



2013 L-N-D Football Strength and Conditioning Program

"I don't ask our athletes how many of them want to win. The question I ask is can you live with losing, can you live with failure, can you live with mediocrity?" Lou Holtz

"Steps to Success: practice, work, sweat, achieve, shower, repeat"

Wilkes University
Football Strength and Conditioning Manual

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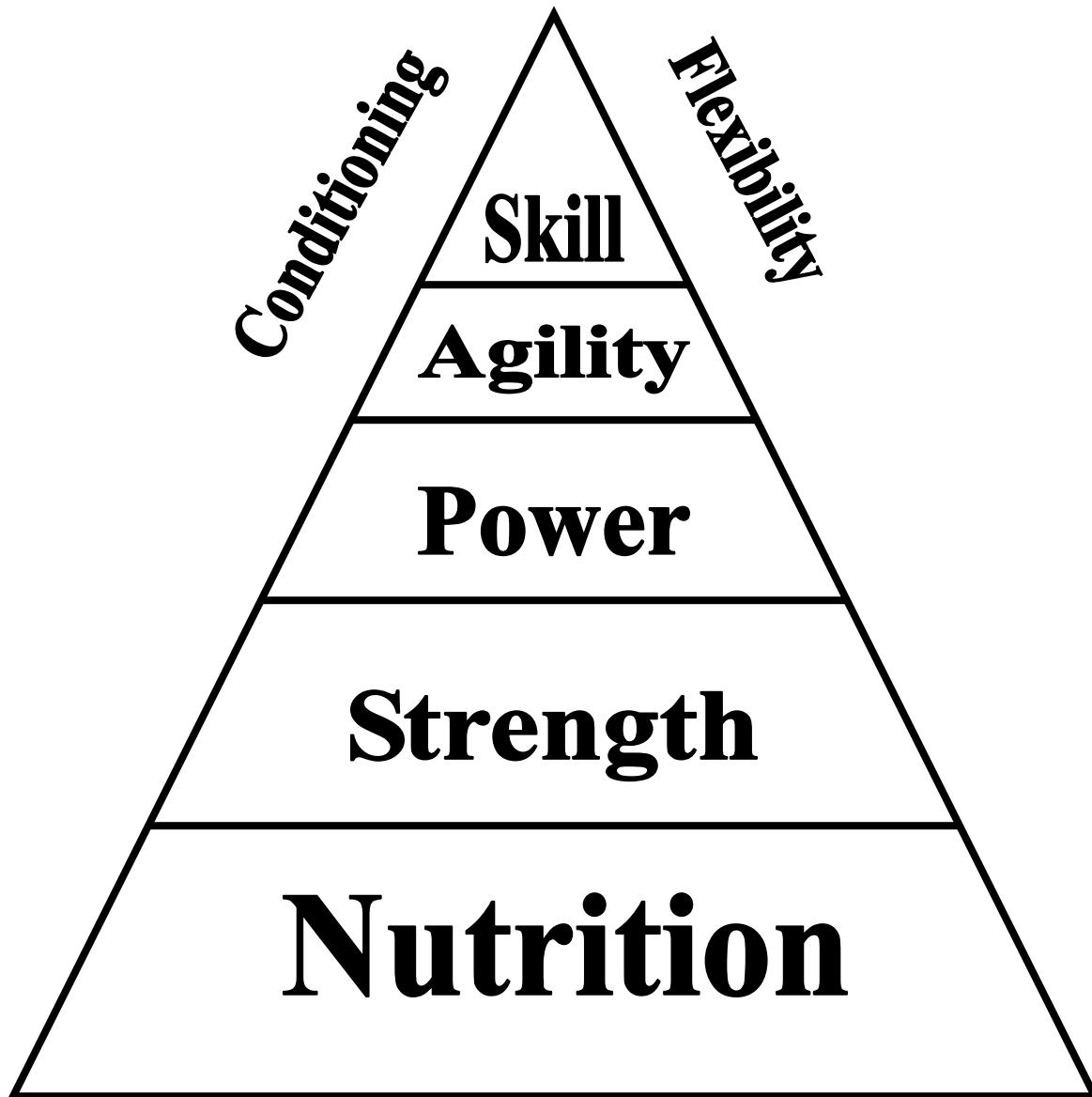
“The will to win is important, but the will to prepare to win is Vital”

This workout is for over the off-season. In the following program you will find strength, speed, agility, conditioning, and miscellaneous workouts. The weight workout can be done any four or five days of the week. The conditioning days are best if done as directed in the conditioning section. There are 3 separate phases to strength training. The 1st is called Hypertrophy the main function of this phase is to increase muscle size, flexibility, and muscular endurance high reps also help to strengthen tendons and ligaments.. The theory is bigger muscles can push more weight. The 2nd is the strength phase in which we will slowly decrease your reps and work strictly on strength and **BALANCE**. The balance training has been included to help decrease injuries as well as it also stimulates more muscle fibers which will increase the body’s response to the strength workouts. The last phase is the power phase. In this phase we work with very low reps but as explosively as possible. This phase incorporates plyometric exercises into the weight program. In this phase the exercises should be done in circuit or superset fashion. This change has also been made to prevent injury. You will also see if you work hard through this phase that your power and explosion will improve dramatically. **Power by definition is work/time**. That means to truly be powerful the weight or in our case the opponent must be moved as quickly as possible. This workout has three major goals for the 2013 off-season and preseason. Those three goals are **SPEED, STRENGTH, & POWER**. The Conditioning is in the conditioning schedule. The week of June 17 you will 1RMHang Clean, 1RMBench, and 3RMBoxSquat and 2 300 yd Shuttles with 5 min rest between. You will only test on Monday and Tuesday of that week and use the rest of the week as a recovery week. After that week you need to use the One Repetition Maximum Chart and determine your projected max for the Squat. If you are unable to max because of lack of equipment or sufficient spotters make sure to contact me. You need to push your self to your physical limits each and every workout for you to be truly successful. If you have any questions or problems please contact me Keith Klahold at:

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Colonels

Pyramid of Physical Success



***"A Champion must
have the desire for
perfection, and the will
to punish himself in the
process"***

Strength

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L-N-D					
6-May	S & R	Week 14	13-May	S & R	Week 13
Wave Squat	3 x 6	70%	Front Squat	3 x 2	70%
Front Lunges	3 x 4e		DB SL Squat	3 x 6	
Stepup Curl & Press	3 x 5		SL Squat Jump	3 x 6	
Lunge Circuit	2 sets		Drop Squat	3 x 5	
Glute Ham	3 x 5		Manual Leg Curls	3 x 3	
RDL's	3 x 5		Kneeling Leg Curls	3 x 5	
Kneeling Leg Curls	3 x 6		Reverse Soldier	3 x 8	
7-May	S & R	Week 14	14-May	S & R	Week 13
Clean Pulls	3 x 5	80%	CP,CP,HC	3 x 3	75%
Wave Bench	3 x 6	65%	Towel Bench	3 x 5	80%
Incline DB Bench	3 x 8		Wave Pushups	3 x 6	
Neg. Pullups	3 x 4		Pullups (3 grips)	2 sets €	
Seated Rows	3 x 5		DB Rows	3 x 5	
Split Jerk	3 x 4		Super DB Military	3 x 6	
Rear Deltoid	3 x 10		Upright Rows	3 x 5	
9-May	S & R	Week 14	16-May	S & R	Week 13
Snatch Balance	3 x 4	65,95,135	Stop Cleans	3 x 3	50,60,70%
OFB Lunge & Squat	3 x 6	45 plate	BBB Lunges	3 x 5	
Wall Pushups	3 x 12		Super DB Bench	3 x 5	
BB Military Press	3 x 5		Glute Ham	3 x 5	
I,Y,T,A's	3 x 8		Seated Rows	3 x 5	
Lat Pulldowns	3 x 8		Bentover Rows	3 x 6	
Pullups (3 grips)	2 x F€		Push Jerk	3 x 4	
10-May	S & R	Week 14	17-May	S & R	Week 13
Bench	7 x 2		Cleans	7 x 1	
Pistol Squats	25lbs x 5e		BB Walking Lunges	3 x 30 yds	135(skuds,studs)
	35lbs x 7e				115(skills)
	45lbs x 9e		300 yd Shuttle		
300 yd Shuttle			Split Cycle Jumps	2 x 20	
3 Cone Drill	x 2e		Squat Thrust & Jump	2 x 15	
Pro Agility	x 3e		W-Drill	x 4	
Speed Skaters	3 x 20		Agility Ladder	All	

