Wolverine Football Summer Workout

WEEK 9

Monday	sets	reps	wt.		Tuesday	sets	reps		
Power Cleans	5	5			Crossover stride w/tire	5	30 yards each direction		
Plyo Pushups	4	10			Lateral Lunges w/tire	5	10 yards each direction		
Box Jumps	4	10			10 yard step over	5	each direction		
MB Chest Pass	4	10			(2 touches between)				
MB Throwdown	4	10			Pro Agility (5-10-5)	5			
MB Backward Throw	4	10			10 yard suicide	4			
MB Overhead Throw	4	10			2 cut cone drill	5	each direction		
Wednesday	**sets**	**reps**	**wt.**		**Thursday**	**sets**	**reps**	**wt.**	
Flat Bench Press	6	4			High knees w/tire	5	30 yards each direction		
1 Leg Back Extension	6	4			Backpedal w/tire	5	30 yards each direction		
Wide Grip Biceps Curls	6	4			5 yard sprints	10			
Dips	6	4			10 yard sprints	10			
Good Morning	6	4			20 yard sprints	8			
Situp w/MB Throw	4	10			40 yard sprints	6			
Cable Twist	4	10			300 yard shuttle	2 under 1:05			
Friday	**sets**	**reps**	**wt.**		**Saturday**				
Squats	6	4			Flexibility Routine				
Pullups	6	4							
Reverse Lunges	6	4							
1 Arm DB Row	6	4							
1 Arm French Press	6	4							
V-Sit Twist	4	10							
Reverse Crunches w/MB	4	10							

Wolverine Football Summer Workout

WEEK 10

Monday	sets	reps	wt.		Tuesday	sets	reps		
Power Cleans	5	5			Crossover stride w/tire	5	30 yards each direction		
Plyo Pushups	4	10			Lateral Lunges w/tire	5	10 yards each direction		
Box Jumps	4	10			10 yard step over	5	each direction		
MB Chest Pass	4	10			(2 touches between)				
MB Throwdown	4	10			Pro Agility (5-10-5)	5			
MB Backward Throw	4	10			10 yard suicide	4			
MB Overhead Throw	4	10			2 cut cone drill	5	each direction		
Wednesday	**sets**	**reps**	**wt.**		**Thursday**	**sets**	**reps**	**wt.**	
Flat Bench Press	6	4			High knees w/tire	5	30 yards each direction		
1 Leg Back Extension	6	4			Backpedal w/tire	5	30 yards each direction		
Wide Grip Biceps Curls	6	4			5 yard sprints	10			
Dips	6	4			10 yard sprints	10			
Good Morning	6	4			20 yard sprints	8			
Situp w/MB Throw	4	10			40 yard sprints	6			
Cable Twist	4	10			300 yard shuttle	2 under 1:05			
Friday	**sets**	**reps**	**wt.**		**Saturday**				
Squats	6	4			Flexibility Routine				
Pullups	6	4							
Reverse Lunges	6	4							
1 Arm DB Row	6	4							
1 Arm French Press	6	4							
V-Sit Twist	4	10							
Reverse Crunches w/MB	4	10							

WOLVERINE
STRENGTH

Wolverine Football Summer Workout

WEEK 11

Monday	sets	reps	wt.		Tuesday	sets	reps		
Power Cleans	6	3			Crossover stride w/tire	7	30 yards each direction		
Plyo Pushups	5	10			Lateral Lunges w/tire	7	10 yards each direction		
Box Jumps	5	10			10 yard step over	7	each direction		
MB Chest Pass	5	10			(2 touches between)				
MB Throwdown	5	10			Pro Agility (5-10-5)	7			
MB Backward Throw	5	10			10 yard suicide	6			
MB Overhead Throw	5	10			2 cut cone drill	7	each direction		
Wednesday	**sets**	**reps**	**wt.**		**Thursday**	**sets**	**reps**	**wt.**	
Flat Bench Press	7	3			High knees w/tire	7	30 yards each direction		
1 Leg Back Extension	7	3			Backpedal w/tire	7	30 yards each direction		
Wide Grip Biceps Curls	7	3			5 yard sprints	12			
Dips	7	3			10 yard sprints	12			
Good Morning	7	3			20 yard sprints	10			
Situp w/MB Throw	4	8			40 yard sprints	8			
Cable Twist	4	8			300 yard shuttle	2 under 1:00			
Friday	**sets**	**reps**	**wt.**		**Saturday**				
Squats	7	3			Flexibility Routine				
Pullups	7	3							
Reverse Lunges	7	3							
1 Arm DB Row	7	3							
1 Arm French Press	7	3							
V-Sit Twist	4	8							
Reverse Crunches w/MB	4	8							

WOLVERINE
STRENGTH

Wolverine Football Summer Workout

WEEK 12

Monday	sets	reps	wt.		Tuesday	sets	reps		
Power Cleans	6	3			Crossover stride w/tire	7	30 yards each direction		
Plyo Pushups	5	10			Lateral Lunges w/tire	7	10 yards each direction		
Box Jumps	5	10			10 yard step over	7	each direction		
MB Chest Pass	5	10			(2 touches between)				
MB Throwdown	5	10			Pro Agility (5-10-5)	7			
MB Backward Throw	5	10			10 yard suicide	6			
MB Overhead Throw	5	10			2 cut cone drill	7	each direction		
Wednesday	**sets**	**reps**	**wt.**		**Thursday**	**sets**	**reps**	**wt.**	
Flat Bench Press	7	3			High knees w/tire	7	30 yards each direction		
1 Leg Back Extension	7	3			Backpedal w/tire	7	30 yards each direction		
Wide Grip Biceps Curls	7	3			5 yard sprints	12			
Dips	7	3			10 yard sprints	12			
Good Morning	7	3			20 yard sprints	10			
Situp w/MB Throw	4	8			40 yard sprints	8			
Cable Twist	4	8			300 yard shuttle	2 under 1:00			
Friday	**sets**	**reps**	**wt.**		**Saturday**				
Squats	7	3			Flexibility Routine				
Pullups	7	3							
Reverse Lunges	7	3							
1 Arm DB Row	7	3							
1 Arm French Press	7	3							
V-Sit Twist	4	8							
Reverse Crunches w/MB	4	8							

WOLVERINE
STRENGTH