

GRINNELL COLLEGE FOOTBALL 2008 SUMMER STRENGTH WORKOUT

FOR THE EXERCISES THAT HAVE AMOUNT OF WEIGHT TO BE LIFTED, YOU MAY ADJUST THE WEIGHT IF IT IS TOO LIGHT OR TOO HEAVY. YOU SHOULD BE ABLE TO COMPLETE ALL REPS OF EACH SET. ON THE WEEKS THAT ARE DESIGNATED FOR YOU TO FAIL (ON THE COMMENT SECTION OF YOUR WORKOUT) **YOU SHOULD FAIL ON THE LAST REP OF THE LAST SET OF THE STRENGTH EXERCISES** (BENCH PRESS, CLOSE GRIP BENCH, INCLINE BENCH, SQUAT, AND FRONT SQUAT). FOR THE EXERCISES THAT ARE BLANK, WRITE IN THE WEIGHT THAT YOU LIFT. GRADUALLY INCREASE THE WEIGHT EACH WEEK FOR THESE EXERCISES.

SPLIT LEG PUSH JERK/ DB SPLIT LEG PUSH JERK- Performed just like a regular push jerk except you will alternate splitting your legs. Alternate left leg forward, right leg forward every other rep. Bring both legs back to start position before lowering the bar.

1 ARM DUMBBELL HANG SNATCH –Hold a db with one arm and let it slide in between your knees while leaning forward slightly (similar to the hang clean position except with a db). Explode the db up above your head. Do all reps with rt arm then with lt arm.

DB HANG CLEAN – Performed similarly to a hang clean except with dumbbells. Let the db's slide down on the side of your legs with your thumbs facing forward. Explode the weight up and catch the db's on your shoulders.

TRICEP PUSHDOWN/DIPS – Using cable or lat pulldown machine, complete designated number of tricep pushdown reps. Immediately following last rep, do a set of dips to failure. (substitute- dumbbell tricep extension)

SWISSBALL D.B. PRESS – While sitting on a swissball (big exercise ball), perform a dumbbell overhead shoulder press. (substitute- stand and perform lift if no swissball)

STIFF LEG DEAD LIFT – While standing on the floor, slowly lower the weight while keeping the back flat, and shoulders back. Your knees will bend slightly as you lower the bar. Do not lock your knees out. Do not round the back.

OVERHEAD SQUAT- Use very light weight (start with the bar only). Use a very wide hang snatch grip (bar should be about 6 inches above your head). Elbows should be locked out and shoulders rotated forward. Squat down until thigh's are parallel. Sit back. Do not let your knees come forward. You may need a spotter to help guide the bar down.

FRONT SQUAT/JUMP REACH – Hold bar on front of shoulders with finger tips underneath the bar and elbows up, just like the top of a hang clean. Squat down to a full squat position, while keeping the back tight and a big chest. Immediately following your last rep, step out of rack and perform 5 jump reaches. Jump and reach as high as you can like you're reaching up to grab something. Land flat-footed as softly as possible. Let your knees bend when you land to absorb the impact.

CLOSE-GRIP BENCH PRESS/MEDICINE BALL TOSS – Your hands should be shoulder width apart with an open grip. Lower the bar to your chest very slowly and as soon as the bar touches the chest, explode up, but do not bounce. Keep elbows in throughout the movement. Immediately following the last rep, lay on your back on the floor with partner standing at your head. Your partner will drop the medicine ball and you will catch it and throw it in the air as high as possible for 5 reps. (substitute- 5 push-ups if no medicine ball). On **STANDING MEDICINE BALL TOSS** perform a chest pass as hard as possible with partner 3-4 yards away.

D.B. FLOOR PRESS – While lying on your back on the floor, you will perform a dumbbell press just like a bench press. When your elbows touch the floor, pause then press the dumbbells up.

BENCH TRICEP EXTENSION – Use an ez curl bar. While lying on your back on a bench, use a close open grip, and lower the bar slowly to your forehead. Extend the arms up while keeping your elbows in.

MANUAL NECK – While sitting on a bench, your partner will give you resistance on your head on the front, back, and each side. Perform 7 reps each direction against the resistance of your partner. (substitute- neck machine)

3-WAY SHOULDER – Use dumbbells. While standing, you will first raise the dumbbells in front of you, alternating each arm for 7 reps. Next you will raise both dumbbells up laterally at the same time for 7 reps. Finally you will bend your elbows at 90 degrees and raise the dumbbells up laterally for 7 reps.

GLUTE-HAM – use glute/ham machine. Start with hands behind the neck or in front of chest. Lower yourself down past parallel, then slowly lift your body up and squeeze the glutes, and the hamstring muscles. Knees should be at 90 degrees, and your back shouldn't be hyper extended. You can hold a weight while performing this. (substitute- hamstring curl)

OTHER KEY POINTS

On exercises that require separate leg movement (d.b. lunges) the number of reps listed is for both legs. You must have a spotter on lifts that require a spotter (all bench presses, squat, floor press, and d.b. press). A weight lifting belt is not recommended for any lifts.