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L-N-D					
20-May	S & R	Week 12	27-May	S & R	Week 11
Box Squat	3 x 4	80%	SL BB Squat	3 x 5	
BB Lunges (F)	3 x 5		Split Cycle Jumps	3 x 10	
DB Box Lunges	3 x 8		DB Box Squats	3 x 8	
Box Jumps	3 x 6		DB Box Squat & Jump	3 x 8	
Physoball Leg Curls	3 x 10		Glute Ham	3 x 5	
RDL's	3 x 4	50,55,60%	Reverse Soldier	3 x 8	
Reverse Hypers	3 x 8		Kneeling Leg Curls	3 x 5	
21-May	S & R	Week 12	28-May	S & R	Week 11
Hang Clean	3 x 3	85%	Squat Clean	3 x 3	80%
Neg. Bench	3 x 3	110%	Floor Bench	3 x 5	85%
DB Bench (chains)	3 x 6		Incline DB Bench	3 x 5	
DB Rows	3 x 5		Pullups (3 grips)	3 sets E	
SA Pullups	3 x 5		Split Jerk	3 x 4	
Push Press	3 x 4		Rear Deltoid	3 x 10	
DB Pushup & Row	3 x 8		Upright Rows	3 x 5	
23-May	S & R	Week 12	30-May	S & R	Week 11
Snatch Pulls & Shrugs	3 x 3&6		Hang Snatch	3 x 3	
DB SL Squat	3 x 5		Front Lunges	3 x 4	115 start Wt.
SL Squat Jumps	3 x 5		Incline Bench	3 x 5	75%
Box Pushup (loaded) 5	3 sets		Wave Pushups	3 x 6	
Seated Rows	3 x 5		Lat Pulldowns	3 x 6	
Kneeling Leg Curls	3 x 5		Bentover Rows	3 x 5	
BB Military Press	3 x 6		DB Military Press	3 x 6(20)	
24-May	S & R	Week 12	31-May	S & R	Week 11
Box Squat	7 x 2		Bench	7 x 2	
SA DB Floor Bench	3 x 8		HS + SB + OHS	3 x 4	95 start Wt.
300 yd Shuttle			300 yd Shuttle		
Cone Chute	x 4		Agility Ladder	All	
Nebraska Drill	x 4		Jump Starts (20 yds)	x 6	
Lying Starts(20 yds)	x 4				

Wilkes Football					
L-N-D					
3-Jun	S & R	Week 10	10-Jun	S & R	Week 9
Deep Squat	3 x 2	85%	Box Squat	3 x 3	80,85,90%
BB Stepups	3 x 5		Split Squat	3 x 6	
Box Quick Feet	3 x 15 sec.		Wall High Knee	3 x 15 sec.	
Front Lunges	3 x 3e		Pistol Squats	3 x 8	45 lbs
Kneeling Leg Curls	3 x 5		SL Physioball Leg Curls	3 x 10	
Manual Leg Curls	3 x 3		Reverse Soldier	3 x 8	
BB SL RDL's	3 x 5e		Glute Ham	3 x 5	
4-Jun	S & R	Week 10	11-Jun	S & R	Week 9
CP, HC	3 x 2	85%	Hang Clean	3 x 1	70,80,90%
Pause Bench	3 x 3	85%	Bench	3 x 2	70,80,90%
Super DB Bench	3 x 5		DB Floor Bench	3 x 6	
Towel Pullups	3 x 6		Neg. Pullups	3 x 5	
Seated Rows	3 x 6		DB Rows	3 x 5	
DB Pushup & Row	3 x 8		Lat Pulldowns	3 x 8	
Ball Alt. DB Curl & Press	3 x 5		Split Jerk	3 x 4	
6-Jun	S & R	Week 10	13-Jun	S & R	Week 9
Stop Cleans	3 x 3	135,155,175	Drop Squat	3 x 5	135 lbs
BB Stepups	3 x 5	135 Start Wt.	Wave Squat	3 x 3	60%
Wave Pushups	3 x 6		Rack Bench (A)	3 x 3	85%
Push Jerk	3 x 4		BB Military Press	3 x 5	
Hyper/DB Military	3 x 5		BB Shrugs (clean grip)	3 x 8	
I,Y,T,A's	3 x 8		Seated Rows	3 x 5	
Lat Pulldowns	3 x 8		SA Pullups	3 x 4	
7-Jun	S & R	Week 10	14-Jun	S & R	Week 9
Hang Clean	7 x 1		Bear	3 x 5	115 Skills
Wave Lunges	3 x 5				135 Skuds
Box Pushups (5)	3 sets				155 Studs
300 yd Shuttle			300 yd Shuttle		
Split Cycle Jumps	2 x 20		Pro Agility	x 4	
Speed Skaters	2 x 20		3 Cone Test	x 4	
Squat Thrust & Jump	2 x 15		Lunge Starts (20 yds)	x 4	
Side SA Rack DL	2 x 8				

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L-N-D		
17-Jun	S & R	Week 8
Clean	Max	
Bench	Max	
18-Jun	S & R	Week 8
Squat	Max	
300 yd Shuttle	x 2	5 min rest between

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L-N-D					
24-Jun	S & R	Week 7	1-Jul	S & R	Week 6
Front Squat	3 x 2	65%	Box Squat (chains)	3 x 4	80%
BB Stepups	3 x 5		Box Jumps	3 x 5	
DB Split Squat	3 x 8		BBB Lunges	3 x 5	
Split Cycle Jumps	3 x 10		MB Squat Thrust & Jump	3 x 8	
Kneeling Leg Curls	3 x 5		Glute Ham	3 x 5	
RDL's	3 x 3		Reverse Hypers	3 x 8	
Manual Leg Curls	3 x 3		Reverse Soldier	3 x 8	
25-Jun	S & R	Week 7	2-Jul	S & R	Week 6
Squat Clean	3 x 3	70%	Stop Cleans	3 x 3	155,175,195
Rack Bench (B)	4 x 15 sec.	135	Neg. Bench	3 x 3	110%
Incline Bench	3 x 3	75%	Super DB Bench	3 x 5	
Neg. Pullups	3 x 5		Wave Pushups	3 x 5	
Bentover Rows	3 x 6		Pullups (3 grips)	3 x Fe	
DB Military Press	3 x 5		DB Rows	3 x 5	
Rear Deltoid	3 x 10		Lat Pulldowns	3 x 8	
27-Jun	S & R	Week 7	3-Jul	S & R	Week 6
Snatch Pull & Shrug	3 x 4 & 6	60%	HS + SB + OHS	3 x 4	
Pistol Squats	3 x 6	45 lbs	OFB Lunge & Squat	3 x 6	
Floor Bench	3 x 6	85%	Incline Bench	3 x 3	80%
Lat Pulldowns	3 x 6		Towel Pullups	3 x 6	
Seated Rows	3 x 5		Push Jerk	3 x 4	
Push Press	3 x 3		BB Military Press	3 x 5	
I,Y,T,A's	3 x 8		Hyper/DB Military	3 x 8	
28-Jun	S & R	Week 7	5-Jul	S & R	Week 6
Hang Clean	7 x 1		Bench	7 x 2	
Box Jumps	7 x 3		Colonel	3 x 30 yds	115,135,155
Shuffle Pushups	3 x 20		300 yd Shuttle		
300 yd Shuttle			Wheel Barrels	2 x 30 yds	
Lateral Wall Walks	3 x 15 yds		#'s Drill	2 x 30 sec.	
BB Walking Lunge	2 x 30 yds	115,135,155			
Agility Ladder	All				

