure:

Stand with shoulders and hips square to a line that is 2 to 3 inches in front of the toes. Place one

foot in front of the line while the other remains behind it with the front knee slightly bent and the

front foot raised up on the toes. Arms are cocked in a fixed position the same as in sprinting.

Alternate the feet from in front of to behind the line as fast as possible staying on the toes and

pumping the arms as quickly as possible for the designated amount of time.

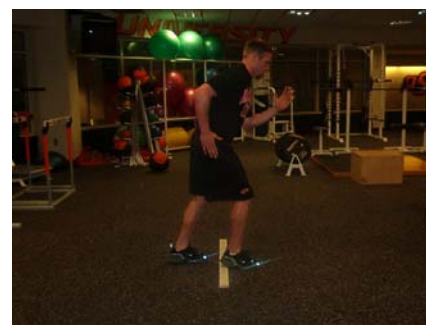
Key Points:

Always pick the feet up when moving them, never try to drag them along the ground.

Keep the knees slightly bent at all times.

Fix and rotate the arms just as it is done during a sprint.

Keep the eyes looking straight ahead.



SPRINT TECHNIQUE & FOOTWORK EXERCISES

FOOT LADDER – LATERAL HIGH KNEES (2 FEET)

Purpose:

This drill develops lateral foot speed, knee lift, and agility.

Procedure:

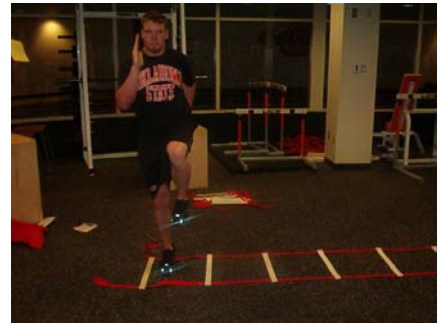
Using a quick foot ladder start with both feet just outside the first square, with the near hip just at the front edge of the ladder. Begin by lifting the lead knee to a waist high position and placing the foot inside the first square. The trail foot will follow the same procedure. Keep lifting the knees while moving laterally down the ladder with both feet touching inside of each square, and the arms pumping in the same manner as forward high knees.

Key Points:

Always make sure knees are lifting to waist level.

Drive the arms forward and back just as you would in a sprint.

This drill is just the same as high knees only you are moving in a lateral direction.



FOOT LADDER – LATERAL SHUFFLE

Purpose:

Develops lateral foot speed, lateral quickness and joint stability.

Procedure:

Using a quick foot ladder start with both feet just outside the corner of the first square. The first three steps will take you to the opposite side of the ladder. The first two steps are into the first square, starting with the lead foot, then the follow foot, the third step will be the lead foot going just outside the ladder next to the second square of the ladder. From there the trail foot becomes the lead foot going into the second square following the same three-step procedure. Follow this procedure all the way down the ladder using a 1, 2, 3, count until the movement becomes natural.

Key Points:

Start slow to learn the rhythm of the movement and then speed up as it becomes more natural

When the lead foot plants outside of the ladder use it to drive off and quickly explode the opposite direction back into the ladder

Always make sure you are pumping your arms during the drill

If needed count the steps 1, 2, 3 – 1, 2, 3



A-SKIPS

Purpose:

To develop knee lift portion of the sprint cycle.

Procedure:

Lift right knee high and keep toes dorsiflexed.

When right knee reaches highest position the left leg does a little skip.

As you skip the right leg snaps foot to ground.

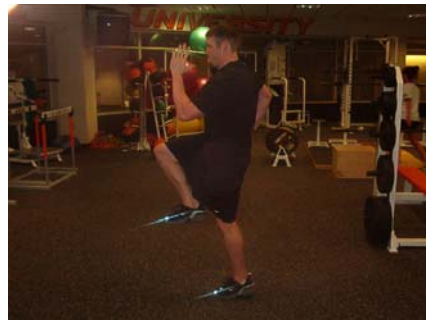
Repeat to other side.

Key Points:

Maintain a fairly erect torso with a slight forward lean.

Keep toe dorsiflexed with knee lift at 90°.

Avoid unrhymic movement.



SPRINT TECHNIQUE & FOOTWORK EXERCISES

GOOSE STEP

Purpose:

Develops strength in the hip flexors.

Procedure:

Keep knees locked

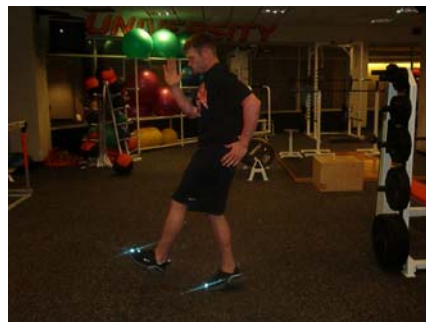
Alternate each leg in a thrusting motion of 45° between the leg and ground.

Move arms in an alternate chin to pocket motion..

Key Points:

Make sure hip flexor contraction is quick and rapid.

Toes should be dorsiflexed.



WALL DRILL

Purpose:

To develop explosive knee drive and strength in the hip flexors.

Procedure:

Place palms on a wall or barrier at eye level and walk feet back until heels are slightly off ground

and body performs a 45° angle.

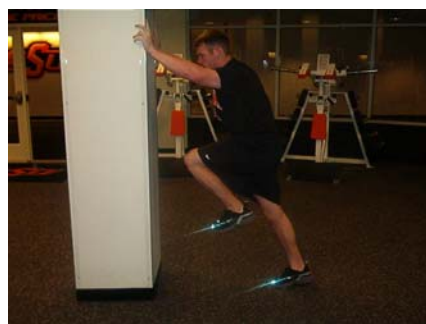
Alternately drive knees explosively to chest.

Key Points:

Maintain dorsiflexion of foot.

Do not let heels go back, drive knees up.

Do not lose 45° angle with wall.



CHIN TO POCKET DRILL

Purpose:

To develop proper sprinting arm action.

Procedure:

Sit or Stand with the upper body in an erect position.

Lock elbows at approximately 90°s and alternately move arms with the shoulder joint in a chin to pocket fashion.

Key Points:

Maintain proper running technique in the torso.

Make sure action is in a linear plane.



CLAW DRILL

Purpose:

To simulate the turnover portion of the sprint cycle.

Procedure:

Stand with the side of a shoulder to a wall.

Place inside hand against wall and lift upper part of inside leg so it is parallel to the ground. Maintain dorsiflexion of foot.

On command athlete will extend leg forward and pull down gluteus and hamstrings rapidly making brief contact (claw) with ground directly beneath hips.

Heel will continue through to gluteus and upper leg will return to start position.

Key Points:

Maintain an erect upper body posture.

Upper leg should be parallel with ground at start position.

Toe is "loaded" or dorsiflexed.

Skim ground with foot and return to starting position quickly.



SPRINT TECHNIQUE & FOOTWORK EXERCISES

STARTS

Purpose:

Develop good stance

Procedure:

Front foot is placed three to six inches behind starting line.

The hand opposite the front foot should be high on fingertips directly on the starting line with thumb and forefinger parallel to the line.

The other hand is placed on the hip of the forward leg with elbow pointed up.

The back foot is six to 12 inches behind the heel of the forward foot and two to four inches to the side.

The hips should be slightly above shoulder height.

Shoulders should be slightly ahead of the starting line with the majority of the body weight on the front leg and hand.

Keep eyes focused two or three feet in front of starting line.

Key Points:

Make sure hips are higher than the shoulders.

Do not let arm rest on front leg.



HIGH KNEE QUICK SKIP

Purpose:

Develops muscles needed for a fast long stride and flexibility in the hamstring. All good sprinters have a good high knee action. The higher the knee lift when running, the longer the stride.

Procedure:

Drive knees high and forcefully with toe dorsiflexed.

When you lift one leg, the other leg should be fully extended.

Bend forward slightly at the waist while keeping the back straight.

Drive elbows vigorously.

Relax face and arms.

Take short, quick, one-foot steps.

Key Points:

Avoid leaning back or taking long steps.

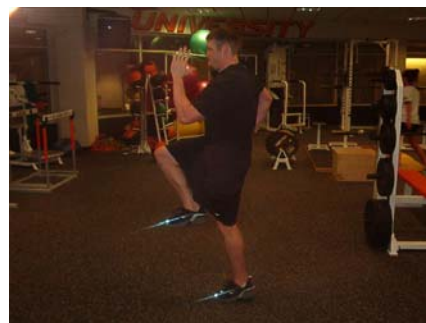
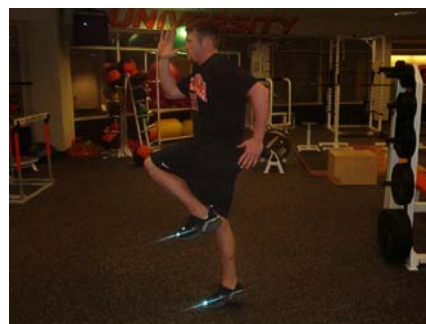
Maintain proper forward lean.

Make sure thighs become parallel to the ground.

Arms should swing freely at the shoulders with good arm action.

Keep your face and neck relaxed.

Athlete should achieve at least 30 steps in 10 yards.



SIDE TO SIDE (BOTH FEET)

Purpose:

Develop timing, agility and balance.

Procedure:

Stand with both feet to one side of a line.

Jump back and forth over the line in place on the balls of the feet.

Key Points:

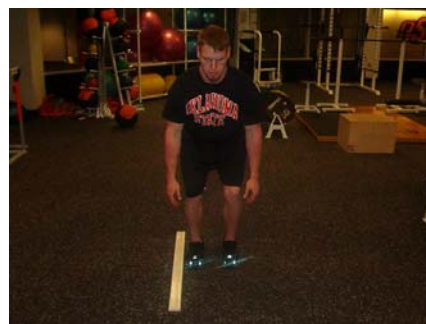
Keep feet close together and under hips.

Stay close to line as possible.

Knees are slightly bent with eyes and head up.

Do not drag feet.

Quick foot action.



SPEED, AGILITY, & CONDITIONING PROGRAM

Speed, Agility & Conditioning Exercises

SPRINT LADDER

Purpose:

To develop agility and acceleration after a change of direction.

Procedure:

Begin in a three-point stance on the start line.

Sprint to the first line (five yards), touch the line with your left foot and return to the starting line and touch with the right foot.

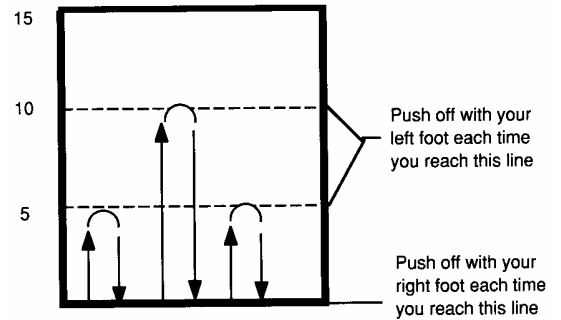
Sprint to the second line (ten yards), touch the line with your left foot and return to the starting line and touch with the right foot.

Sprint to the first line (five yards), touch the line with your left foot and return to the starting line.

Key Points:

Always touch the line at the five-yard intervals with the left foot and the starting line with the right foot. This is so the athletes push off with each leg and do not run in circles.

Drill performed with 100% effort.



BACKPEDAL / SPRINT LADDER

Purpose:

To develop agility and acceleration after a change of direction.

Procedure:

Begin in a two-point stance standing with your back to the start line.

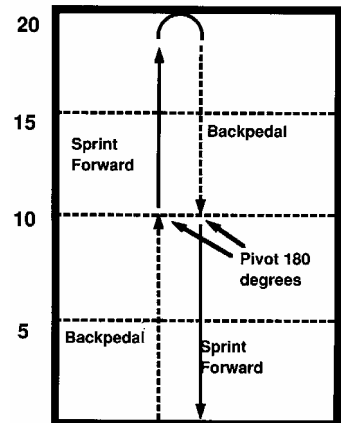
Backpedal 10 yards, pivot to the right 180 degrees, sprint 10 more yards and touch the line with either foot.

