

# UNION FOOTBALL PROGRAM

WEEKS 1-5 (Hypertrophy)

Monday	Tuesday	Thursday	Friday
Bench 4x8	Squat 4x8	Seated Fly 3x8	Deadlift 4x6
Incline DB Bench 4x8	RDL 4x8	DB Bench 4x8	Front Squat 4x8
Shoulder Press 3x8	Push Jerk 4x8	Skull Cruncher 3x8	Bent Over Row 3x8
Tricep Extension 3x8	Cable Curl 3x8	Overhead Tri Extension 3x8	Lat Pulldown 3x8
Seated Dips 4x15	Seated Row 4x8	Upright Row Circuit 25/35/45	Barbell Curl 3x8
Kettle Bell Swings 4x12	Hip Thrusters 3x8	YTLW 3x4x8	Cable DB Curl 3x8

Plyo	Plyo	Plyo	Plyo
Frog Jumps	Hurdle Circuit	Frog Jumps	Accelerations
Duckwalks	8 Hurdles	Duckwalks	10x40
Wall Sits		Wall Sits	
Chest Jumps	10 over 10 under	Chest Jumps	Decelerations
	Down		6x40
3 Sets	Stairs	3 Sets	
Down and back		Down and back	Ice Skaters
	Abs Circuit		4x40
Abs Circuit		Abs Circuit	
	Twisters		Abs Circuit
Planks 60 Sec.	Swimmers	Planks 60 Sec.	Russian Twists
6 inch	Walls	6 inch	Knee Crunch
Flutter Kicks		Flutter Kicks	Planks 90 Sec.

**COACH LONG**

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# UNION FOOTBALL PROGRAM

WEEKS 6-11 (Rep Max)

Monday	Tuesday	Thursday	Friday
Bench 4x12	Squat 4x12	DB Bench 4x12	Power Clean 4x6
Incline Bench 4x12	RFE 4x6	DB Incline 4x12	Front Squat 4x8
Shoulder Press 4x6	Lat Pull Down 4x8	Shrugs 4x8	Bent Over Row 3x12
Tricep Extension 4x6	Inverted Row 4x8	Front/Lateral Raise 3x10	Lat Pulldown 3x12
Seated Dips 4x15	Preacher Curls 3x12	Skull Cruncher 4x6	Barbell Curl 4x8
Upright Row Circuit 25/35/45	Seated Curl Full/90/45	Overhead Extension 4x8	Cable DB Curl 4x12

Plyo	Plyo	Plyo	Plyo
Frog Jumps Duckwalks Wall Sits Chest Jumps 3 Sets Down and back Abs Circuit Planks 60 Sec. 6 inch Flutter Kicks	Hurdle Circuit 8 Hurdles 10 over 10 under Down Stairs Abs Circuit Twisters Swimmers Walls	Frog Jumps Duckwalks Wall Sits Chest Jumps 3 Sets Down and back Abs Circuit Planks 60 Sec. 6 inch Flutter Kicks	Accelerations 10x40 Decelerations 6x40 Ice Skaters 4x40 Abs Circuit Russian Twists Knee Crunch Planks 90 Sec.

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# UNION FOOTBALL PROGRAM

WEEKS 12-17 (Pyramid)

Monday	Tuesday	Thursday	Friday
Squat 8/6/4/2 RDL 3x6	Clean 8/6/4/2 Step Ups 3x8	Deadlift 8/6/4/2 RFE 4x6	Front Squat 8/6/4/2 Clean 4x6
Bench 8/6/4/2 Incline Dumbell 4x6	Incline Barbell 8/6/4/2 Peck Deck 4x6	Bench 8/6/4/2 Cable Crossover 3x8	Incline Bench 8/6/4/2 DB Bench 4x5
Bent Over Row 3x6	Inverted Row 3x12	Lat Pulldown 3x6	Bent Over Row 3x6
Cable Curl 3x6	Incline DB Curls 3x6	Pull up Circuit Chin/Pull/Hammer 3x6	Preacher Curl 3x6
Upright Row Circuit 25/35/45	Shrugs 3x6	Upright Row Circuit 25/35/45	Seated Shoulder Press 3x6
Tricep Pulldown 3x8	Skull Crusher 3x8	Seated Dips 3x12	Overhead Cable Extension 3x8

Plyo	Plyo	Plyo	Plyo
Frog Jumps Duckwalks Wall Sits Chest Jumps 3 Sets Down and back Abs Circuit Planks 60 Sec. 6 inch Flutter Kicks	Hurdle Circuit 8 Hurdles 10 over 10 under Down Stairs Abs Circuit Twisters Swimmers Walls	Frog Jumps Duckwalks Wall Sits Chest Jumps 3 Sets Down and back Abs Circuit Planks 60 Sec. 6 inch Flutter Kicks	Accelerations 10x40 Decelerations 6x40 Ice Skaters 4x40 Abs Circuit Russian Twists Knee Crunch Planks 90 Sec.

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