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L-N-D					
8-Jul	S & R	Week 5	15-Jul	S & R	Week 4
Wave Squat	3 x 4	75%	Deep Squat	3 x 2	75,80,85%
DB Box Squats	3 x 8		DB Box Squat & Jump	3 x 8	15's
Squat Thrust & Jump	3 x 6		Front Lunges	3 x 3	
Stepup Curl & Press	3 x 5		DB Box Lunges	3 x 8	
Speed Skaters	3 x 20		Glute Ham	3 x 5	
RDL's	3 x 6		Kneeling Leg Curls	3 x 5	
Manual Leg Curls	3 x 3		Reverse Soldier	3 x 6	
9-Jul	S & R	Week 5	16-Jul	S & R	Week 4
Clean Pulls + Shrugs	4 x 2 +6	90%	CP, HC	3 x 3	85%
Rack Bench (a)	4 x 3	90%	Wave Bench	3 x 3	75,80,85%
Incline DB Bench	3 x 5		Floor Bench	3 x 6	75%
Lat Pulldowns	3 x 6		SA Pullups	3 x 5	
Seated Rows	3 x 5		DB Rows	3 x 6	
Split Jerk	3 x 4		BB Military Press	3 x 5	
DB Pushups & Row	3 x 8		Upright Rows	3 x 5	
11-Jul	S & R	Week 5	18-Jul	S & R	Week 4
Drop Squats	3 x 5	135	Snatch Balance	3 x 3	115,135,155
DB SL Squat	3 x 5		BBB Lunges	3 x 6	
SL Squat Jumps	3 x 5		Super DB Bench	3 x 6	
Towel Bench	3 x 4	85%	Rack Bench (B)	4 x 15 sec.	135
Reverse Pushups	3 x 12		Seated Rows	3 x 5	
J.G. SA Pullups	3 x 20		Lat Pulldowns	3 x 5	
Super DB Military Press	3 x 5		Push Jerk	3 x 4	
12-Jul	S & R	Week 5	19-Jul	S & R	Week 4
Squat	7 x 2		Hang Clean	7 x 2	
Wall Pushups	3 x 15		DB Floor Bench	3 x 5	
300 yd Shuttle			300 yd Shuttle		
Switch Drill			Pro Agility	x 6	
Shuffle	2 x 15 sec.		#'s Drill	2 x 30 sec.	
Carioca	2 x 15 sec.		MB Squat Thrust & Jump	2 x 20	
Sprint & Backpedal	2 x 15 sec.				
Agility Ladder	All				

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L-N-D					
22-Jul	S & R	Week 3	29-Jul	S & R	Week 2
BB SL Squat	3 x 5	135 Start Wt.	Box Squat (Chains)	4 x 3	80,85,90,90%
Split Cycle Jumps	3 x 10		BBB Lunges	3 x 5	
Front Squat	3 x 2	80%	BB Stepups	3 x 5	
Box Jumps	3 x 8		Box Quick Feet	3 x 20	
DB Walking Lunges	3 x 15		SL Physioball Leg Curls	3 x 10	
Glute Ham	3 x 5		Manual Leg Curls	3 x 3	
Reverse Soldier	3 x 8		RDL's	3 x 3	
23-Jul	S & R	Week 3	30-Jul	S & R	Week 2
Hang Clean	4 x 2	90%	Hang Clean	3 x 3	75,80,85%
Pause Bench	3 x 3	90%	Bench	3 x 3	75,80,85%
Lying MB Chest Throws	3 x 8		Incline Bench	3 x 5	
DB Military Press	3 x 6(20)		Pullups (3 grips)	3 sets	
I,Y,T,A's	3 x 8		DB Rows	3 x 5	
Bentover Rows	3 x 5		Split Jerk	3 x 4	
Towel Pullups	3 x 5		BB Shrugs (clean grip)	3 x 6	
25-Jul	S & R	Week 3	2-Aug	S & R	Week 2
Clean Pulls (floor)	3 x 3	80,85,90%	Hang Snatch	3 x 3	135 Start Wt.
Pistol Squats	3 x 8	45	Front Lunges	3 x 4e	
Wave Pushups	3 x 5		Wall Pushups	3 x 15	
Lat Pulldowns	3 x 5		SA Pullups	3 x Fe	
Seated Rows	3 x 5		Upright Row & Press	3 x 5	
DB Rows	3 x 5		Rear Deltoid	3 x 8	
Push Press	3 x 3		DB Pushup & Row	3 x 10	
26-Jul	S & R	Week 3	3-Aug	S & R	Week 2
PTA Friday			PTA Friday		
(15 min - 300 - 15 min)			(15 min - 300 - 15 min)		
Bear	4		BB Waling Lunge	20	
Shuffle Pushups	16		Super Box Jumps	5	
Split Cycle Jumps	20		Wave Pushups	4	
KB Swings	10		KB Swings	10	
Deadlift HighPulls	6		Front Squat & Press	6	
Hand Stepups	20		Hand Stepups	20	
AB Roller	10		DB Squat Hold & Press	8	
MB Squat Thrust & Throw	15		SA KB Swings	10e	
Speed Skaters	20		V-Ups	10e	
Rotation Pushups	2e		Sprinters	10e	

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L-N-D					
5-Aug	S & R	Week 1	5-Aug	S & R	Week 0
Box Squat (chains)	4 x 1	90%	Squat Cleans	3 x 2	50,60,75%
Front Squat	3 x 2	75%	BB Lunges	3 x 2	50,60,75%
Box Jumps	3 x 6		Pause Bench	3 x 2	50,60,75%
Wave Lunges	3 x 5				
RDL's	3 x 3				
Kneeling Leg Curls	3 x 5				
Glute Ham	3 x 5				
6-Aug	S & R	Week 1			
Hang Clean	4 x 1	90%			
Bench	4 x 1	90%			
Box Pushups (3)	3 sets				
J.G. SA Pullups	3 x 20				
Reverse Pushups	3 x 15				
Neg. Pullups	3 x 5				
Hyper/DB Military	3 x 10				
8-Aug	S & R	Week 1			
CP, SC	3 x 2	80%			
Deep Squat	3 x 3	80%			
Floor Bench	3 x 5	80%			
Pullups (3 grips)	2 x Fe				
Lat Pulldowns	3 x 8				
BB Military	3 x 3				
Rear Deltoid	3 x 10				
9-Aug	S & R	Week 1			
PTA Friday					
(15 min - 300 - 15 min)					
Colonel	5				
Floor Bench	8				
Squat Thrust & Jump	8				
Super Box Jumps	5				
Hand Stepups	20				
Physioball Pikes	10				
Sprinters	10e				
Reverse Soldier	8e				

Friday Workouts

The purpose of the Friday workouts to get as close or above your current Max. Below are the progressions that you should follow for each lift. You should start your sets at a weight that will allow you to finish your last set above your current max. If you happen to have a bad day fail before your last set move back down the progression until you are able to successfully complete the prescribed repetitions and continue at that wait until you finish all your sets or until you fail again.

<u>Bench</u>	<u>Hang Clean</u>	<u>Squat</u>
135	95	135
185	135	185
205	175	225
245	205	275
265	245	315
305	275	350
345	300	385
365	325	405
385	345	445
405	365	485
425	380	515
450	390	545
	405	575
		600
		625
		650
		675
		700

Squat MAX										
Name	Pos.	1RM		Name	Pos.	1RM		Name	Pos.	1RM
Hothouse	DT	545		Jardel	OL	545		Bernsten	QB	545
Koslop	DT	540		Amarose	OL	510		Cook	QB	385
Kocman	DT	510		Francis	OL	505		Van Mater	QB	265
Lee	DT	450		Swain	OL	480		Behrmann	WR	375
Simon	DT	440		Ciambrello	OL	475		Bousson	WR	385
Wilke	DE	515		Lane	OL	475		Conklin	WR	365
Ugwu	DE	460		Cabinaw	OL	440		Pellowski	WR	355
Moyer	DE	450		Litwak	OL	440		Frendak	WR	335
Petrouski	DE	415		Phillips	OL	405		Fredo	K	390
Houseknecht	DE	300		Constantino	OL	385		Legg	K	370
Allen	DE	395		Lehr	OL	395		Bobo	K	315
Laubach	DE	inj		Rogers	OL	365		Mellon	K	225
Shuttleworth	LB	560		Asay	OL	305				
Gray	LB	525		Boures	OL	550				
Moore-Jacobs	LB	525		Buffa	OL	515				
Thomas	LB	495		George	TE	455				
Paskas	LB	485		Devitt	TE	405				
Messina	LB	435		Casey	TE	375				
Belle	LB	395		Frederick	TE	235				
Baker	LB	300		Curry	TE	440				
Mohring	DB	465		Von Glahn	TE	inj				
Keer	DB	405		Oprendek	TE	325				
Jones, R	DB	385		Dawson	FB	440				
Powell	DB	365		Brune	FB	420				
Gaffney	DB	340		Garvin	RB	490				
Pisano	DB	310		Ingulli	RB	390				
Richardson	C	515		Incremona	RB	375				
Briskie	C	380		Krall	RB	345				
Mastrantuono	C	300		Wogou	RB	345				
Jackson	C	285		Martin	RB	375				
				Spies	RB	365				