Backpedal 10 yards, pivot to the left 180 degrees and sprint 10 yards to the starting line.

Key Points:

Keep shoulders and body weight forward during backpedal.

Acceleration out of the turn.



BACKPEDAL LADDER

Purpose:

To develop agility and acceleration after a change of direction.

Procedure:

Begin in a two-point stance standing with your back to the start line.

Backpedal to the first line (five yards), touch the line with either foot, sprint to the starting line and touch with either foot.

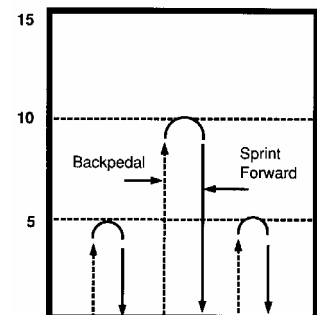
Backpedal to the second line (10 yards), touch the line with either foot, sprint to the starting line and touch with either foot.

Backpedal to the first line (five yards), touch the line with either foot and sprint to the starting line.

Key Points:

Keep low on the backpedal.

Accelerate out of the backpedal.



SPEED, AGILITY, & CONDITIONING PROGRAM

SHUFFLE LADDER

Purpose:

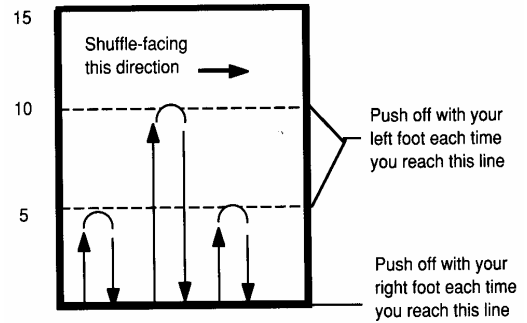
To develop agility and acceleration after a change of direction.

Procedure:

Begin in a two-point stance standing perpendicular to the start line.
 Shuffle to the first line (five yards), touch the line with your left foot, shuffle to the starting line and touch with the right foot.
 Shuffle to the second line (ten yards), touch the line with your left foot, shuffle to the starting line and touch with the right foot.
 Shuffle to the first line (five yards), touch the line with your left foot and shuffle to the starting line.

Key Points:

Always have the athletes touch the line at the five yard intervals with the left foot and the starting line with the right foot.
 Do not cross feet.
 Keep back straight while staying low.



PRO AGILITY DRILL

Purpose:

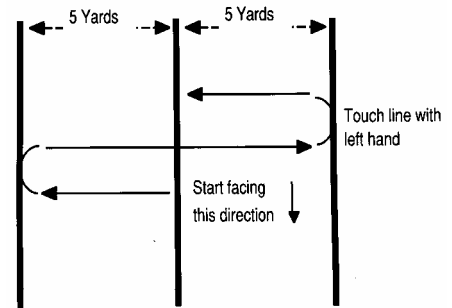
To improve footwork, change, of direction and reaction time.

Procedure:

From a two-point stance straddle the middle line.
 Sprint to the right line and touch it with the right hand.
 Push off forcefully and sprint across the middle line to the left line and touch that line with your left hand.
 Sprint back to the right, finishing at the middle line.

Key Points:

When running to the right, always touch line with the right hand and when running to the left always touch line with the left hand. This insures that the athlete will push off with opposite feet.
 Make sure and touch the lines with their hands.
 Stay low when changing directions



COWBOY AGILITY DRILL

Purpose:

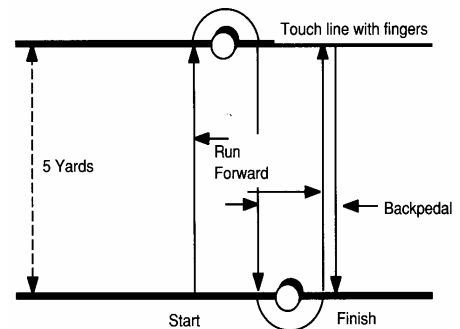
Improve foot quickness and change of direction.

Procedure:

Start in a three-point stance on the first line.
 Sprint to the first cone and make a right-hand turn.
 Return to the starting line. Go around the second cone with a left-hand turn.
 Run to the five-yard line and touch it with your fingers, then backpedal across the starting line to finish.

Key Points:

Touch the line with their hand.
 Stay low on the backpedal.
 Keep feet moving around the cone as quickly as possible while staying low.



SPEED, AGILITY, & CONDITIONING PROGRAM

W-DRILL

Purpose:

Improve footwork, backpedal, change of direction, and acceleration.

Procedure:

Start in a three point stance and sprint to first cone.

Backpedal to second cone.

Sprint to third cone.

Continue the sprint / backpedal pattern until all of the cones have been negotiated.

Key Points:

Stay close and tight to the cone.

Stay low during backpedal.

Quick change of direction followed by a good acceleration.

Do not anticipate or look for cones.



ZIG ZAG DRILL

Purpose:

To improve footwork, change of direction and acceleration.

Procedure:

Start in a three point stance and sprint to first cone.

Sprint to second cone.

Sprint to third cone.

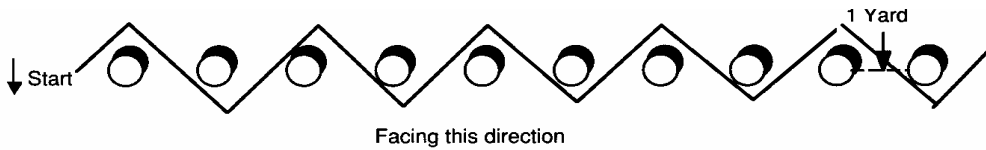
Continue sprinting to each cone diagonally until all cones have been negotiated.

Key Points:

Stay close and tight to cone.

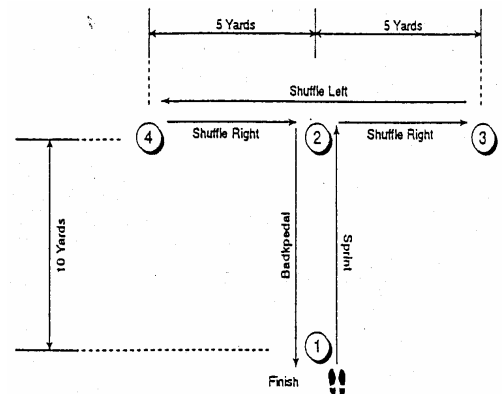
Stay low when changing direction.

Accelerate and decelerate while sprinting to the cone.



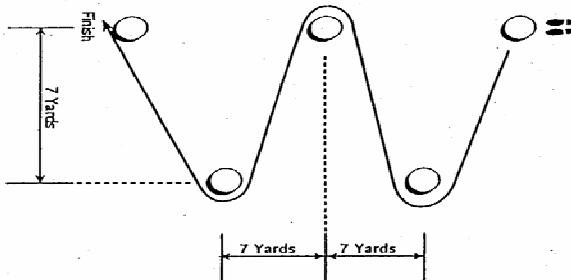
T-DRILL

The athlete starts at cone #1. Begin the drill by sprinting to cone #2, touching it with your left hand. Shuffle to your right, touching cone #3 with your right hand. Then shuffle to your left touching cone #4 with your left hand, shuffle back to your right touching cone #2 with your right hand. End the drill by backpedaling past cone #1.



S-DRILL

Athlete runs through the cones without changing speeds



SPEED, AGILITY, & CONDITIONING PROGRAM

SQUARE-IN DRILL

Purpose:

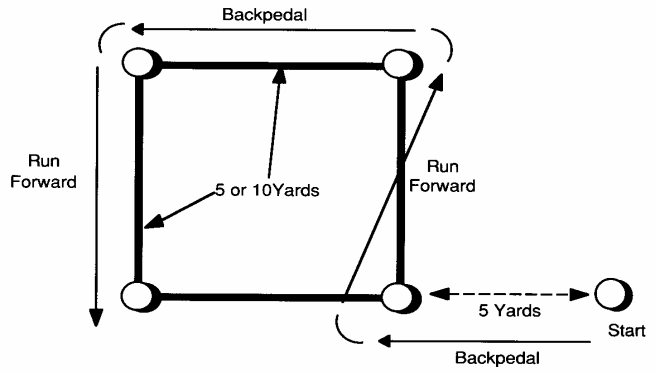
To improve change of direction and acceleration.

Procedure:

Backpedal to the first cone
 At first cone, sprint to second cone.
 At second cone, backpedal to third cone.
 At third cone, sprint to fourth cone.

Key Points:

Stay low on the backpedal.
 Have good acceleration and deceleration while sprinting to the cone.



FOUR CORNER RAG DRILL

Purpose:

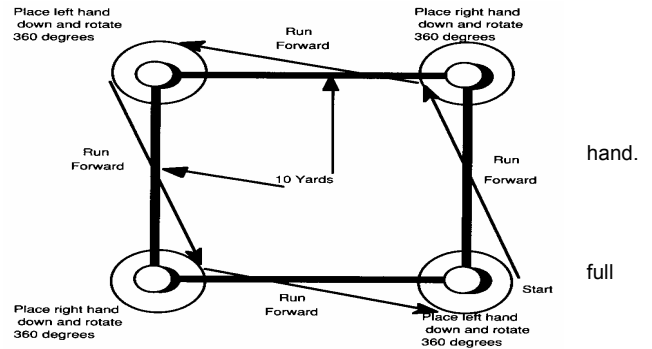
To improve footwork, flexibility in legs and hips, foot speed and quickness.

Procedure:

Put four rags or towels in a square approximately 10 yards apart.
 Start at one corner and run to the first rag and rotate 360 degrees on the right hand.
 Go to the second rag and rotate 360 degrees on the left hand.
 Go to the third rag and rotate 360 degrees on the right hand.
 Go to the fourth rag and rotate 360 degrees on the left hand.

Key Points:

Emphasis on foot movement, quick feet, head up, hips parallel to the ground, extension of legs and feet.



COMEBACK CONE DRILL

Purpose:

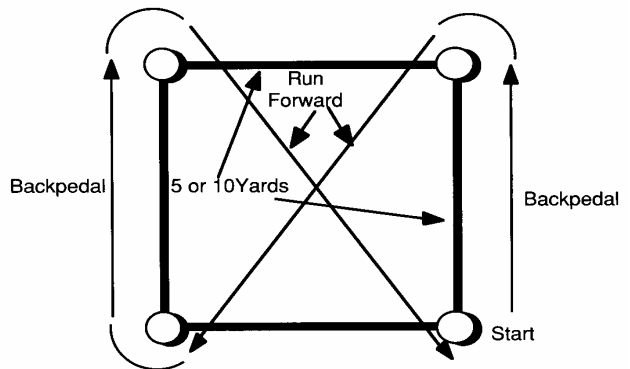
To improve footwork, backpedal, and change of direction.

Procedure:

Start on the right side of the square and backpedal to the first cone.
 At the first cone, sprint diagonally to the second cone.
 Backpedal to the third cone.
 At the third cone, sprint diagonally to the fourth cone.

Key Points

Stay low during backpedal.
 Quick change of direction followed by a good acceleration.
 Do not look for or anticipate cones.



