



IRVINE VAQUERO FOOTBALL
Dead Period Strength Program

CORE CIRCUIT	WORKOUT 1	WORKOUT 2
<u>Four Point Plank</u> 30-45 Seconds	<u>Hang Clean</u> 4 x 5	<u>Power Clean</u> 4 x 5
<u>Side Planks w/ Reach</u> 10 Reaches each side	<u>Front Squat</u> 4 x 5	<u>Bench Press</u> 4 x 5
<u>Face Up Plank</u> 30-45 seconds	<u>High Pulls</u> 3 x 5	<u>Push Press</u> 3 x 5
<u>Windshield Wipers</u> 10 each side	<u>Incline Press</u> 3 x 8	<u>Reverse Lunges</u> 3 x 8
<u>Seated Twists (Med Ball)</u> 5 touches each side	<u>Hang Shrugs</u> 3 x 8	<u>Bent Rows</u> 3 x 8
<u>Corkscrew</u> 5 each side	<u>Glute Ham</u> 3 x 8	<u>Upright Rows</u> 3 x 8
	<u>Lat Pulldowns</u> 3 x 8	<u>Straight Leg</u> 3 x 8
	<u>Bicep Curls</u> 3 x 8	<u>Triceps</u> 3 x 8



IRVINE VAQUERO FOOTBALL

Dead Period Strength Program

BODY WEIGHT WORKOUTS

CORE CIRCUIT	LOWER BODY	UPPER BODY
<u>Four Point Plank</u> 30-45 Seconds	<u>Squat Jumps</u> 3 x 15	<u>Regular Grip Pushups</u> 3 x 25
<u>Side Planks w/ Reach</u> 10 Reaches each side	<u>Single Leg Squats</u> 3 x 10 (Each Leg)	<u>Wide Grip Pushups</u> 3 x 25
<u>Face Up Plank</u> 30-45 seconds	<u>Overhead Squats</u> (Holding an Object) 3 x 10-12	<u>Diamond Pushups</u> 3 x 25
<u>Windshield Wipers</u> 10 each side	<u>Walking Lunges</u> 3 x 10-12	<u>Pullups</u> 3 x 10 +
<u>Seated Twists (Med Ball)</u> 5 touches each side	<u>Single Leg RDL</u> 3 x 10 (Each Leg)	<u>Lying Underhand Rows</u> 3 x 10-12
<u>Corkscrew</u> 5 each side	<u>Good Mornings</u> 3 x 10	<u>Reverse Dips</u> 3 x 20