Bench MAX										
Name	Pos.	1RM		Name	Pos.	1RM		Name	Pos.	1RM
Koslop	DT	395		Buffa	OL	395		Legg	P	295
Simon	DT	345		Jardel	OL	385		Fredo	K	245
Hothouse	DT	340		Litwak	OL	345		Bobo	K	205
Kocman	DT	315		Lane	OL	340		Mellon	P	INJ
Lee	DT	300		Costantino	OL	325		Cook	QB	280
Allen	DE	340		Rogers	OL	320		Van Mater	QB	225
Ugwu	DE	330		Cabinaw	OL	305		Berntsen	QB	225RH
Houseknecht	DE	315		Boures	OL	295		Pellowski	WR	285
Wilke	DE	295		Ciambrello	OL	295		Bousson	WR	255
Laubach	DE	295		Amarose	OL	275		Conklin	WR	255
Petrouskie	DE	275		Francis	OL	265		Behrmann	WR	235
Moyer	DE	255		Phillips	OL	255		Frendak	WR	205
Shuttleworth	LB	375		Asay	OL	INJ				
Thomas	LB	350		Swain	OL	285				
Baker	LB	335		Lehr	OL	205				
Gray	LB	315		Curry	TE	320				
Moore Jacobs	LB	300		Von Glahn	TE	300				
Belle	LB	280		George	TE	285				
Paskas	LB	270		Lavage	TE	285				
Messina	LB	255		Casey	TE	275				
Mohring	DB	320		Devitt	TE	275				
Jones,R	DB	300		Oprendek	TE	225				
Keer	DB	280		Dawson	FB	315				
Pisano	DB	285		Brune	FB	260				
Powell	DB	235		Wogou	RB	360				
Gaffney	DB	225		Incremona	RB	315				
Briskie	DB	270		Garvin	RB	285				
Richardson	DB	265		Ingulli	RB	275				
Mastrantuono	DB	235		Martin	RB	270				
Jackson	DB	205		Krall	RB	235				
Leaf	DB	180		Spies	RB	245				

Clean MAX										
Hothouse	DT	315		Swain	OL	320		Legg	DB	255
Simon	DT	295		Jardel	OL	310		Fredo	K	235
Koslop	DT	265		Amarose	OL	290		Bobo	K	220
Lee	DT	245		Litwak	OL	280		Mellon	P	170
Kocman	DT	235		Lane	OL	275		Berntsen	QB	245 - RH
Wilke	DE	275		Ciambrello	OL	245		Cook	QB	235
Ugwu	DE	290		Francis	OL	245		Van Mater	QB	INJ
Petrouskie	DE	255		Cabinaw	OL	235		Pellowski	WR	250
Houseknecht	DE	225 X 3		Costantino	OL	235		Conklin	WR	240
Moyer	DE	235		Phillips	OL	215		Behrmann	WR	235
Laubach	DE	205		Rogers	OL	210		Frendak	WR	235
Allen	DE	INJ		Asay	OL	INJ		Bousson	WR	225
Gray	LB	355		Boures	OL	285				
Shuttleworth	LB	360		Buffa	OL	250				
Baker	LB	285		Lehr	OL	175				
Moore Jacobs	LB	275		George	TE	300				
Thomas	LB	270		Devitt	TE	290				
Messina	LB	255		Lavage	TE	240				
Paskas	LB	255		Casey	TE	235				
Belle	LB	235		Curry	TE	255				
Mohring	DB	305		Von Glahn	TE	255				
Gaffney	DB	265		Oprendek	TE	255				
Jones, R	DB	255		Dawson	FB	285				
Keer	DB	255		Brune	FB	215				
Pisano	DB	230		Garvin	RB	265				
Powell	DB	220		Martin	RB	255				
Richardson	DB	295		Incremona	RB	225				
Briskie	DB	250		Ingulli	RB	225				
Jackson	DB	225		Krall	RB	225				
Mastrantuono	DB	215		Spies	RB	INJ				
Leaf	DB	180		Wogou	RB	INJ				

Weight	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	105%
75	37.5	41.25	45	48.75	52.5	56.25	60	63.75	67.5	71.25	75	78.75
80	40	44	48	52	56	60	64	68	72	76	80	84
85	42.5	46.75	51	55.25	59.5	63.75	68	72.25	76.5	80.75	85	89.25
90	45	49.5	54	58.5	63	67.5	72	76.5	81	85.5	90	94.5
95	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95	99.75
100	50	55	60	65	70	75	80	85	90	95	100	105
105	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105	110.25
110	55	60.5	66	71.5	77	82.5	88	93.5	99	104.5	110	115.5
115	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	120.75
120	60	66	72	78	84	90	96	102	108	114	120	126
125	62.5	68.75	75	81.25	87.5	93.75	100	106.25	112.5	118.75	125	131.25
130	65	71.5	78	84.5	91	97.5	104	110.5	117	123.5	130	136.5
135	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	141.75
140	70	77	84	91	98	105	112	119	126	133	140	147
145	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	152.25
150	75	82.5	90	97.5	105	112.5	120	127.5	135	142.5	150	157.5
155	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	162.75
160	80	88	96	104	112	120	128	136	144	152	160	168
165	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165	173.25
170	85	93.5	102	110.5	119	127.5	136	144.5	153	161.5	170	178.5
175	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	183.75
180	90	99	108	117	126	135	144	153	162	171	180	189
185	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	194.25
190	95	104.5	114	123.5	133	142.5	152	161.5	171	180.5	190	199.5
195	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	204.75
200	100	110	120	130	140	150	160	170	180	190	200	210
205	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	215.25
210	105	115.5	126	136.5	147	157.5	168	178.5	189	199.5	210	220.5
215	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	225.75
220	110	121	132	143	154	165	176	187	198	209	220	231
225	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	236.25
230	115	126.5	138	149.5	161	172.5	184	195.5	207	218.5	230	241.5
235	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	246.75
240	120	132	144	156	168	180	192	204	216	228	240	252
245	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245	257.25
250	125	137.5	150	162.5	175	187.5	200	212.5	225	237.5	250	262.5
255	127.5	140.25	153	165.75	178.5	191.25	204	216.75	229.5	242.25	255	267.75
260	130	143	156	169	182	195	208	221	234	247	260	273
265	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265	278.25
270	135	148.5	162	175.5	189	202.5	216	229.5	243	256.5	270	283.5
275	137.5	151.25	165	178.75	192.5	206.25	220	233.75	247.5	261.25	275	288.75
280	140	154	168	182	196	210	224	238	252	266	280	294
285	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285	299.25
290	145	159.5	174	188.5	203	217.5	232	246.5	261	275.5	290	304.5
295	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295	309.75
300	150	165	180	195	210	225	240	255	270	285	300	315
305	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305	320.25
310	155	170.5	186	201.5	217	232.5	248	263.5	279	294.5	310	325.5
315	157.5	173.25	189	204.75	220.5	236.25	252	267.75	283.5	299.25	315	330.75
320	160	176	192	208	224	240	256	272	288	304	320	336
325	162.5	178.75	195	211.25	227.5	243.75	260	276.25	292.5	308.75	325	341.25
330	165	181.5	198	214.5	231	247.5	264	280.5	297	313.5	330	346.5
335	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335	351.75
340	170	187	204	221	238	255	272	289	306	323	340	357
345	172.5	189.75	207	224.25	241.5	258.75	276	293.25	310.5	327.75	345	362.25
350	175	192.5	210	227.5	245	262.5	280	297.5	315	332.5	350	367.5
355	177.5	195.25	213	230.75	248.5	266.25	284	301.75	319.5	337.25	355	372.75