SPEED, AGILITY, & CONDITIONING PROGRAM

DROP DRILL

Purpose:

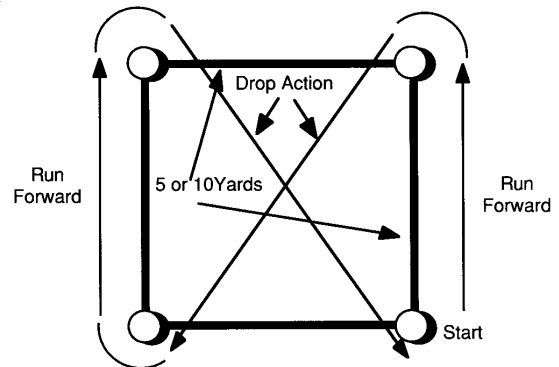
To improve footwork and change of direction.

Procedure:

Start on the right side of the square and sprint to the first cone.
 At the first cone, run to the second cone using a drop action.
 Sprint to the third cone.
 At the third cone, run to the fourth cone using a drop action.

Key Points:

Keep eyes looking forward.
 Have good acceleration and deceleration while sprinting to the cone.
 Do not anticipate or look for cones.



FOUR CORNER CARIOCA DRILL

Purpose:

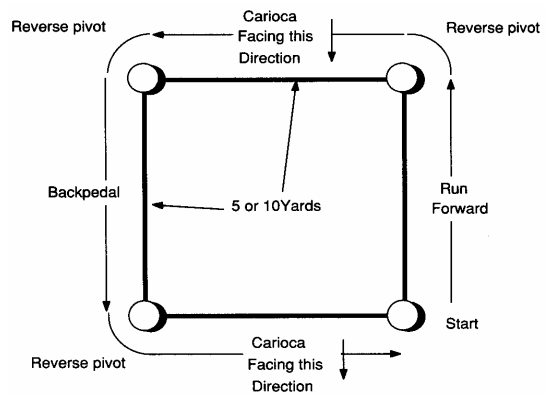
To improve change of direction, footwork, and flexibility in hips.

Procedure:

Start on the right side of the square and run forward.
 At the first cone make a reverse pivot by throwing your right shoulder clockwise.
 Carioca to the next cone.
 Reverse pivot and backpedal to the next cone.
 Reverse pivot and carioca to the finish.

Key Points:

Make sure the athletes are facing the proper direction when doing the carioca.
 Make sure the athletes back pivot.
 Have good acceleration and deceleration while sprinting to the first cone.



FOUR CORNER SHUFFLE DRILL

Purpose:

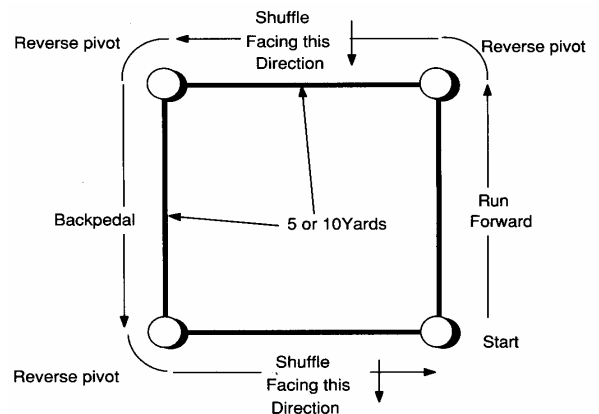
To improve footwork and flexibility and strength in groin area.

Procedure:

Start on the right side of the square and run forward.
 At the first cone make a reverse pivot by throwing your right shoulder clockwise.
 Shuffle to the next cone.
 Reverse pivot and backpedal to the next cone.
 Reverse pivot and shuffle to the finish.

Key Points

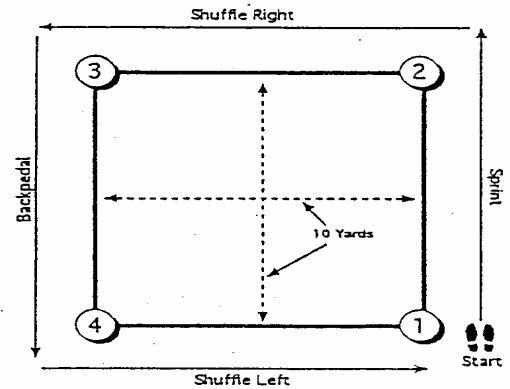
Make sure the athletes are facing the proper direction when doing the shuffle.
 Make sure the athletes back pivot.
 Have good acceleration and deceleration while sprinting to the first cone.
 Do not cross feet during the shuffle.



SPEED, AGILITY, & CONDITIONING PROGRAM

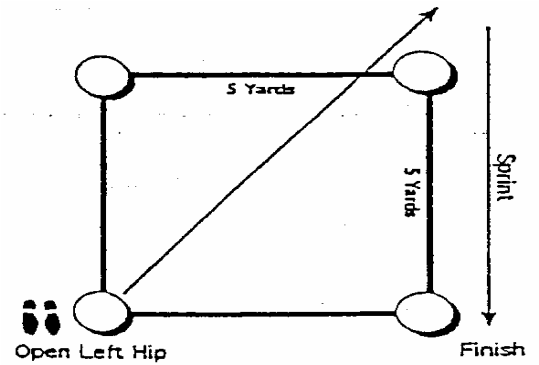
SQUARE DRILL

Athlete begins by sprinting from cone #1 to Cone #2, at cone #2, at cone #2 the athlete reverse pivots and shuffles right, facing the square, to cone #3. At cone #3, the athlete reverse pivots and backpedals to cone #4. At cone #4 the athlete again reverse pivots and shuffles left, facing away from the square, past cone #1. Athlete must stay outside of the cones for the entire drill.



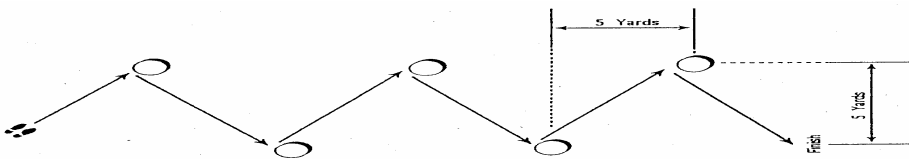
45 DEGREE DROP SQUARE DRILL

Athlete opens up left hip and sprints to the opposite cone, keeping shoulders square. At the opposite cone the athlete squares up his hips and sprints to the next cone. Athlete opens up left hip and sprints to the opposite cone, keeping shoulders square. At the opposite cone the athlete opens up the right hip and shuffles right to the next cone, then sprints forward.



PLANT & CUT

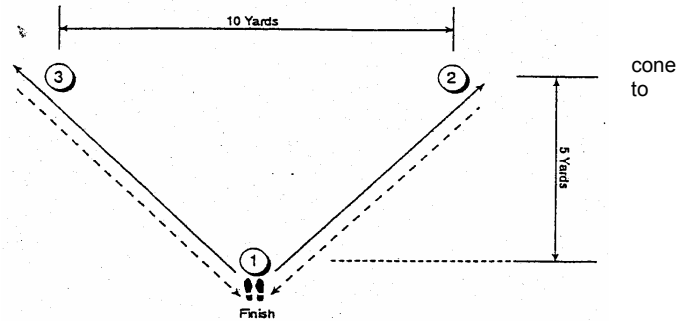
From the starting line the athlete sprints (controlled run) to cone # 1, keeping the center of gravity low, plant the outside foot and cut to cone # 2. Sprint to the second cone, plant (outside Foot) and cut to cone # 3. Pattern is repeated throughout this drill. (Remember this is a controlled drill; work on body position and foot work).



SPEED, AGILITY, & CONDITIONING PROGRAM

V-DRILL

From the middle cone, sprint to cone #2 (touch with right hand). Return to #1 with a crossover run. Sprint to cone #3 (touch with the left hand). Return start using a crossover run.



CARIOCA V DRILL

Purpose:

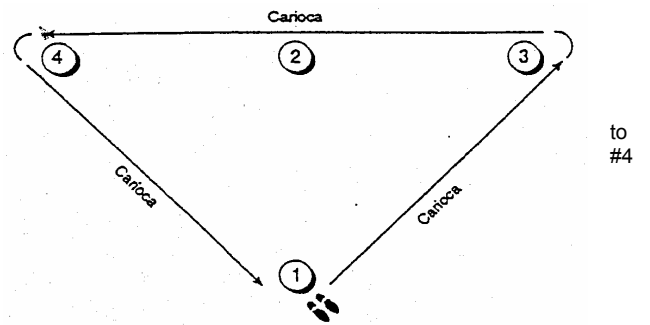
To promote hip mobility, agility, and foot quickness.

Procedure:

The person stands at cone #1 facing away from the drill and begins to carioca cone #3. From this point they round cone #3 and continues to carioca to cone #2 and around that cone until reaching the original start point.

Key Points:

- Keep the feet moving quickly.
- Make tight turns around the cones.
- Turn the hips quickly in the turns.



SHUFFLE V EIGHT DRILL

Purpose:

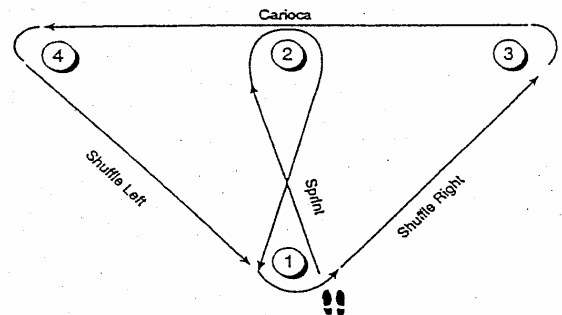
This drill is for mobility, agility, and quick change of direction skills.

Procedure:

The athlete begins this drill by running a figure eight from cone #1 around cone #2. When the figure eight is completed they shuffle from cone #1 to cone #3 going to the right. From cone #3 to cone #4 they carioca facing inward, then finish with a shuffle from cone #4 to cone #1 moving to the left.

Key points:

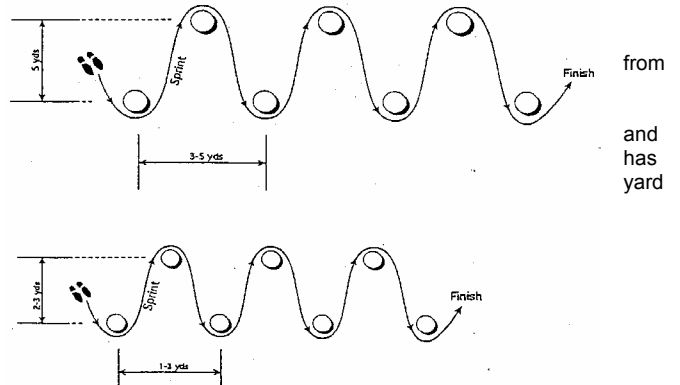
- Keep the hips low through out the drill.
- Make steps short and choppy during the figure 8 portion of the drill.



SPEED, AGILITY, & CONDITIONING PROGRAM

CONE CHUTE

Space seven disks apart as diagramed (3 yards apart and 5 yards across each other). The athlete starts at one end and sprints through the cones. Athletes should turn shoulders and sprint staying low during the turn and sprinting around each disk. After the athlete has gone through the chutes and back, close the disks down so they are only 1 ½ yards apart.



3 CONE DRILL

Purpose:

Done to improve foot work, agility, and change of direction skills.

Procedure:

Athlete begins this drill in a right hand three point stance. On command sprint to the second line, touching it with their right hand, turn and sprint back to the starting line, touching it with the right hand. Turn and sprint around cone #2 (right hand turn). Finish drill by making a left hand turn around cone #2 and sprinting past the starting line.

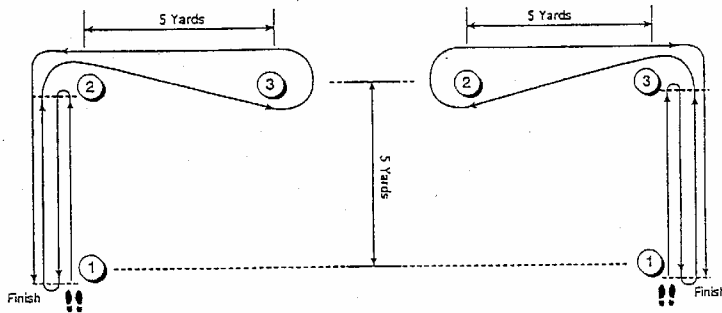
Key Points:

Stay low and keep feet underneath the hips at all times.

