

**Palos Verdes Football Weight Lifting 2019
Weekly Schedule**

Date: 5/6/19

Cycle: 3

Week: 5

Upper

Bench

Jammer

Incline DB Bench

DB Flat Flys

Pull Downs-Behind Neck

Tricep Extension

Front Arm Raises

Lateral Arm Raises

Curls

3X3 Heavy

4X5

3X5

3X10

3X10

3X10

3X10

3X10

Lower

Squat

Clean

Hip Explosions

Hamstring Curls

Upright Rows

DB Lunges

Big Rope

Neck Machine

Core/Sit-Ups/Planks

3X3 Heavy

3X3 Heavy

4X6

3X8

3X10

3X10

2X1 minute

3X8 4 ways

Work in groups of 2-3- **STICK WITH THE EXERCISES ON THE PLAN!**
You only get 45 minutes to finish the workout...so Let's Go! Be great spotters and push each other!
Make sure you are EATING right and HYDRATING!

Reminders:

Spring Football starts THIS THURSDAY: 3:30-6:00pm. You need cleats, soft-helmet, and PV Shirt/Shorts.

This Week's Schedule:

Monday-B-Day-Upper Body, Sprints, Film (7 on 7 from last Wednesday)

Tuesday-A-Day- Lower Body Lift, Core.

Wednesday-B-Day Upper Body, Agilities, Film/Board Study

Thursday-Spring Football Practice- 7 on 7/Hogs Work at 3:30pm, Practice 4-6pm.

Friday-B-Day- Lower Body Lift at 2:30, Film 3:30, Practice 4-6pm.

**Work as hard as WE CAN, with as Much EFFORT as WE CAN...
*Even More...One Practice, One Play at a Time!***

Palos Verdes Football 2019...*Even More!*

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