Weight	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	105%
360	180	198	216	234	252	270	288	306	324	342	360	378
365	182.5	200.75	219	237.25	255.5	273.75	292	310.25	328.5	346.75	365	383.25
370	185	203.5	222	240.5	259	277.5	296	314.5	333	351.5	370	388.5
375	187.5	206.25	225	243.75	262.5	281.25	300	318.75	337.5	356.25	375	393.75
380	190	209	228	247	266	285	304	323	342	361	380	399
385	192.5	211.75	231	250.25	269.5	288.75	308	327.25	346.5	365.75	385	404.25
390	195	214.5	234	253.5	273	292.5	312	331.5	351	370.5	390	409.5
395	197.5	217.25	237	256.75	276.5	296.25	316	335.75	355.5	375.25	395	414.75
400	200	220	240	260	280	300	320	340	360	380	400	420
405	202.5	222.75	243	263.25	283.5	303.75	324	344.25	364.5	384.75	405	425.25
410	205	225.5	246	266.5	287	307.5	328	348.5	369	389.5	410	430.5
415	207.5	228.25	249	269.75	290.5	311.25	332	352.75	373.5	394.25	415	435.75
420	210	231	252	273	294	315	336	357	378	399	420	441
425	212.5	233.75	255	276.25	297.5	318.75	340	361.25	382.5	403.75	425	446.25
430	215	236.5	258	279.5	301	322.5	344	365.5	387	408.5	430	451.5
435	217.5	239.25	261	282.75	304.5	326.25	348	369.75	391.5	413.25	435	456.75
440	220	242	264	286	308	330	352	374	396	418	440	462
445	222.5	244.75	267	289.25	311.5	333.75	356	378.25	400.5	422.75	445	467.25
450	225	247.5	270	292.5	315	337.5	360	382.5	405	427.5	450	472.5
455	227.5	250.25	273	295.75	318.5	341.25	364	386.75	409.5	432.25	455	477.75
460	230	253	276	299	322	345	368	391	414	437	460	483
465	232.5	255.75	279	302.25	325.5	348.75	372	395.25	418.5	441.75	465	488.25
470	235	258.5	282	305.5	329	352.5	376	399.5	423	446.5	470	493.5
475	237.5	261.25	285	308.75	332.5	356.25	380	403.75	427.5	451.25	475	498.75
480	240	264	288	312	336	360	384	408	432	456	480	504
485	242.5	266.75	291	315.25	339.5	363.75	388	412.25	436.5	460.75	485	509.25
490	245	269.5	294	318.5	343	367.5	392	416.5	441	465.5	490	514.5
495	247.5	272.25	297	321.75	346.5	371.25	396	420.75	445.5	470.25	495	519.75
500	250	275	300	325	350	375	400	425	450	475	500	525
505	252.5	277.75	303	328.25	353.5	378.75	404	429.25	454.5	479.75	505	530.25
510	255	280.5	306	331.5	357	382.5	408	433.5	459	484.5	510	535.5
515	257.5	283.25	309	334.75	360.5	386.25	412	437.75	463.5	489.25	515	540.75
520	260	286	312	338	364	390	416	442	468	494	520	546
525	262.5	288.75	315	341.25	367.5	393.75	420	446.25	472.5	498.75	525	551.25
530	265	291.5	318	344.5	371	397.5	424	450.5	477	503.5	530	556.5
535	267.5	294.25	321	347.75	374.5	401.25	428	454.75	481.5	508.25	535	561.75
540	270	297	324	351	378	405	432	459	486	513	540	567
545	272.5	299.75	327	354.25	381.5	408.75	436	463.25	490.5	517.75	545	572.25
550	275	302.5	330	357.5	385	412.5	440	467.5	495	522.5	550	577.5
555	277.5	305.25	333	360.75	388.5	416.25	444	471.75	499.5	527.25	555	582.75
560	280	308	336	364	392	420	448	476	504	532	560	588
565	282.5	310.75	339	367.25	395.5	423.75	452	480.25	508.5	536.75	565	593.25
570	285	313.5	342	370.5	399	427.5	456	484.5	513	541.5	570	598.5
575	287.5	316.25	345	373.75	402.5	431.25	460	488.75	517.5	546.25	575	603.75
580	290	319	348	377	406	435	464	493	522	551	580	609
585	292.5	321.75	351	380.25	409.5	438.75	468	497.25	526.5	555.75	585	614.25
590	295	324.5	354	383.5	413	442.5	472	501.5	531	560.5	590	619.5
595	297.5	327.25	357	386.75	416.5	446.25	476	505.75	535.5	565.25	595	624.75
600	300	330	360	390	420	450	480	510	540	570	600	630
605	302.5	332.75	363	393.25	423.5	453.75	484	514.25	544.5	574.75	605	635.25
610	305	335.5	366	396.5	427	457.5	488	518.5	549	579.5	610	640.5
615	307.5	338.25	369	399.75	430.5	461.25	492	522.75	553.5	584.25	615	645.75
620	310	341	372	403	434	465	496	527	558	589	620	651
625	312.5	343.75	375	406.25	437.5	468.75	500	531.25	562.5	593.75	625	656.25
630	315	346.5	378	409.5	441	472.5	504	535.5	567	598.5	630	661.5
635	317.5	349.25	381	412.75	444.5	476.25	508	539.75	571.5	603.25	635	666.75
640	320	352	384	416	448	480	512	544	576	608	640	672

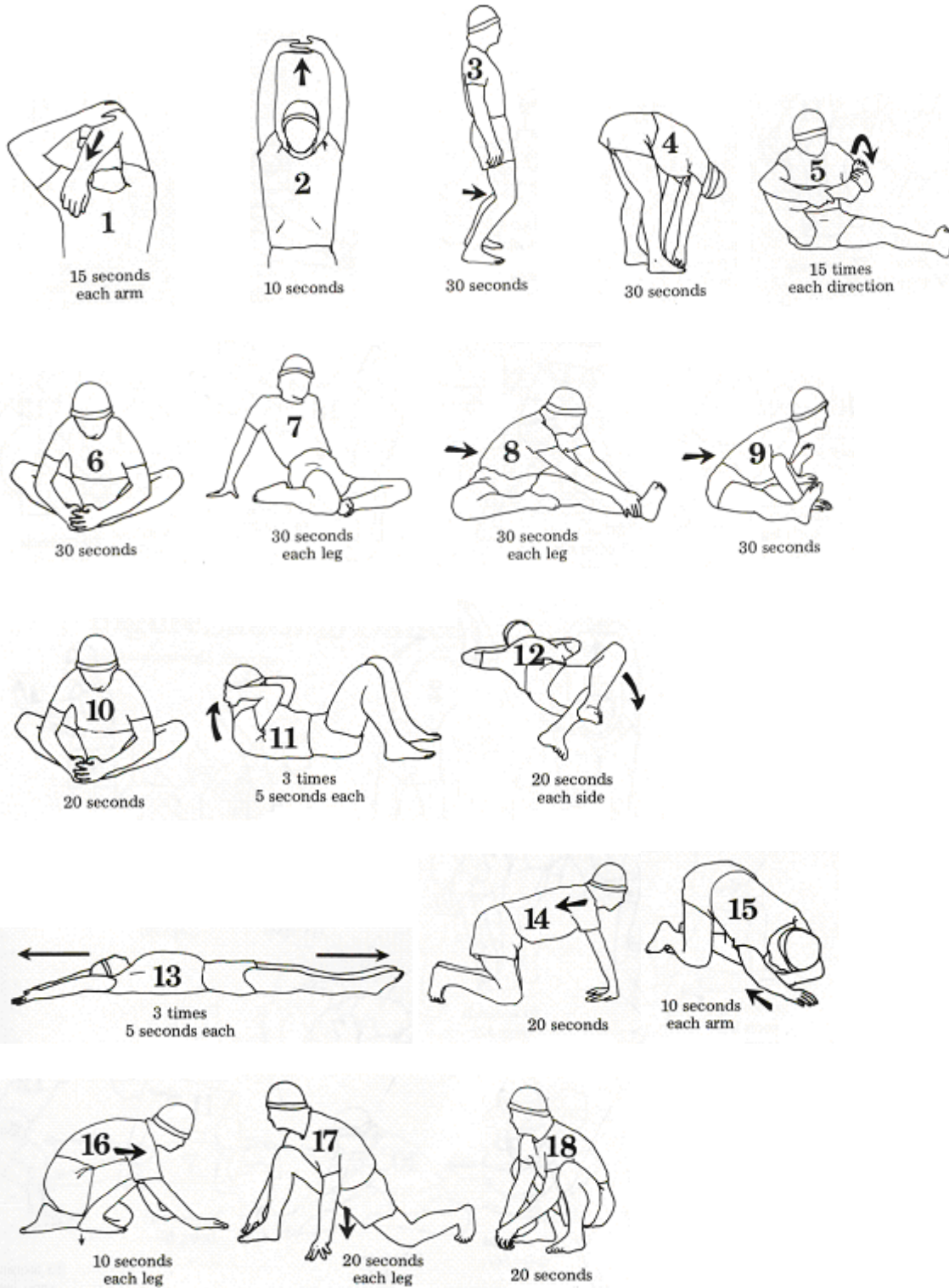
***"Sweat plus
sacrifice equals
success" Charles
O. Finley***