Take short choppy quick steps.

Make turns around cones tight and quick.

The third cone in the drill can be flipped to the opposite side of second cone to perform drill in reverse.



L - PATTERN DRILL

Purpose:

To develop quickness, foot speed, and change of direction skills.

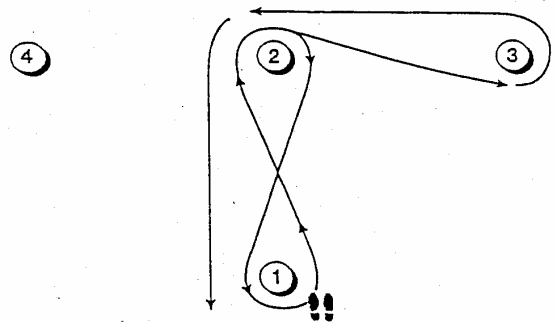
Procedure:

The athlete begins this drill by running a figure eight from cone #1 around cone #2. When the figure eight is completed the athlete immediately sprints around cone #2 (right hand turn), then around cone #3 (left hand turn). From this point the drill is finished by sprinting around cone #2 and back through the start point.

Key Points:

Keep the hips low through out the drill.

Make steps short and choppy during the figure 8 portion of the drill, and around all turns.



SPEED, AGILITY, & CONDITIONING PROGRAM

HOOP DRILLS

Purpose:

To develop speed, agility, and balance.

Procedure:

The athlete sprints around the outside edge of the hoop with an inside lean. Try to stay as close as possible to the edge of the hoop. If needed they can touch the ground on the inside edge of the hoop for balance.

Variations:

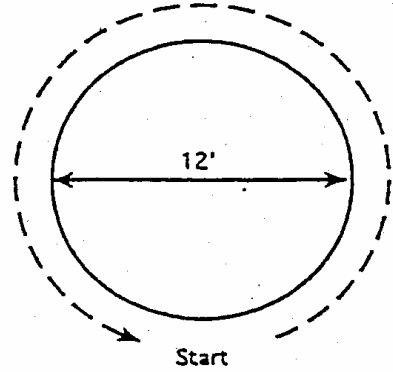
ONE HOOP RABBIT – two athletes start directly across from one another person one tries to catch up to person two with in one lap

Rope Release – athlete begins the drill with a partner providing resistance with a rope and harness, as they begin the drill the resistance is released forcing the athlete to further drop the shoulder to stay close to the circle.

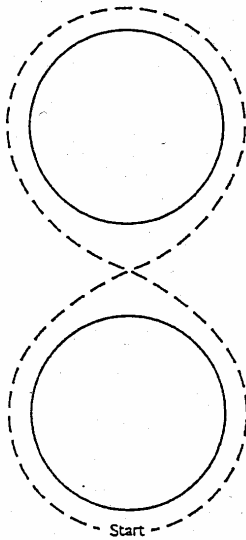
Key Points:

Keep inside shoulder low for balance.

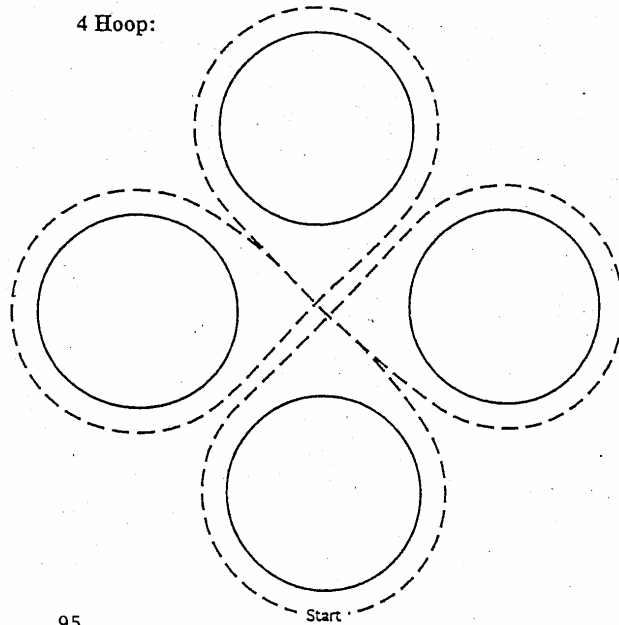
The harder the athlete runs the easier it will be to maintain balance.



2 Hoop:



4 Hoop:



SPEED, AGILITY, & CONDITIONING PROGRAM

WHEEL DRILL

Purpose:

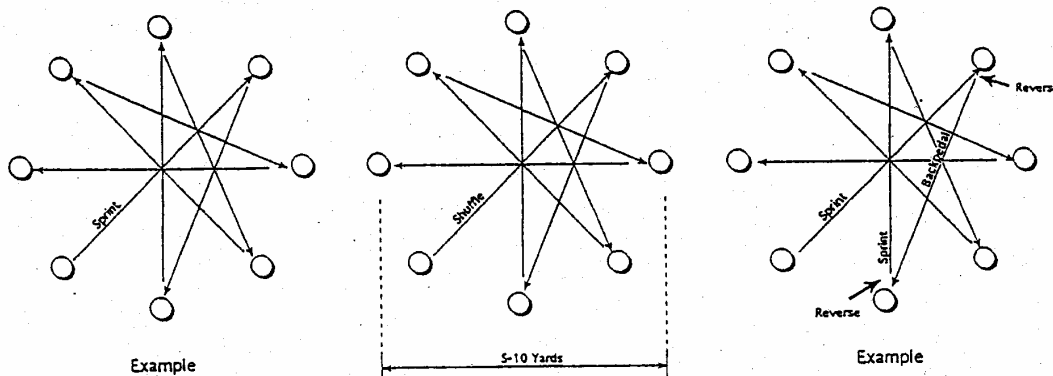
This drill is done to enhance foot speed, agility, and change of direction.

Procedure:

Eight cones are placed in a circle of between 5 and 10 yard in diameter. Starting from the center of the circle, the athlete should touch every cone any way they can, except two right next to each other. There are three ways to perform this drill, sprinting between cones, shuffle between cones, or sprint/backpedal between cones.

Key Points:

Use short choppy steps for quicker change of direction.
Keep the hips low in order to keep center of gravity low.



CROSS DRILL

Purpose:

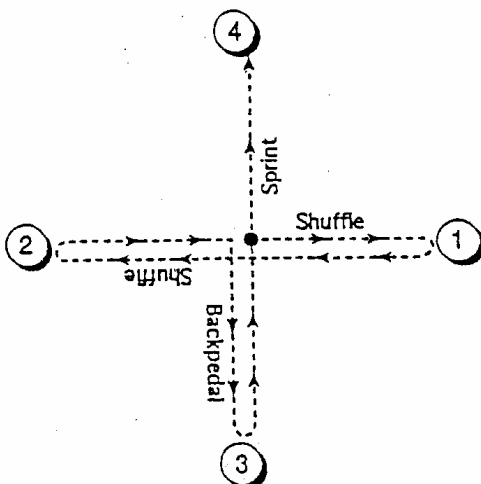
To promote agility, lateral speed, and change of direction.

Procedure:

Four cones are placed in a cross pattern with 10 yards separating each cone. Start in the center of the cross and start by shuffling to the right side cone (#1), touch and shuffle to the left side cone (#2). Touch and shuffle back to the center, backpedal to the rear cone (#3), and touch and sprint all the way forward past the front cone (#4).

Key Points:

Keep hips and shoulders square to the front of the drill on the shuffle portion.
Keep hips low during backpedal in order to plant and explode quickly into the finishing forward sprint.



SPEED, AGILITY, & CONDITIONING PROGRAM

BAG DRILL VARIATIONS

1-Foot in each hole

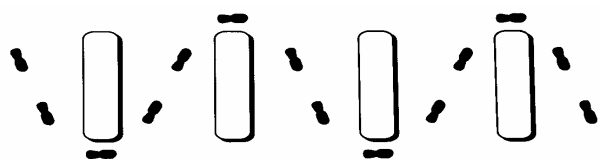
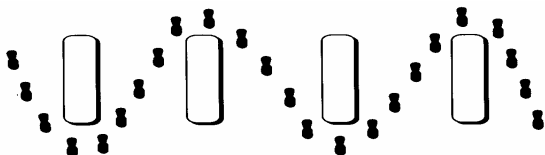
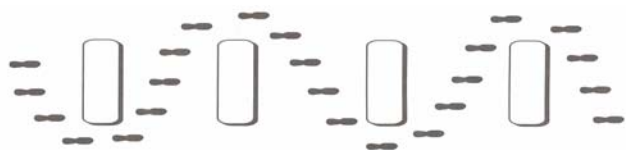
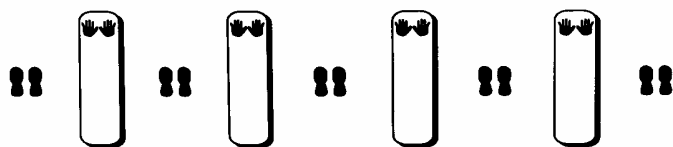
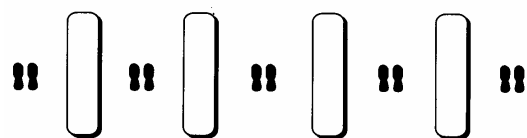
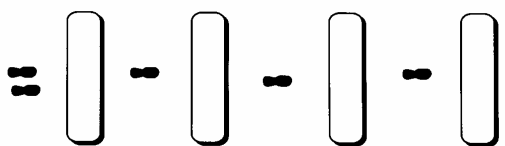
2-Feet in each hole laterally

2-Feet in each hole while tapping each bag with the hands

Lateral shuffle

Forward / Backpedal

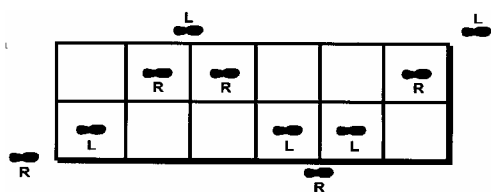
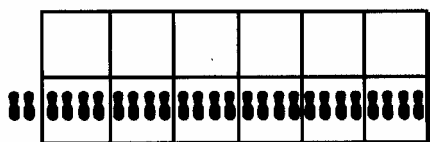
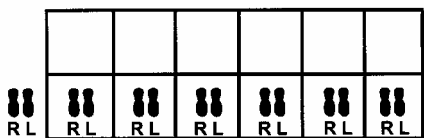
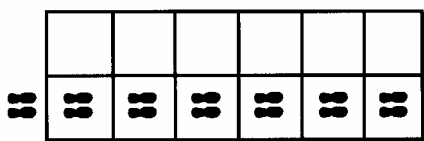
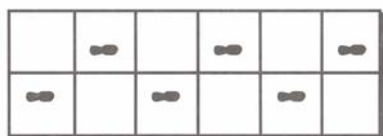
Sprint Weave



SPEED, AGILITY, & CONDITIONING PROGRAM

ROPE / FOOT LADDER

- 1-Foot in every other hole
- 1-Foot in each hole
- 2-Feet in each hole
- 2-Feet in each hole laterally
- Double chop in each hole laterally
- Lateral weave 1-Foot in each hole



SPEED, AGILITY, & CONDITIONING PROGRAM

Combo Cardio

Start on Cardio machine of Choice. Exercise on a variety of three different machines for a combination of thirty to forty- five minutes.

Interval Cardio

Start at (manual) level 4 for
1min. easy , then increase rpm's ad go Hard for 1 min, repeat for 10-12 min..

