

INJURED FOOTBALL PLAYERS EXTENDED WORKOUT PLAN

- *** If your lower body is injured pick axiliary lifts from the upper body menu and vice versa if your upper body is injured.
- *** The number of lifts you pick from each menu is determined by how much time is left. Talk with a coach!
- *** Roll the dice to determine your workouts! Roll again if you get the same number!

LOWER BODY/CORE AUXILIARIES

2. Single stiff leg dead lift (3x10 each leg)
3. Dumbbell step-ups (3x10 each leg)
4. Weighted lunges (3x10 each leg)
5. Med./stability Ball single leg hip lifts (3x10 each leg)
6. Alternating superman's on all 4's (3x15)
7. Stability ball balance (Hold for 1 min. x 3)
Or as long as possible for 3 sets.
8. Stability ball hangstring curl (3x10 each leg)
Single leg when too easy.
9. Stability ball single leg squats (3x10 each leg)
10. Bent knee medicine ball hip rotation (3x10 each way)
11. Cable abduction(in)/adduction(out) (3x10 each way/each leg)
12. Cable kickback/knee raise (3x10 each way/each leg)

UPPER BODY/CORE AUXILIARIES

2. Push up dumbbell rotation (5-10 lbs. dumbbells) (3x10)
3. Push up rotation (balance disk) (3x10)
4. Reverse stability ball back ext. (3x15)
5. "Y, T, W, M" rotation for back (3x20-30 reps)
6. Alternating dumbbell incline (3x10 each arm)
7. Stability all leg raise (3x10)
8. Medicine/stability ball push up (3x10)
9. Alternating dumbbell bench (3x10 each arm)
10. Bar dips (3x10 or AMAP)
11. Arnold dumbbell press (3x10)
12. Cross body hammer curl (3x10 each arm)

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