Stretches

Wilkes University

Football Stretches

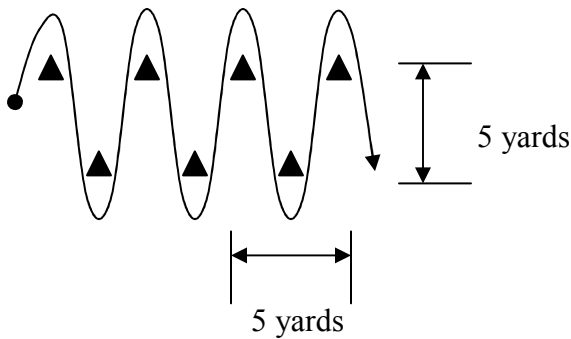
Before & After
Approximately 10 Minutes



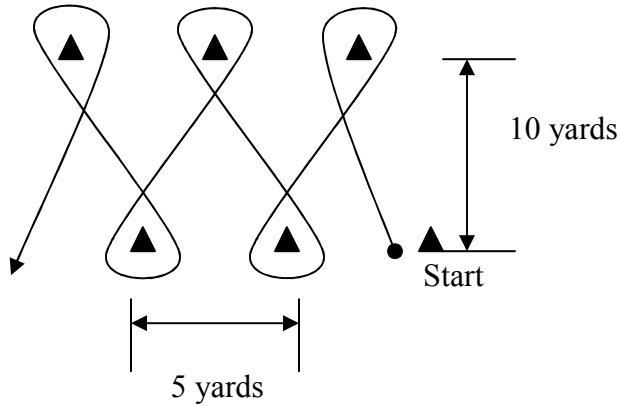
***"the will to win is
important, but the will
to prepare to win is
vital"***

Agilities

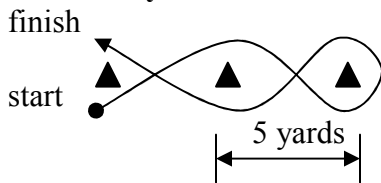
Cone Chute: Sprint through the cones 2 times each direction
 Shuffle through the cones 2 times each direction
 Sprint forward around the cone & backpedal back
 * do not touch the cones



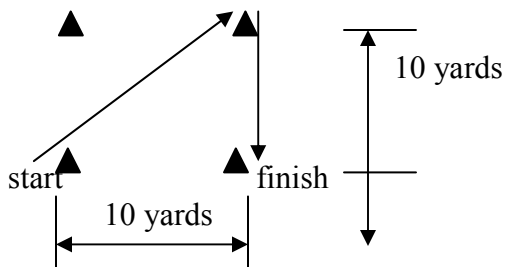
Crazy 8's: 4 each direction



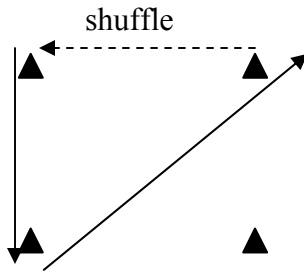
3 Cone Crazy 8's: 4 each direction



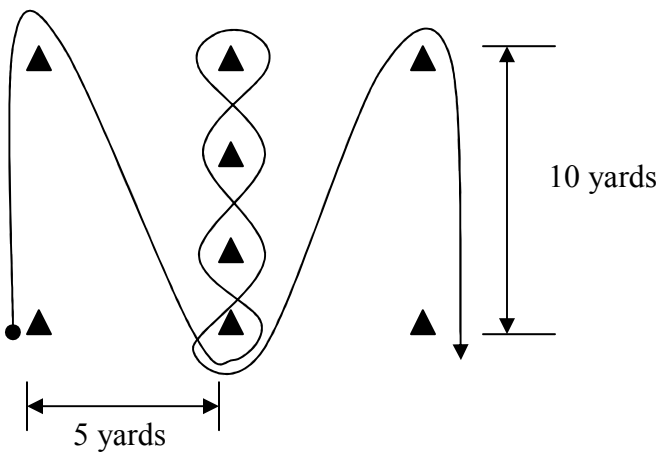
45 degree Drop Square Drills: Facing away from the cones, open up the left hip, And diagonally sprint to the far left cone. Plant the left foot and sprint through the cone in front of you. 4 each drill



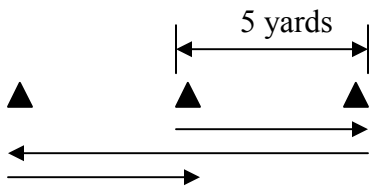
45 degree Drop Square Drills: Facing away from the cones, open up the left hip, And diagonally sprint to the far left cone. Plant the left foot and shuffle to the right upon reaching that Cone sprint forward back to the start position.



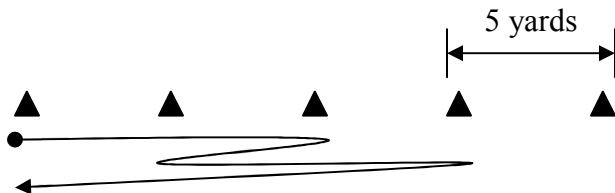
Illinois Agility Drill: Start at Cone 1, sprint around cone 2 to cone 3, around cone 3, and weave in and out of cones 3,4,5,6 moving forward, and around cone 6 weaving in and out back to cone 3, then sprint and around cone 7, and sprint to the finish cone 8.



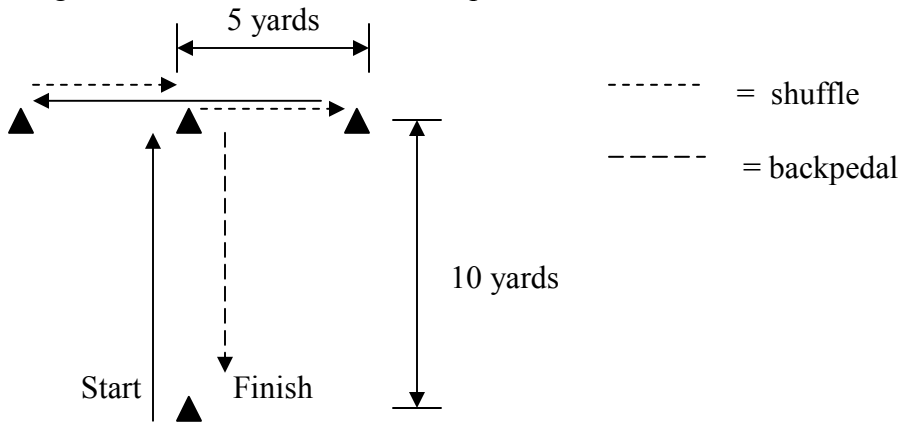
Pro Agility: 3 cones 5 yards apart, start on the middle cone and sprint to the right cone, turn and sprint left to the 2nd cone, turn and sprint right across the middle cone. Time stops when you cross the middle cone.



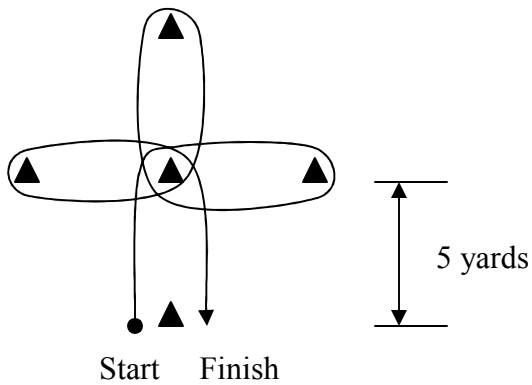
Numbers Drill: 5 cones each cone is 5 yards away from the other. Starting at cone 1, sprint the cone called out, then to the next cone # called continue this until 30 sec. is up.