300 YARD SHUTTLE RUNS (60 yard intervals)

Set up two cones 60 yards apart
Run 5 continuous 60 yard sprints (75% maximum effort)
Touch cone or line with hand each time and sprint to other cone or line

Rest for 2 minutes and repeat 4 times

Goal: Every shuttle under the designated test time for your position +5 seconds

300 YARD SHUTTLE TEST (60 yard intervals)

Same protocol as above
Run 2 shuttles with 4 minutes rest in between them (100% maximum effort)
Goal: Average of two times must be in, or under allotted time for position to pass the test

H: 65 sec.

S, DS: 62 sec.

300 YARD SHUTTLE RUNS (25 yard intervals)

Set up two cones 25 yards apart

Run 12 continuous 25 yard sprints (75 % maximum effort)
Touch cone or line with hand each time and sprint to other cone or line

Rest for 2 minutes and repeat 4 times

300 YARD SHUTTLE TEST (25 yard intervals)

Same protocol as above
Run 1 shuttles with 4 minutes rest in between them (100% maximum effort)
Goal: Average of two times must be in, or under allotted time for position to pass the test

H: 64 sec.

S,DS :62 sec.

200 YARD REPEAT SPRINTS

6 x 200 yards with 1-1/2 minute rest between each sprint

Goal:

40 sec.

110 YARD REPEAT SPRINTS

Run 110 yards (sideline). Walk the end zone. Run 110 yards (sideline). Repeat for required reps.

Goal: Run all 110 yard sprints in designated time for your position.

Goals:

H :8 seconds

DS,S: 17 seconds

30 second rest between reps

100 YARD WARM DOWN SPRINTS.

Run 100 yards
Jog 50 yards

Walk 50 yards

Repeat 10 times

TEMPO RUN

1. 100 yd Run, walk to 25 yd line / Back to Goal line.
2. 100 yd Run, walk to 25 yd line / Back to Goal line.

SPEED, AGILITY, & CONDITIONING PROGRAM

3. 100 yd run.
4. 100 yd walk back to opposite Goal line.
5. 100 yd Run, walk to 25 yd line / Back to Goal line.
6. 100 yd Run, walk to 25 yd line / Back to Goal line.
7. 100 yd Run, walk to 25 yd line / Back to Goal line.
8. 100 yd Run, walk to 25 yd line / Back to Goal line.
9. 100 yd run.
10. 100 yd walk back to opposite Goal line.
11. 100 yd Run, walk to 25 yd line / Back to Goal line.
12. 100 yd run.

HOLLOW SPRINTS

Glide 20 yds—Sprint 20 yds—Glide 20 yds
*Sprint 20 yds—Glide 20 yds.—Sprint 20 yds.
Backpedal 20 yds—Sprint 20 yds—Glide 20yds
*Sprint 60 yds

Repeat sequence 1-4 times; Rest 1 ½ minutes between each sequence; 30 seconds between each sprint.

* Sleds can be used for resistance sprints for a portion of this workout.

LADDER SPRINTS

Sprint the following distances:

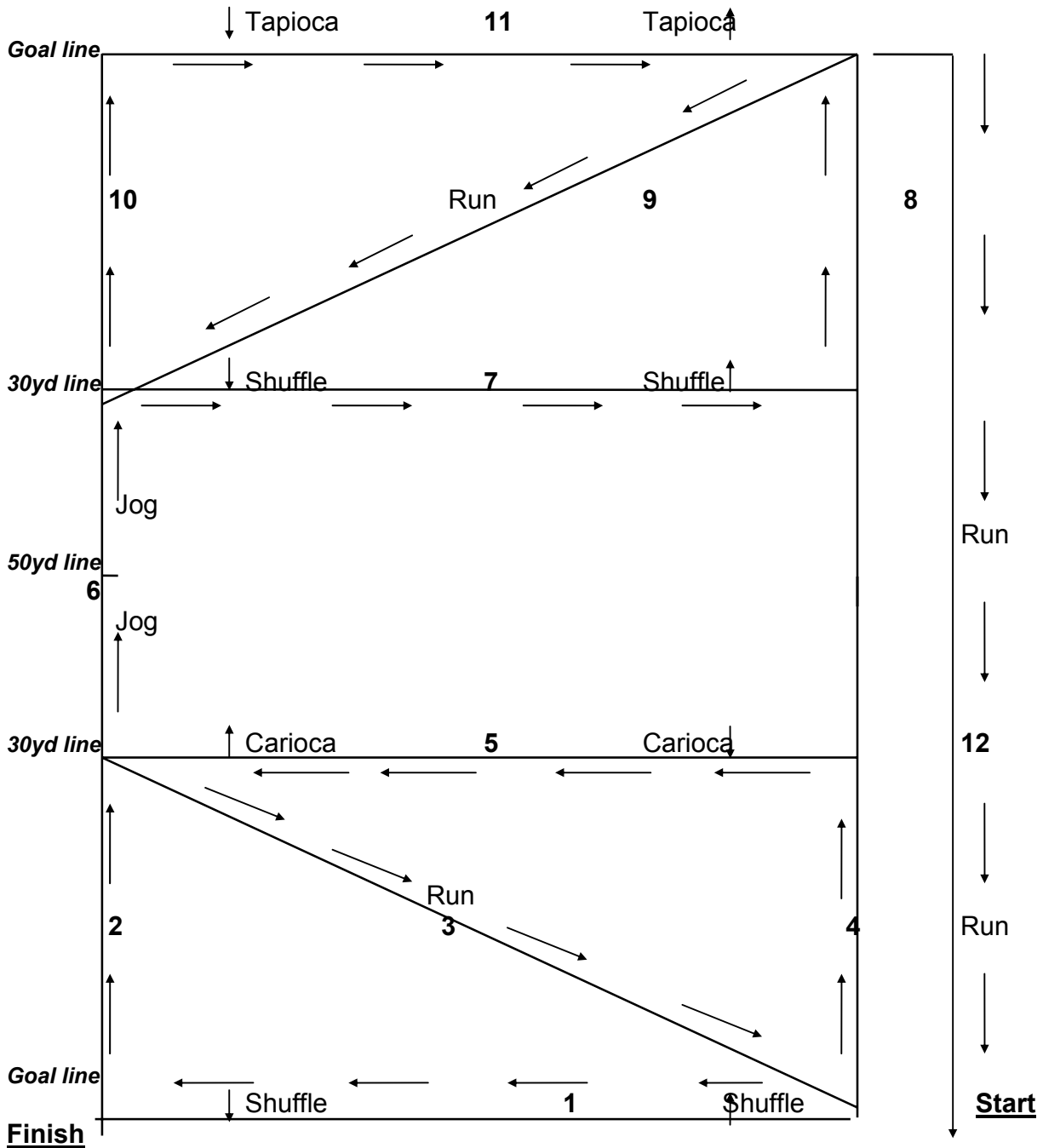
50 yards x 2
40 yards x 2
30 yards x 2
20 yards x 2
10 yards x 2

Rest 30 seconds between each sprint; 2 minutes between each set

Perform 1-6 sets; each set consists of 300 yards of sprints.

NFL EUROPE SPEED, AGILITY, & CONDITIONING PROGRAM

CONDITIONING COURSE



- | | | |
|---------------------|----------------------|----------------------|
| 1- Shuffle | 5- High Knee Carioca | 9- Run |
| 2- Zig-Zag | 6- Jog | 10- High Knee Rhythm |
| 3- Run | 7- Shuffle | 11- Tapioca |
| 4- High Knee Rhythm | 8- Backpedal | 12- Run |

Begin at the start line by performing the first movement sequence; continue each successive movement in the order provided until the whole course has been completed. Your goal is to average under the designated time for your position, for all the prescribed repetitions. A three minute rest period will be given between each repetition.

SPEED, AGILITY, & CONDITIONING PROGRAM

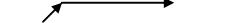


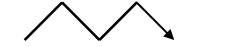

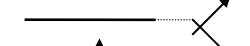

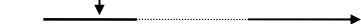
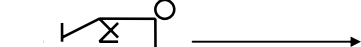
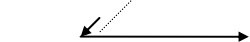
POSITION SPECIFIC MOVEMENTS

Each quarter is divided into 10 sprint movements. Each movement is performed twice, once in each direction if applicable. After each repetition the athlete slowly jogs back to the start line and immediately performs the next repetition. These are sprint drills and should be performed with maximum acceleration. A 1 ½ minute rest will be given between quarters and a 3 minute rest at half-time.

1st quarter

- | | | |
|--|-----|---|
| 1. High Knee Rhythm Run (5 yards) and Sprint (35 yds) | x 2 |  |
| 2. Foot Fire (5 yds) and Sprint (25 yds) | x 2 |  |
| 3. Shuffle (5 yds) and Sprint Same Direction (25yds) | x 2 |  |
| 4. Backpedal (5 yds) Turn and Sprint 40 yds | x 2 |  |
| 5. Sprint (10 yds) Out of Football Stance | x 2 |  |
| 6. Shuffle Laterally (5 yds) and Sprint Forward (20 yds) | x 2 |  |
| 7. Glide 20 yds, Sprint 20 yds, Glide 20 yds | x 2 |  |
| 8. Backpedal (5 yds) and Sprint Forward (10 yds) | x 2 |  |
| 9. Shuffle (5 yds) and Sprint Opposite Direction (10 yds) | x 2 |  |
| 10. Sprint (25 yds) and Shimmy, Break Right or Left at 45' | x 2 |  |

2nd quarter

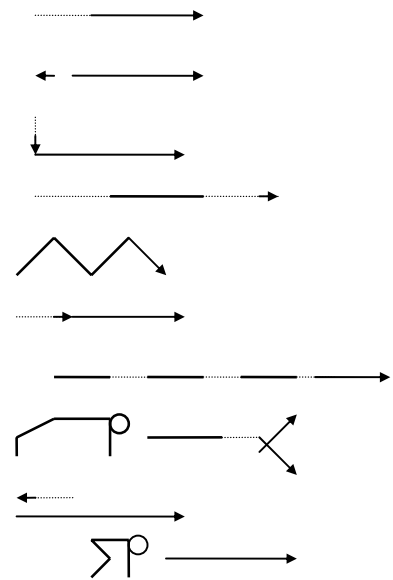
- | | | |
|---|-----|---|
| 1. 45' Shuffle Forward (5 yds) and Sprint (25 yds) | x 2 |  |
| 2. Line Hops (5) and Sprint (20 yds) | x 2 |  |
| 3. Backpedal (5 yds) and Sprint at 90' Angle (15 yds) | x 2 |  |
| 4. Zig Zag Run (40 yds) | x 2 |  |
| 5. Sit Facing Away, Turn and Sprint (40 yds) | x 2 |  |
| 6. Sprint (15 yds) and Shimmy, Break Rt. or Lt. at 45' | x 2 |  |
| 7. Run (5 yds) and Cut at 90' Angle and Sprint (15 yds) | x 2 |  |
| 8. Sprint 20 yds, Glide 20 yds, Sprint 20 yds | x 2 |  |
| 9. Mountain Climbers and Sprint (40 yds) | x 2 |  |
| 10. 45' Shuffle Backwards (5 yds) and Sprint (10 yds) | x 2 |  |

