Wolverine Football Summer Workout

WEEK 5

Monday	sets	reps	wt.
Snatch Grip Deadlift	6	5	
Reverse Lunges	4	8	
Glute/Ham Raise	4	10	
Plate Pinch	4	30 sec.	
Ab Circuit:	4	sec. Each	
Hanging Leg Raise			
MB Twist			
Crunches			

Tuesday	sets	reps
Swiss Ball Walkout + Pushup	5	10 each
DB Biceps Curl + Shoulder Press	**5**	**10 each**
Close Grip Bench + Pullover	5	10 each
3 Way Shoulder	**5**	**10 each**
MB Chest Pass/ Ball Pushups	5	10 each

Wednesday	sets
Lateral Step Over (2 touches between each cone)*	**5 (each direction)**
4 cone zig-zag*	5 (each direction)
10 yard suicide*	**2**
5 yard sprint + tire	10
10 yard sprint + tire	8
15 yard sprint + tire	6

*-See Exercise Descriptions

Thursday	sets	reps	wt.
Bench Press Rack	6	5	
Lockouts			
Incline DB Bench Press	4	8	
Bent Over Barbell Row	4	10	
Scarecrows	3	10	
Cable Crunches	4	8	

Friday	sets	reps	wt.
DB Cleans + Front Squat	5	10 each	
Swiss Ball Hamstring Matrix	**5**	**10 each**	
Lateral Lunges + Lateral Bench Jumps	5	10 each	
Walking Lunges + Split Jumps	**5**	**10 each**	

Saturday
Flexibility Routine (see exercise descriptions

WOLVERINE
STRENGTH

Wolverine Football Summer Workout

WEEK 6

Monday	sets	reps	wt.
Snatch Grip Deadlift	6	5	
Reverse Lunges	4	8	
Glute/Ham Raise	4	10	
Plate Pinch	4	30 sec.	
Ab Circuit:	4	sec. Each	
Hanging Leg Raise			
MB Twist			
Crunches			

Tuesday	sets	reps
Swiss Ball Walkout + Pushup	5	10 each
DB Biceps Curl + Shoulder Press	**5**	**10 each**
Close Grip Bench + Pullover	5	10 each
3 Way Shoulder	**5**	**10 each**
MB Chest Pass/ Ball Pushups	5	10 each

Wednesday	sets
Lateral Step Over (2 touches between each cone)*	**5 (each direction)**
4 cone zig-zag*	5 (each direction)
10 yard suicide*	**2**
5 yard sprint + tire	10
10 yard sprint + tire	8
15 yard sprint + tire	6

*-See Exercise Descriptions

Thursday	sets	reps	wt.
Bench Press Rack	6	5	
Lockouts			
Incline DB Bench Press	4	8	
Bent Over Barbell Row	4	10	
Scarecrows	3	10	
Cable Crunches	4	8	

Friday	sets	reps	wt.
DB Cleans + Front Squat	5	10 each	
Swiss Ball Hamstring Matrix	**5**	**10 each**	
Lateral Lunges + Lateral Bench Jumps	5	10 each	
Walking Lunges + Split Jumps	**5**	**10 each**	

Saturday
Flexibility Routine (see exercise descriptions

WOLVERINE STRENGTH

Wolverine Football Summer Workout

WEEK 7

Monday	sets	reps	wt.
Snatch Grip Deadlift	7	3	
Reverse Lunges	4	6	
Glute/Ham Raise	4	12	
Plate Pinch	5	30 sec.	
Ab Circuit:	5	sec. Each	
Hanging Leg Raise			
MB Twist			
Crunches			

Tuesday	sets	reps
Swiss Ball Walkout + Pushup	5	14 each
DB Biceps Curl + Shoulder Press	**5**	**14 each**
Close Grip Bench + Pullover	5	14 each
3 Way Shoulder	**5**	**14 each**
MB Chest Pass/ Ball Pushups	5	14 each

Wednesday	sets	reps	wt.
Lateral Step Over (2 touches between each cone)*	**7 (each direction)**		
4 cone zig-zag*	7 (each direction)		
10 yard suicide*	**2**		
5 yard sprint + tire	14		
10 yard sprint + tire	10		
15 yard sprint + tire	8		

*-See Exercise Descriptions

Thursday	sets	reps	wt.
Bench Press Rack	7	3	
Lockouts			
Incline DB Bench Press	4	6	
Bent Over Barbell Row	4	8	
Scarecrows	4	10	
Cable Crunches	5	8	

Friday	sets	reps	wt.
DB Cleans + Front Squat	5	14 each	
Swiss Ball Hamstring Matrix	**5**	**14 each**	
Lateral Lunges + Lateral Bench Jumps	5	14 each	
Walking Lunges + Split Jumps	**5**	**14 each**	

Saturday
Flexibility Routine (see exercise descriptions

WOLVERINE
STRENGTH

Wolverine Football Summer Workout

WEEK 8

Monday	sets	reps	wt.
Snatch Grip Deadlift	7	3	
Reverse Lunges	4	6	
Glute/Ham Raise	4	12	
Plate Pinch	5	30 sec.	
Ab Circuit:	5	sec. Each	
Hanging Leg Raise			
MB Twist			
Crunches			

Tuesday	sets	reps
Swiss Ball Walkout + Pushup	5	14 each
DB Biceps Curl + Shoulder Press	**5**	**14 each**
Close Grip Bench + Pullover	5	14 each
3 Way Shoulder	**5**	**14 each**
MB Chest Pass/ Ball Pushups	5	14 each

Wednesday	sets	reps	wt.
Lateral Step Over (2 touches between each cone)*	**7 (each direction)**		
4 cone zig-zag*	7 (each direction)		
10 yard suicide*	**2**		
5 yard sprint + tire	14		
10 yard sprint + tire	10		
15 yard sprint + tire	8		

*-See Exercise Descriptions

Thursday	sets	reps	wt.
Bench Press Rack	7	3	
Lockouts			
Incline DB Bench Press	4	6	
Bent Over Barbell Row	4	8	
Scarecrows	4	10	
Cable Crunches	5	8	

Friday	sets	reps	wt.
DB Cleans + Front Squat	5	14 each	
Swiss Ball Hamstring Matrix	**5**	**14 each**	
Lateral Lunges + Lateral Bench Jumps	5	14 each	
Walking Lunges + Split Jumps	**5**	**14 each**	

Saturday
Flexibility Routine (see exercise descriptions

WOLVERINE
STRENGTH