BRIDGTON FOOTBALL COMBINE PREP WORKOUT														
Mon 11/15	sets	reps	wt.	**Tue 11/16**		sets	reps	wt.	**Wed 11/16**		sets	reps	wt.	
Flat DB Bench Press	4	8		Chinups		4	8		Forward Lunges		4	8		
V-Sit Ab/Ad	3	20		Reverse Crunches		3	20		Standing Shoulder Press		4	8		
Incline DB Press	4	8		One-Arm Row		4	8		Stiff Leg Dead Lift		4	8		
Russian Twist	3	20		Diagonal Woodchop		3	20		Lateral Raise		4	8		
Flat DB Flys	4	8		Stand cable row		4	8		Squat		4	8		
Abdominal Crunches	3	20		Situps		3	20		Reverse Flys		4	8		
Chest Dips	4	8		Back Extension		4	8		Calf Raise		4	8		
									Upright Row		4	8		
Mon 11/22	sets	reps	wt.	**Tue 11/23**		sets	reps	wt.						
Dead Lifts	5	6		Chinups		5	6							
Leg Throwdowns	3	20		Back Extension		3	20							
Flat Bar Bench Press	5	6		Stiff Leg Dead Lift		5	6							
DB Twist	3	20		Tubing Twists		3	20							
Alt. DB Biceps Curls	5	6		Rope Tricep Pulldown		5	6							
Swiss Ball Crunches	3	20		Reverse Hypers		3	20							
Incline Bar Bench Press	5	6		Reverse Lunges		5	6							
Mon 11/29	sets	reps	wt.	**Tue 11/30**		sets	reps	wt.	**Wed 12/1**		sets	reps	wt.	
Flat Bar Bench Press	5	5		Chinups		5	5		Forward Lunges		5	5		
Hanging Leg Raise	3	20		Reverse Crunches		3	20		Standing Shoulder Press		4	10		
Dead Lift	5	5		One-Arm Row		5	5		Stiff Leg Dead Lift		5	5		
V-Sit Twist	3	20		Diagonal Woodchop		3	20		Lateral Raise		4	10		
Cable Flys	5	5		Stand cable row		5	5		Squat		5	5		
Chest Throwdowns	3	20		Situps		3	20		Reverse Flys		4	10		
Back Extension	5	5		Back Extension		5	5		Calf Raise		5	5		
									Upright Row		4	10		

Mon 12/6		sets	reps	wt.	**Tue 12/7**										
Cleans		5	5		OFF										
Squats		7	5												
Leg Throwdowns		3	20												
Pullups		7	5												
DB Twist		3	20												
Stiff Leg Dead Lift		7	5												
Incline Biceps Curls		7	5												

Thu 11/17		sets	reps	wt.	**Fri 11/18**		sets	reps	wt.
Pullovers		4	8		Straight Bar Curls		4	8	
Leg Throwdowns		3	20		Hanging Leg Raise		3	20	
Triceps Kickbacks		4	8		Hammer Curls		4	8	
Crossover Crunches		3	20		Russian Twist		3	20	
Overhead Press		4	8		Incline Curls		4	8	
Abdominal Crunches		3	20		Cable Crunches		3	20	
Cable Triceps 21's		4	21		E-Z Bar Curls 21's		4	21	
Thu 12/2		sets	reps	wt.	**Fri 12/3**		sets	reps	
Pullovers		5	5		Straight Bar Curls		5	5	
Leg Throwdowns		3	20		Hanging Leg Raise		3	20	
Triceps Kickbacks		5	5		Hammer Curls		5	5	
Crossover Crunches		3	20		Russian Twist		3	20	
Overhead Press		5	5		Incline Curls		5	5	
Abdominal Crunches		3	20		Cable Crunches		3	20	
Cable Triceps 21's		5	21		E-Z Bar Curls 21's		5	21	