SPEED, AGILITY, & CONDITIONING PROGRAM

POSITION SPECIFIC MOVEMENTS

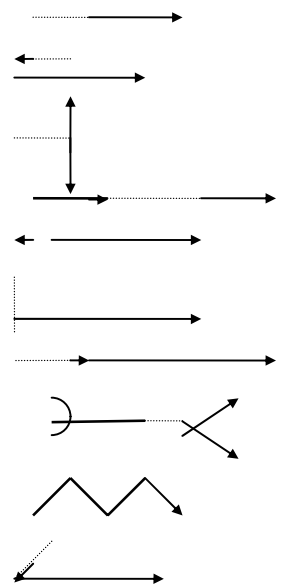
3rd quarter

- | | |
|--|-----|
| 1. High Knee Rhythm Run (5 yards) and Sprint (35 yds) | x 2 |
| 2. Sit Facing Away, Turn and Sprint (15 yds) | x 2 |
| 3. Backpedal (5 yds) and Sprint at 90° Angle (15 yds) | x 2 |
| 4. Glide 20 yds, Sprint 20 yds, Glide 20 yds | x 2 |
| 5. Zig Zag Run (40 yds) | x 2 |
| 6. Shuffle (5 yds) and Sprint Same Direction (10yds) | x 2 |
| 7. Sprint (60 yds), Shimmy Every 15 Yards, (15, 30, 45) | x 2 |
| 8. Push-up and Sprint (15 yds), Shimmy, Break Rt. or Lt. | x 2 |
| 9. Backpedal (5 yds) and Sprint Forward (10 yds) | x 2 |
| 10. 40 Yard Sprint Out of Football Stance | x 2 |



4th quarter

- | | |
|--|-----|
| 1. Foot Fire (5 yds) and Sprint (40 yds) | x 2 |
| 2. Shuffle (5 yds) and Sprint Opposite Direction (15 yds) | x 2 |
| 3. Run (5 yds) Plant and Cut at 90° Angle and Sprint (15 yds) | x 2 |
| 4. Sprint 20 yds, Glide 20 yds, Sprint 20yds | x 2 |
| 5. Sit Facing Away, Turn and Sprint (40 yds) | x 2 |
| 6. Shuffle Laterally (5 yds) and Sprint Forward (20 yds) | x 2 |
| 7. Backpedal (5 yds) Turn and Sprint (40 yds) | x 2 |
| 8. Speed Skater (3), Sprint (15yds), Shimmy Break Rt or Lt 45° | x 2 |
| 9. Zig Zag Run (40 yds) | x 2 |
| 10. 45° Shuffle Backwards (5 yds) and Sprint Forward (10 yds) | x 2 |



SKILL DEVELOPMENT EXERCISES

Skill Development Exercises

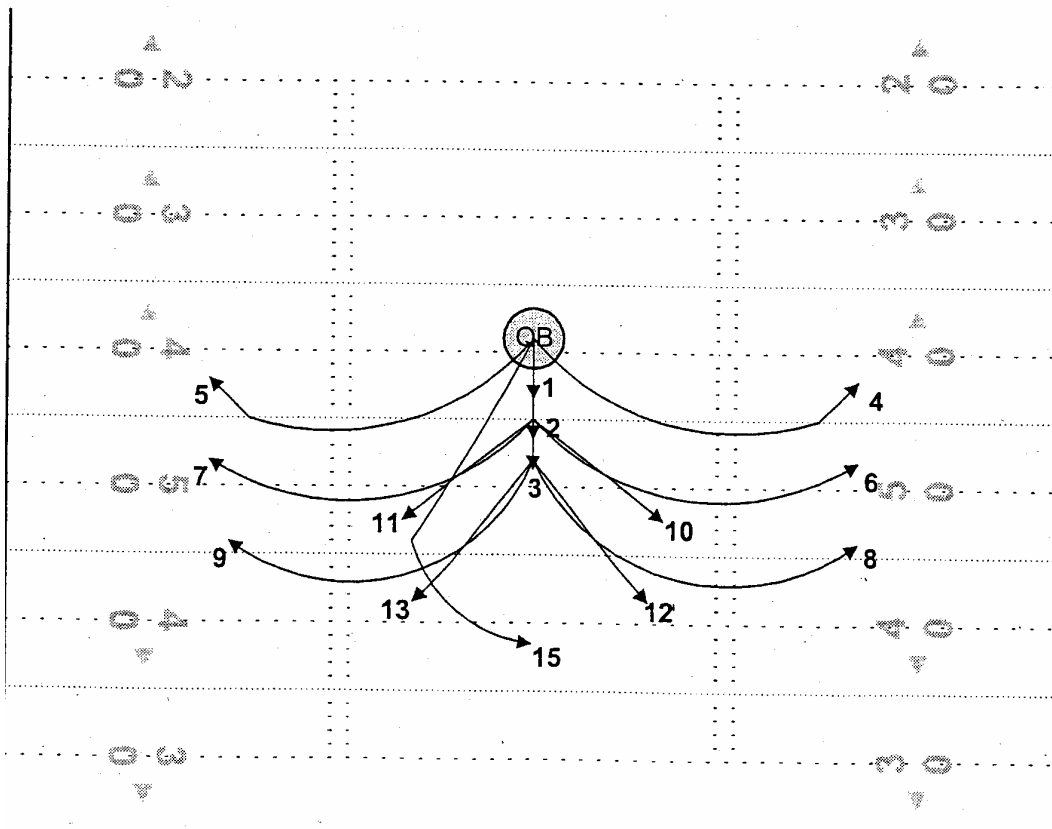
QUARTERBACK SKILL PATTERNS

<u>PATTERN</u>	<u>DESCRIPTION</u>
1. 3 step plant	1 big- 2 little (approx. 4 yards), set and sprint back to start
2. 5 step plant	3 big -2 little (approx. 5-6 yards) set and sprint back to start
3. sprint right	Angle to ten yards deep
4. sprint left	Angle to ten yards deep
5. 5 step escape right	3 big -2 little (approximately 5-6 yards) escape right
6. 5 step escape left	3 big -2 little (approximately 5-6 yards) escape left
7. 5 step hitch/ shuffle right	3 big -2 little (approximately 5-6 yards) with hitch and shuffle rt.
8. 5 step hitch/ shuffle left	3 big- two little (approximately 5-6 yards) with hitch and shuffle left.
9. naked boot right	Start left, peel and go right
10. naked boot left	Start right, peel and go left
11. 40 Yd. sprint	From start sprint 40 yards

Skill Set #1: 1,4,5,3,12,13,14,15,2,16

Skill Set #2: 6,7,8,9,3,10,11,2,14,16

Skill set #3: 3,12,13,5,8,9,2,15,6,16



SKILL DEVELOPMENT EXERCISES

OFFENSIVE LINE SKILL PATTERNS

PATTERN

1. sprint 10 yards
2. sprint 10 yards
3. 45 degree start
4. 45 degree start
5. pull right
6. pull left
7. pass set
8. pass set
9. pass set
10. sweep drill to the right
11. sweep drill to the left
12. sprint 40 yards

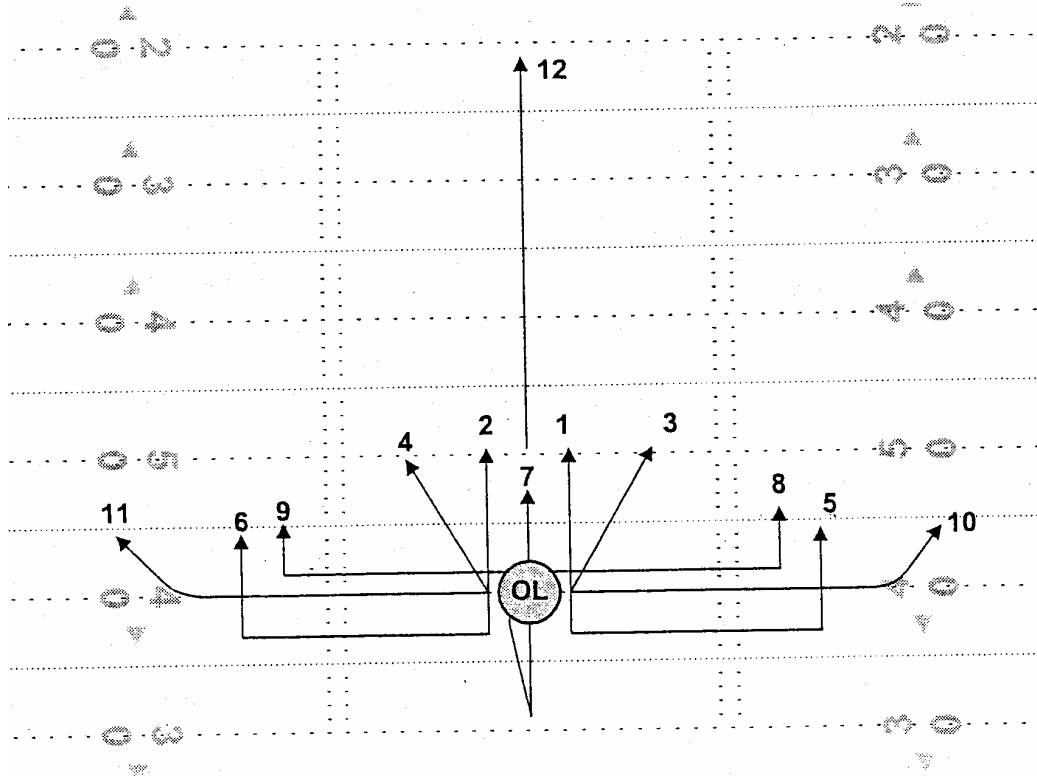
DESCRIPTION

- sprint straight ahead for ten yards start pushing off left foot.
- sprint straight ahead for ten yards start pushing off right foot
- 45 degree angle start pushing off left foot with the second step at 45 and sprint ten yards
- same as above except start pushing off of right foot
- pull right with 1st step a drop step with right foot and whip right arm off right foot and sprint parallel to the L.O.S 10 yards and then up field for 5 yards
- same as above but pull left and whip left arm
- Take pass set off of ball (7 steps) and sprint up field 10 yards.
- Take pass set on L.O.S and hold for a count of 3 then sprint the L.O.S 10 yds to the right and then 5 yds up field
- same as above but to the left
- lose 1 1/2 yards initially then turn upfield and block outside support.
- Same as above but left

Skill set #1: 1,2,3,4,5,6,7,8,9,12

Skill set #2: 5,6,7,8,9,10,11,3,4,12

Skill set #3: 11,10,9,8,7,6,5,4,3,12



SKILL DEVELOPMENT EXERCISES

RUNNING BACK SKILL PATTERNS

PATTERN

1. Flat
2. Swing
3. cross
4. fake cross
5. post
6. corner post
7. corner left
8. option man
9. option zone
10. sneak zone
11. shoot
12. 40 yd. sprint