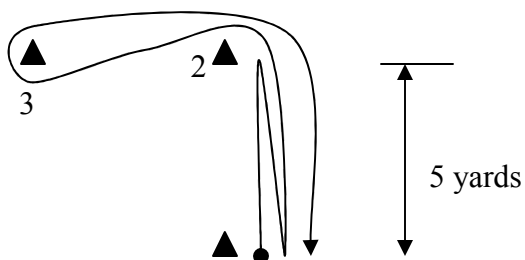
T-Test: Sprint forward from the start to the middle cone, slide to the right, sprint to 2nd cone, slide right to the middle cone, and backpedal to the finish



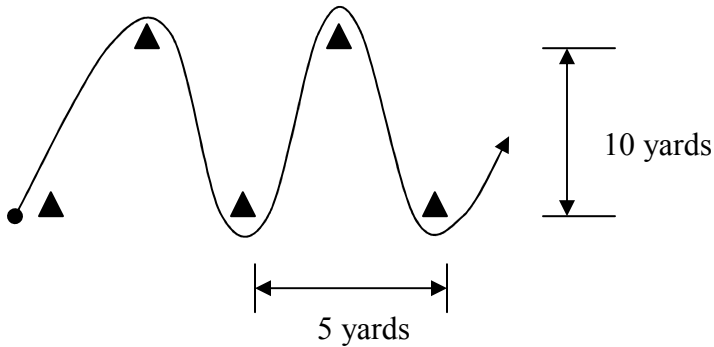
Star Drill: 5 cones, 1 center cone, 4 cones surrounding the center cone each 5 yards away. Start at the bottom cone and facing the center cone. Sprint forward at each cone. Turn right and continue this until you return to the start cone. Repeat the drill turning left.



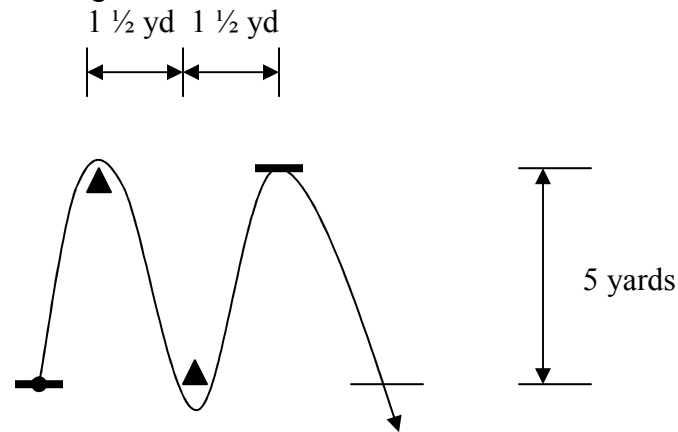
Three Cone Test: 5 yds. between each cone. Sprint From cone 1 to cone 2 and back to 1 touching the line or cone with your hand. Then sprint around cone 2 to cone 3 around it and sprint back around cone 2 to cone 1



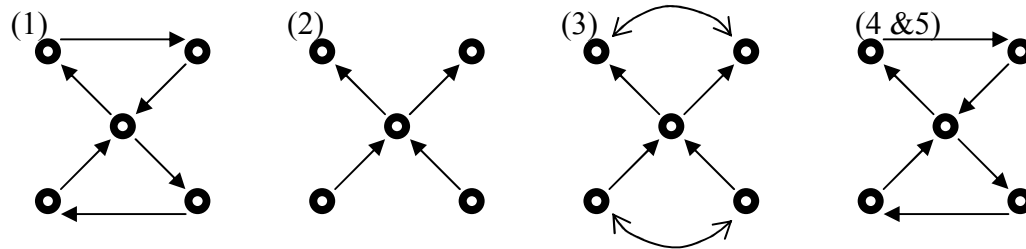
W Drill: Each cone is 10 yards away from the other set up in a W formation as above. The First drill is to run through changing direction at the cone. The second drill is to sprint from the 1st cone to the 2nd cone and then backpedal from the 2nd cone to the 3rd cone and continue until you finish the drill.



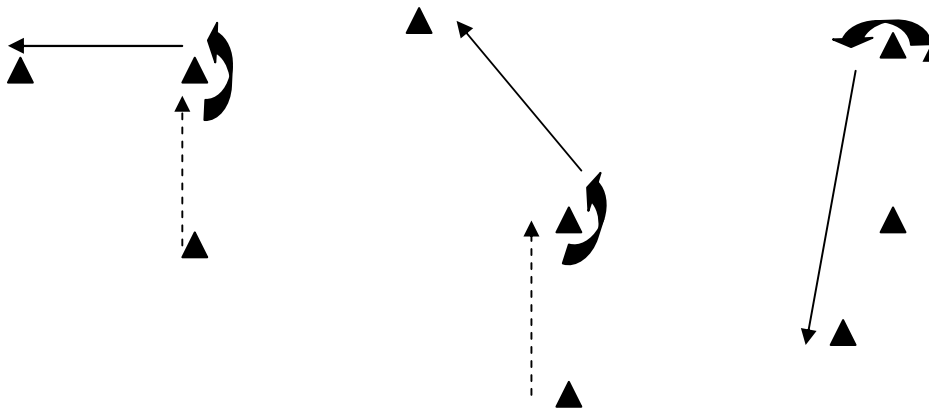
Nebraska Drill: 4 reps each direction, start by lying on your stomach facing the first cone, sprint around the first cone then around the second cone touch the line with your hand and sprint through the finish line.



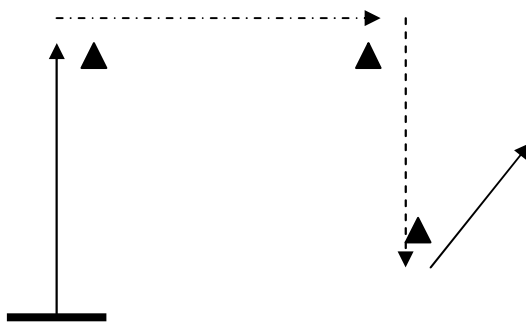
Dot Drill: The drill progresses from double leg to single leg and is performed in sets of 5 reps each of 5 different drills (1) both legs (2) Leg apart, together, apart and back (3) apart, together, apart, 180 degree turn and back (4) right leg (5) left leg



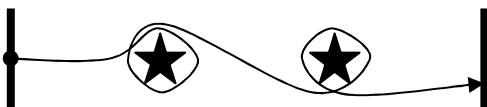
Whip Eyes: back pedal to the 2nd cone, turn around the cone and sprint to the 3rd cone. There are 3 different versions that are listed below do 2 of each version and 2 to the right and 2 to the left.



Three Corner Drill: Start in a three-point stance on the first line. Sprint to the first cone; drive off your left foot using a side step, and shuffle right to the second cone. At the second cone backpedal to the third cone. At the third cone, plant the left foot and break at a 45 degree angle to the right as you would be breaking for the ball.



The Squirm: Start in a three-point stance and on your partners command, sprints 5 yards. Put the right hand down rotate 360 degrees and sprint another 5 yards. Place the Left hand down and rotate 360 degrees and sprint another 5 yards.



