

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

Date: 7/8/19

Cycle: Summer

Week: 5

<u>Upper</u>		<u>Lower</u>	
Bench	MAX	Squat	MAX
Jammer	4X5	Clean	MAX
Incline DB Bench	3X5	Hip Explosions	4X6
DB Flat Flys	3X10	Hamstring Curls	3X8
Pull Downs-Behind Neck	3X10	Upright Rows	3X10
Tricep Extension	3X10	DB Lunges	3X10
Front Arm Raises	3X10	Big Rope	2X1 minute
Lateral Arm Raises	3X10	Neck Machine	3X8 4 ways
Curls		Core/Sit-Ups/Planks	

Work in groups of 2-3- **STICK WITH THE EXERCISES ON THE PLAN!**
You only get **40** minutes to finish the workout...so Let's Go! Be great spotters and push each other!
Make sure you are EATING right and HYDRATING!

This is our Last Week of Summer Practice...Time is Flying!

Gear Handout this week: 1:30-2:30pm Monday and Tuesday.

This Week's Schedule:

Monday-Upper Body-Everyone; Fun Run; 4:30-6pm Offensive Practice

Tuesday-Lower Body- Varsity Lift/JV Run, then Rotate; Defensive Practice 4:30-6pm

Wednesday-Upper Body Lift at 3:00; 4:00 Passing Leave for El Camino, Hogs Practice at school.

Thursday-Lower Body Lift 3:00; Offensive and Defensive Practice 4:00-6:00pm.

Friday-**3:00 at School-** 185/135 Contest; 4:00 Practice/Film work; 5:00 Team BBQ

Saturday July 13th- Culver City Passing Tournament- Meet at Culver City High School at 7:45 am-Passers only. Hogs meet at Breakfast!

**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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