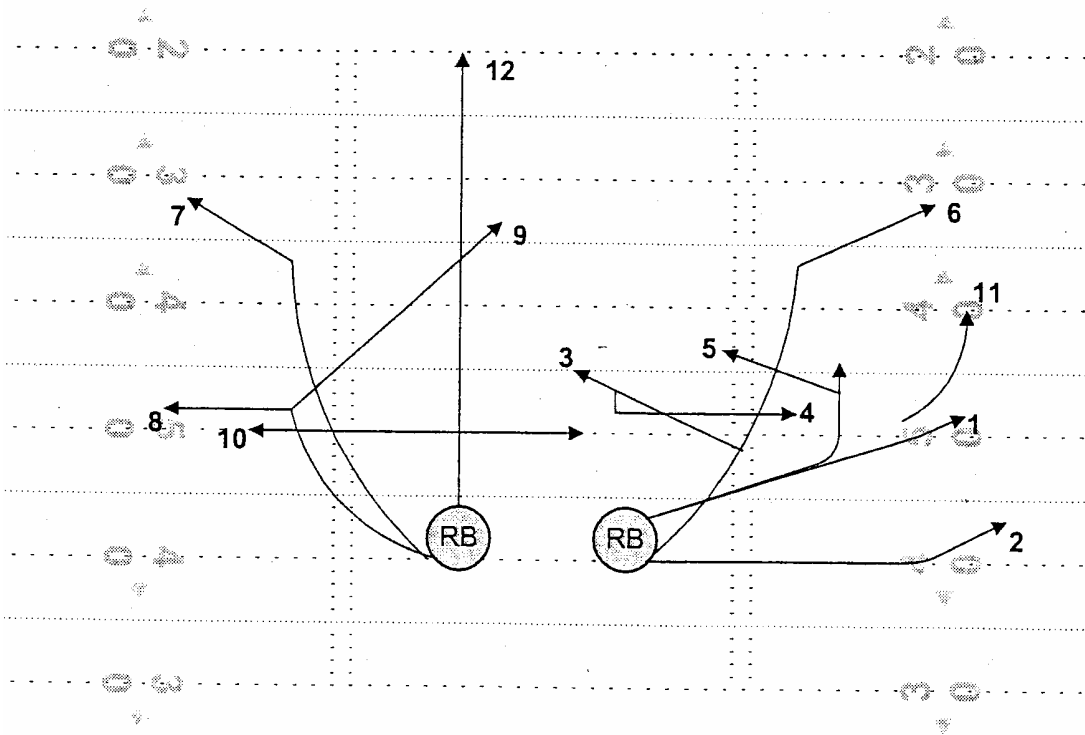
DESCRIPTION

1. veer to the right 2 yards deep –sprint ten yards down field
2. flare to the right and sprint ten yards down field
3. 2 yds past T.E. plant outside foot % flat angle inside-sprint 10 yds.
4. same as cross step inside , pivot out parallel sprint 10 yds
5. release 3-4 yds. Outside TE, speed cutoff outside-sprint 10 yds
6. release outside TE, sprint 10 yds, speed cut 14 yds. Deep.
7. mirror pattern 6 to the left
8. veer to the left 5 yds. Downfield, hard break left over TE-turn up-field 10 yds
9. veer to the left 5yds. Downfield, hook inside- turn up field 10 yds
10. split center and guard 1-2 yds & break left over TE-turn upfield 10 yds
11. same as flat pattern, turn up field halfway between #'s and sideline – turn up field sprint 40 yds. From L.O.S.

Skill Set # 1: 2,7,9,4,11,6,3,8,5,12

Skill Set # 2: 5,8,3,12,9,1,4,7,10,6

Skill Set # 3: 1,9,6,10,7,8,2,4,11,3



SKILL DEVELOPMENT EXERCISES

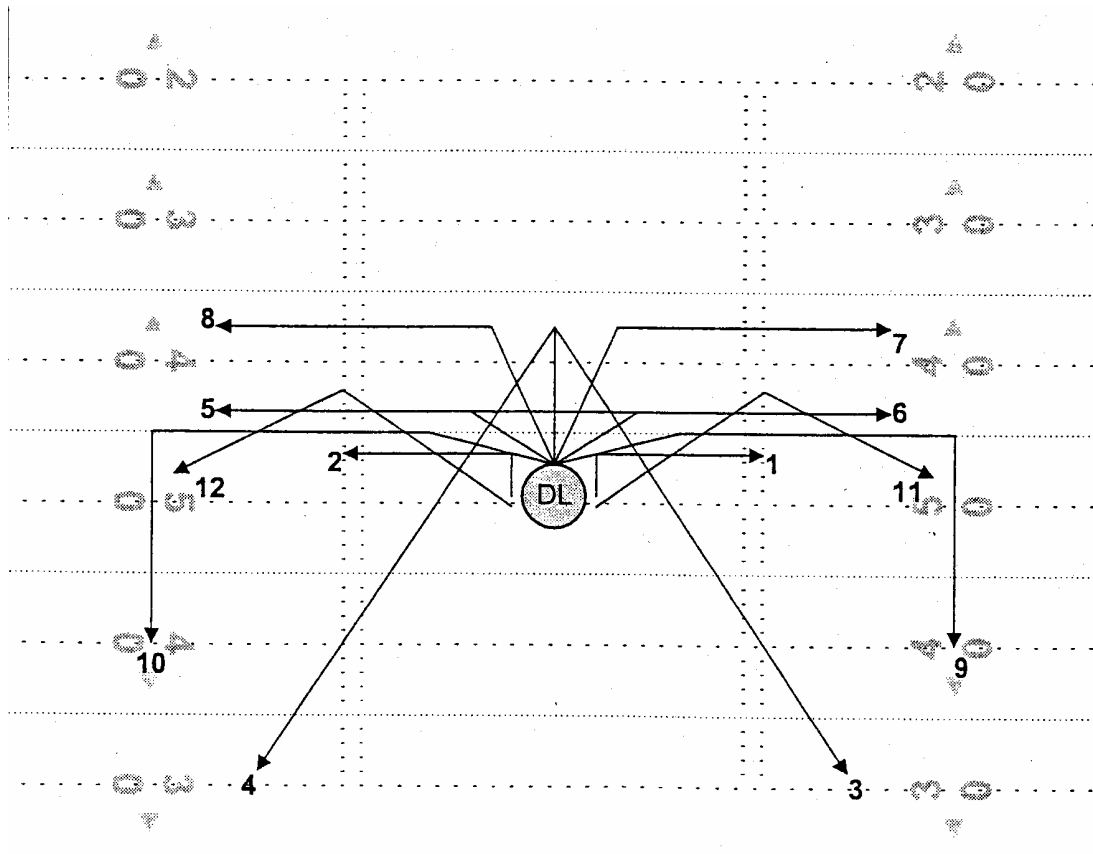
DEFENSIVE LINE SKILL PATTERNS

<u>PATTERN</u>	<u>DESCRIPTION</u>
1. pursuit rt	downline pursuit 10 yards to the right
2. pursuit lt	downline pursuit 10 yards to the left
3. rush QB rt	rush the QB right turn and go to the ball 20 yards downfield
4. rush QB lt	rush the QB left turn and go to the ball 20 yards downfield
5. angle rt break lt	off the ball to the right 5 yards break left 15 yards
6. angle lt break rt	off the ball to the left 5 yards break right 15 yards
7. angle rt break rt	off the ball to the right 5 yards break right 15 yards
8. angle lt break lt	off the ball to the left 5 yards break left 15 yards
9. backside chase rt	chase the ball 10 yards right and downfield 15 yards
10. backside chase lt	chase the ball 10 yards left and downfield 15 yards
11. screen rt	screen right 15 yards
12. screen left	screen left 15 yards

Skill Set #1: 1,2,5,6,8,7,9,10,11,12

Skill Set #2: 3,4,7,8,11,12,5,6,2,1

Skill Set #3: 11,12,2,9,1,3,4,7,8,5



SKILL DEVELOPMENT EXERCISES

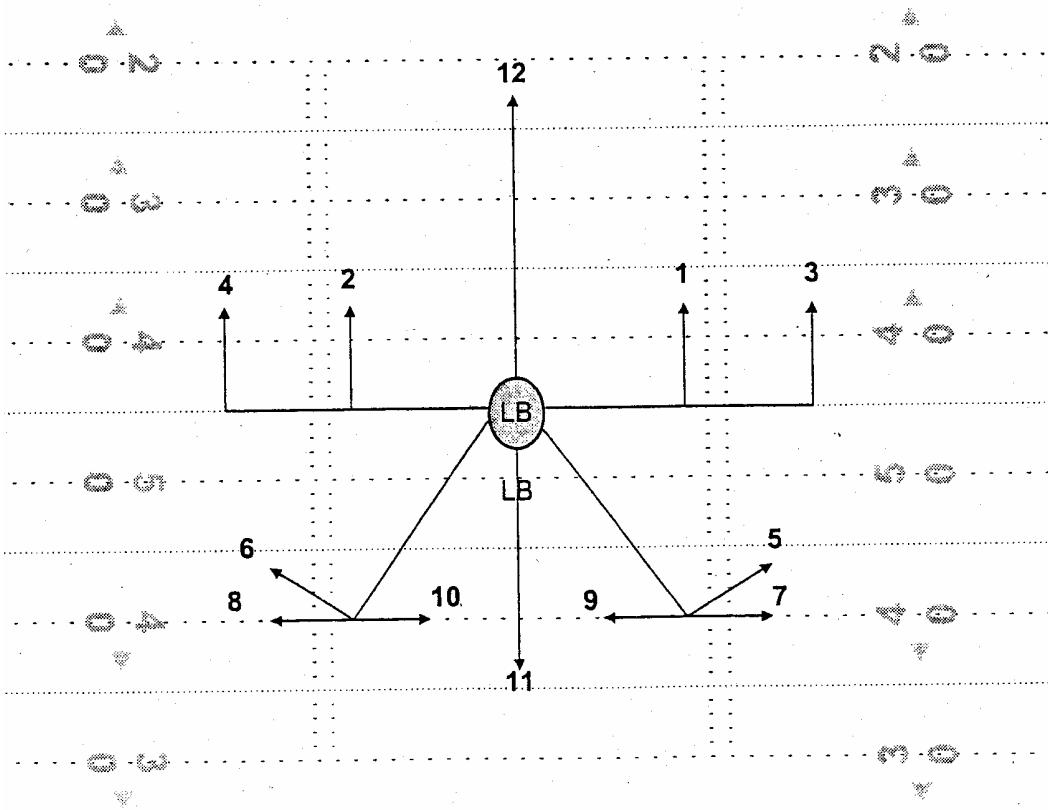
LINEBACKER SKILL PATTERN

<u>PATTERN</u>	<u>DESCRIPTION</u>
1. shuffle right	6 shuffles right 5 yards up
2. shuffle left	6 shuffles left 5 yards up
3. lateral run right	6 step lateral run right 5 yards up
4. lateral run left	6 step lateral run left 5 yards up
5. drop 12 right	drop 12 yards right 7 yards up
6. drop 12 left	drop 12 yards left 7 yards up
7. drop 12 right	drop 12 yards right 10 yards out
8. drop 12 left	drop 12 yards left 10 yards out
9. drop 12 right	drop 12 yards right 10 yards in
10. drop 12 left	drop 12 yards left 10 yards in
11. lateral drop 15 right	lateral run drop right 15 yards
12. sprint 40 yards	

Skill Set #1: 1,2,7,8,4,3,11,12,9,10

Skill Set #2: 3,4,7,8,9,10,5,6,1,12

Skill Set #3: 4,8,1,2,11,12,5,3,9,10



SKILL DEVELOPMENT EXERCISES

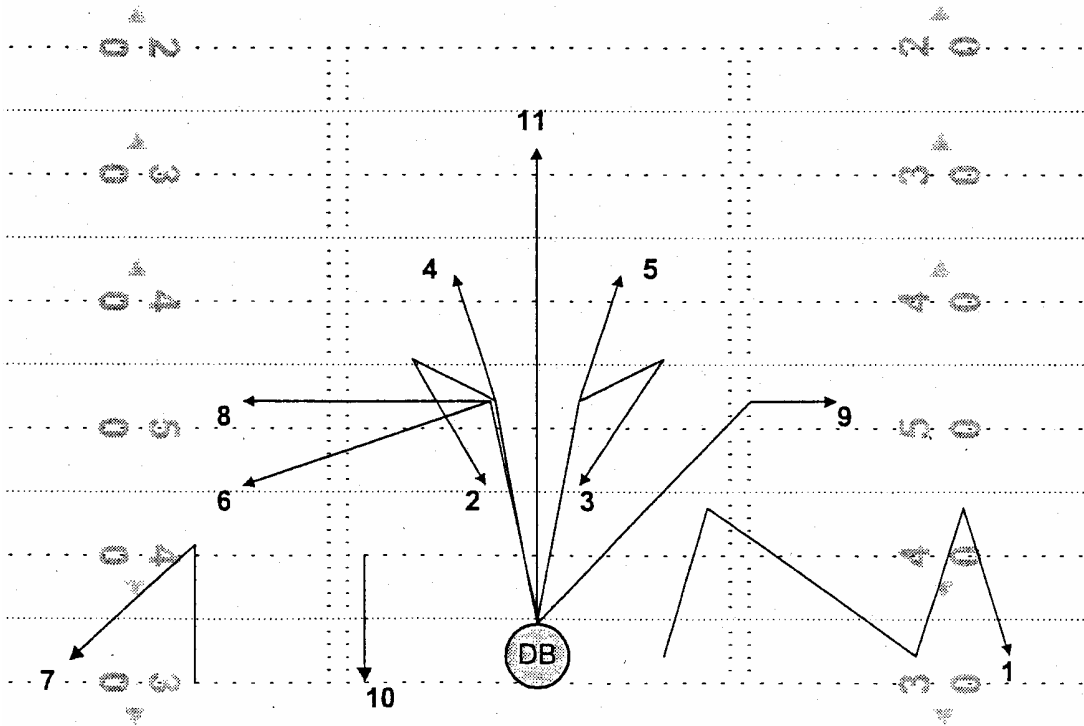
DEFENSIVE BACKFIELD SKILL PATTERN

	<u>PATTERN</u>	<u>DESCRIPTION</u>
1.	W drill 7 yds.	backpedal 7 yards change direction 7 yards two times
2.	triangle rt	backpedal 10 yards break right 10 and sprint back to start
3.	triangle lt	backpedal 10 yards break left 10 and spring back to start
4.	speed turn rt	backpedal 10 yards and speed turn to the right and sprint 10 yards
5.	speed turn lt	backpedal 10 yards and speed turn to the left and sprint 10 yards
6.	backpedal 45 rt	backpedal 10 yards and break at a 45 degree angle right 5 yards
7.	backpedal 45 lt	backpedal 10 yards and break at a 45 degree angle left 5 yards
8.	backpedal 90 rt	backpedal 10 yards and break at a 90 degree angle right 5 yards
9.	backpedal 90 lt	backpedal 10 yards and break at a 90 degree angle left 5 yards
10.	up back 10	backpedal 10 yards and return forward 10 yards
11.	backpedal sprint 40	backpedal 10 yards turn and sprint 30

Skill Set #1: 1,2,3,4,5,6,7,8,9,10,11

Skill Set #2: 6,7,8,9,10,2,3,4,5,11

Skill Set #3: 10,9,8,7,6,5,4,3,2,11



SKILL DEVELOPMENT EXERCISES

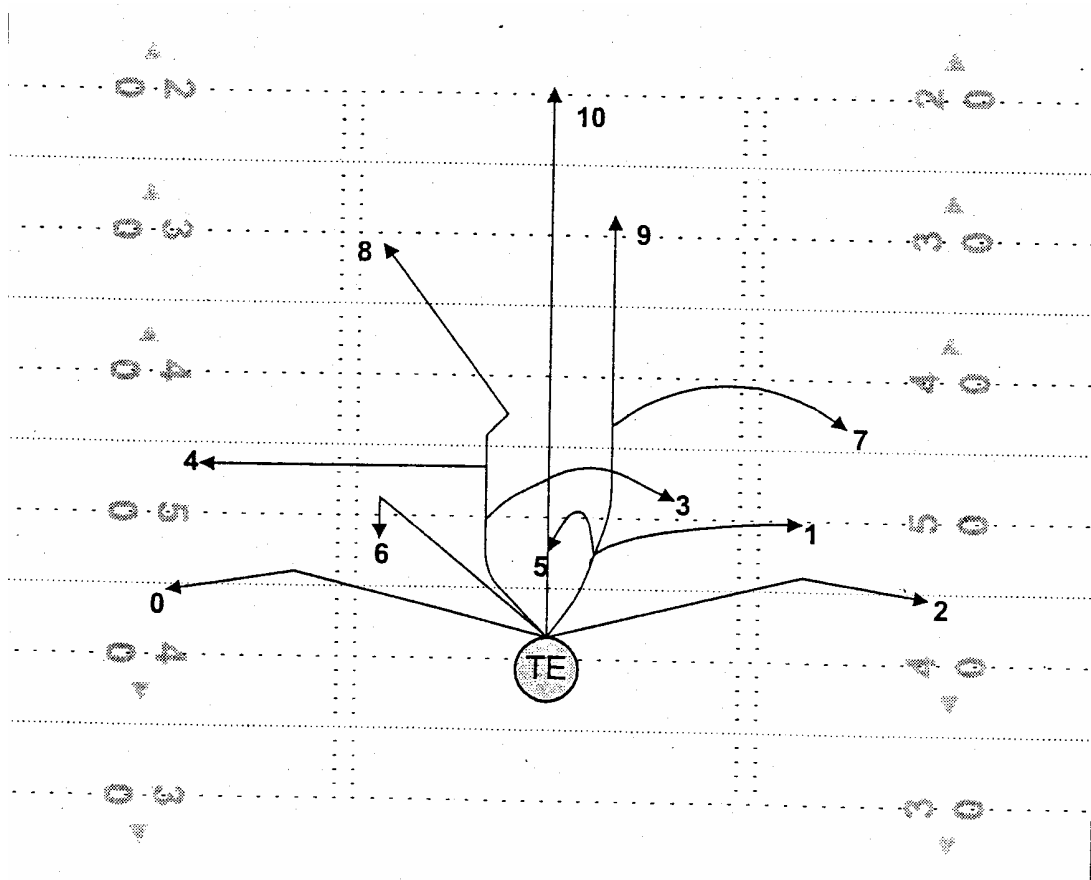
TIGHT END SKILL PATTERN

	<u>PATTERN</u>	<u>DESCRIPTION</u>
0.	O route	6- 8 yard crossing route
1.	1 route	arc release upfield speed out at 5 yards
2.	2 route	6- 8 yard crossing route (same as "O" route)
3.	3 route	inside release upfield speed out at 8 yards
4.	4 route	inside release upfield 10- 12 yards in
5.	5 route	outside release upfield towards numbers- curl in at 5 yards
6.	6 route	inside release upfield- middle curl at 8- 10 yards
7.	7 route	outside release upfield- corner route at 14- 17 yards
8.	8 route	inside release upfield 12- 14 yards, post.
9.	9 route	outside release, streak pattern
10.	10 route	40 yard sprint

Skill Set #1: 8,0,1,2,7,3,6,4,5,10

Skill Set #2: 2,8,3,1,5,7,0,9,6,10

Skill Set #3: 7,3,0,4,9,8,2,1,5,10



SKILL DEVELOPMENT EXERCISES

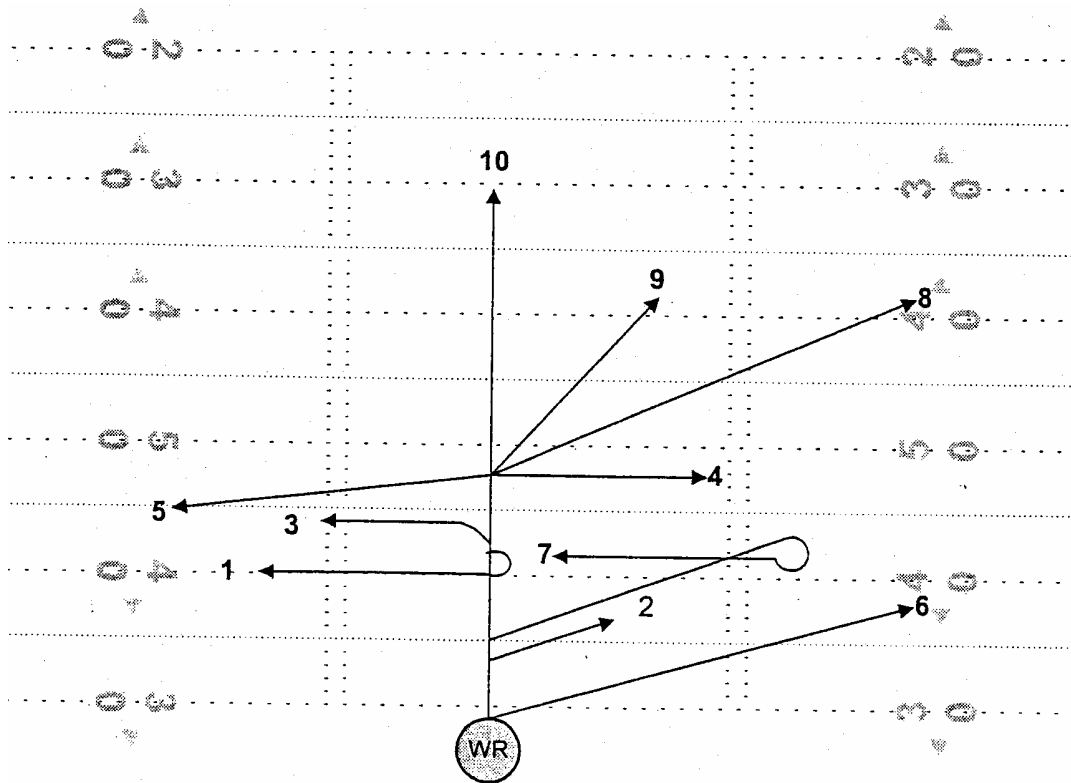
WIDE RECEIVER SKILL PATTERN

	<u>PATTERN</u>	<u>DESCRIPTION</u>
1.	0 Pivot	push hard up the field 12 yds. curl inside and out to sideline
2.	2 route	burst for 3 yds. break hard to middle post
3.	3 route	push hard up field 12 yds. break outside to sideline
4.	4 route	push hard up field 18 yds. break inside across middle
5.	5 route	run up the field for 18 yds. break outside and back
6.	shallow cross	hard release inside and across the middle
7.	cross pivot	start a shallow cross pattern, stop and pivot back toward the sideline
8.	opp. Flag	sprint 18 yds. break hard across the field toward the flag
9.	post	sprint 18 yds break hard across the field toward the post
10.	40 yd. sprint	from start sprint 40 yards

Skill Set #1: 3,1,2,9,7,4,8,5,6,10

Skill Set #2: 7,4,1,2,9,3,5,6,8,10

Skill Set #3: 9,5,8,6,1,7,2,3,4,10



SKILL DEVELOPMENT EXERCISES

KICKER

- Nov.:** **KICK FOUR TIMES A WEEK**
- A. 1 DAY SHORT ACCURACY 30 REPS
 - B. 1 DAY KICKOFFS 15 REPS, 10 REPS KICKOFFS
 - C. 1 DAY ACCURACY 30 REPS
 - D. 1 DAY KICKOFFS 15 REPS, 10 REPS KICKOFFS
- Dec.:** **KICK FOUR TIMES A WEEK**
- A. 1 DAY SHORT ACCURACY 40-50 REPS (10 INSIDE 5 YD LINE)
 - B. 1 DAY KICKOFF 20 REPS, FOLLOWED BY 15 FIELD GOALS FROM BOTH HASH'S AND THE MIDDLE OF THE FIELD
 - C. 1 DAY ACCURACY 40 REPS
 - D. 1 DAY KICKOFFS 15 REPS, 15 FIELD GOALS, 5 IN THE MIDDLE AND 5 EACH HASH

ACCURACY CHART

KICKER _____
DATE _____
WEATHER _____

G= GOOD
L= MISS LEFT
R= MISS RIGHT
S= SHORT

F.G. ATTEMPTED _____
F.G. MADE _____
PERCENTAGES _____

PUNTER

- Nov.:** **KICK THREE DAYS A WEEK M-W-F**
- A. PUNTING OUT OF END ZONE FOR DISTANCE 12 REPS, L-M-R
 - B. PUNTING FROM 20 FOR DISTANCE 8 REPS, RT AND LT HASH
 - C. PUNT FROM 50 YD LINE FOR DISTANCE 8 REPS, RT AND LT HASH
 - D. PUNT +45 YD LINE FOR DISTANCE 8 REPS, MIDDLE OF FIELD
- Dec.:** **KICK THREE DAYS A WEEK M-W-F**
- A. 16 REPS
 - B. 12 REPS
 - C. 12 REPS