Ladder Drills

- Run through 1 foot in each
- Run through 2 feet in each
- Slide to the Right
- Slide to the Left
- In & Out to the Right
- In & Out to the Left
- Carioca to the Right
- Carioca to the Left
- Icky Shuffle
- Crossover In Front Forward
- Crossover In Front Backward
- Crossover Behind Forward
- Crossover Behind Backward
- Hop Scotch on the Right Foot
- Hop Scotch on the Left Foot
- One Footed Hops Forward Right & Left
- One Footed Hops Sideways Right & Left
- One Footed Zig Zag Hops Right & Left
- Skip Right and Left

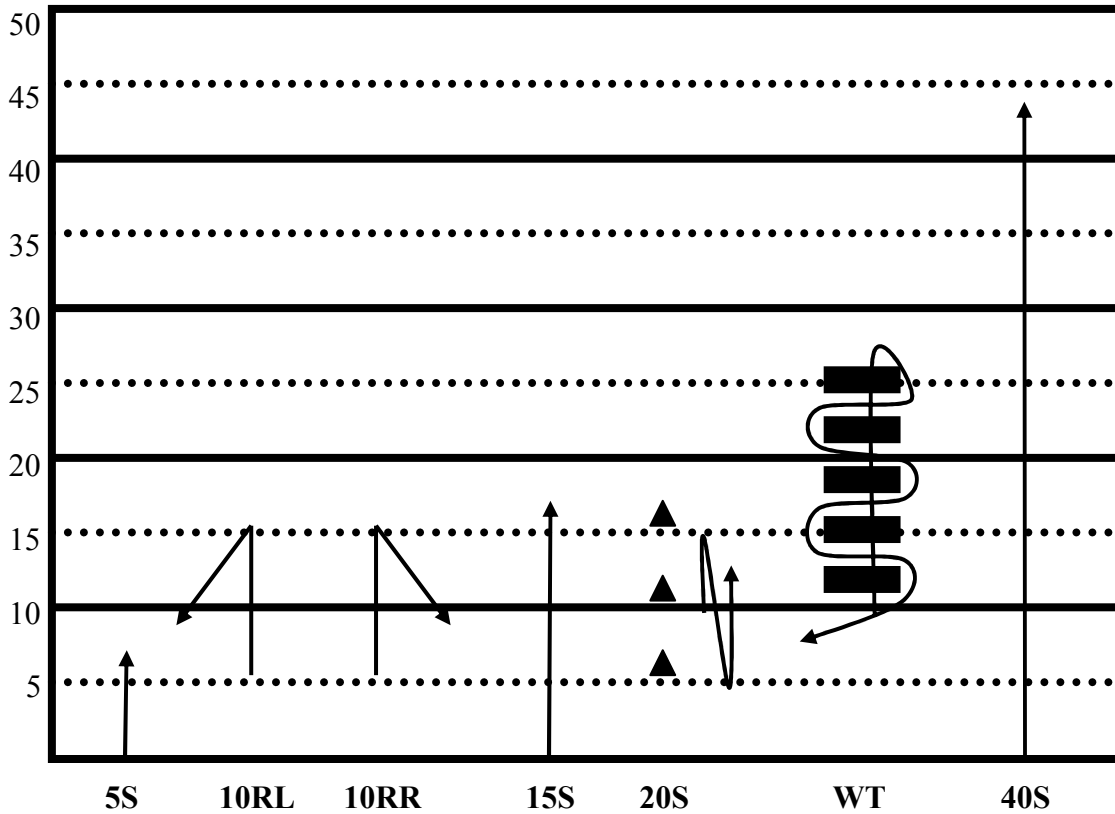
Agility Ladder Hand Drills

- One hand in each
- Both hands in each
- Slide R
- Slide L
- In and Out half ladder only
- Icky Shuffle
- Icky Shuffle Half Right Side
- Icky Shuffle Half Left Side
- Icky Shuffle Backwards

"If a team is to reach its potential, each player must be willing to subordinate his personal goals to the good of the team"

Position Specific

Wilkes University
Football Position Specific Drills
Defensive Line

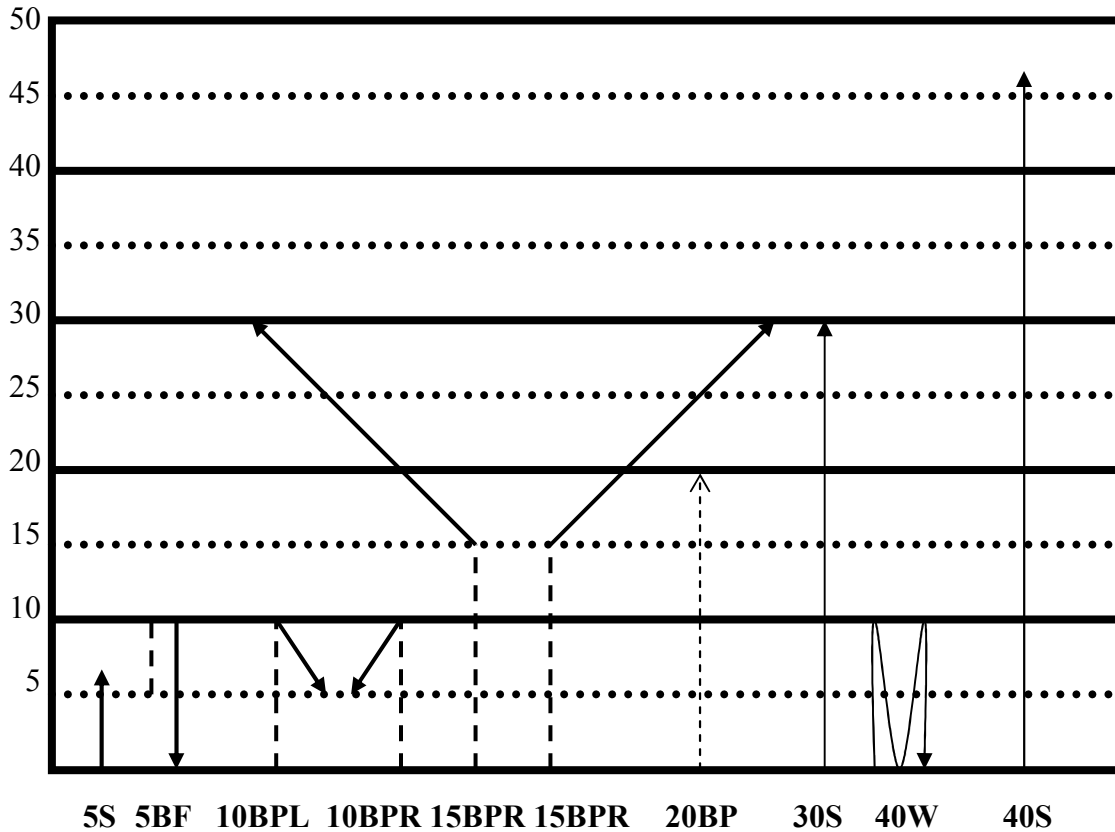


Movement Descriptions

- 5S** – 5 yard sprint
- 10RL** – 10 yard rush, retreat left at 45 degrees to the sideline
- 10 RR** – 10 yard rush, retreat right at 45 degrees to the sideline
- 15S** – 15 yard sprint
- 20S** – 20 yard shuttle (pro agility)
- WT** – Weave & Trash Drill w/5 yard sprint out
- 40S** – 40 yard sprint

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
10RL	15S	5S	10RR	20S
WT	5S	WT	5S	15S
40S	20S	40S	WT	5S
5S	40S	10RR	40S	10RL
15S	10RL	15S	40S	5S
5S	WT	5S	5S	40S
10RR	5S	40S	15S	5S
20S	5S	10RL	20S	WT
5S	15S	20S	5S	10RR
40S	10RR	5S	10RL	15S
Rest	Rest	Rest	Rest	Rest

Defensive Backs



Movement Descriptions

5S – 5 yard Sprint

5BF – 5 yard back-pedal, sprint forward 10 yards

10BPL – 10 yard back-pedal, break forward at 45 degrees to the left 5 yards

10BPR – 10 yard back-pedal, break forward at 45 degrees to the right 5 yards

15BPL – 15 yard back-pedal, turn and sprint 20 yards at 45 degrees to the left

15BPR – 15 yard back-pedal, turn and sprint 20 yards at 45 degrees to the right

20BP – 20 yard back-pedal

30S – 30 yard sprint

40W – W drill to 10 and back

40S – 40 yard sprint

Set 1

10BPL

20BP

40S

5S

15BPR

30S

10BPR

40W

5BF

40S

Rest

Set 2

30S

5S

10BPR

40W

40S

15BPL

5BF

15BPR

10BPL

20BP

Rest

Set 3

10BPR

20BP

40S

10BPL

15BPR

40W

40S

5S

15BPL

30S

Rest

Set 4

5BF

40W

20BP

40S

40S

5S

10BPL

10BPR

30S

15BPR

Rest

Set 5

15BPR

5BF

10BPL

5S

20BP

40S

15BPL

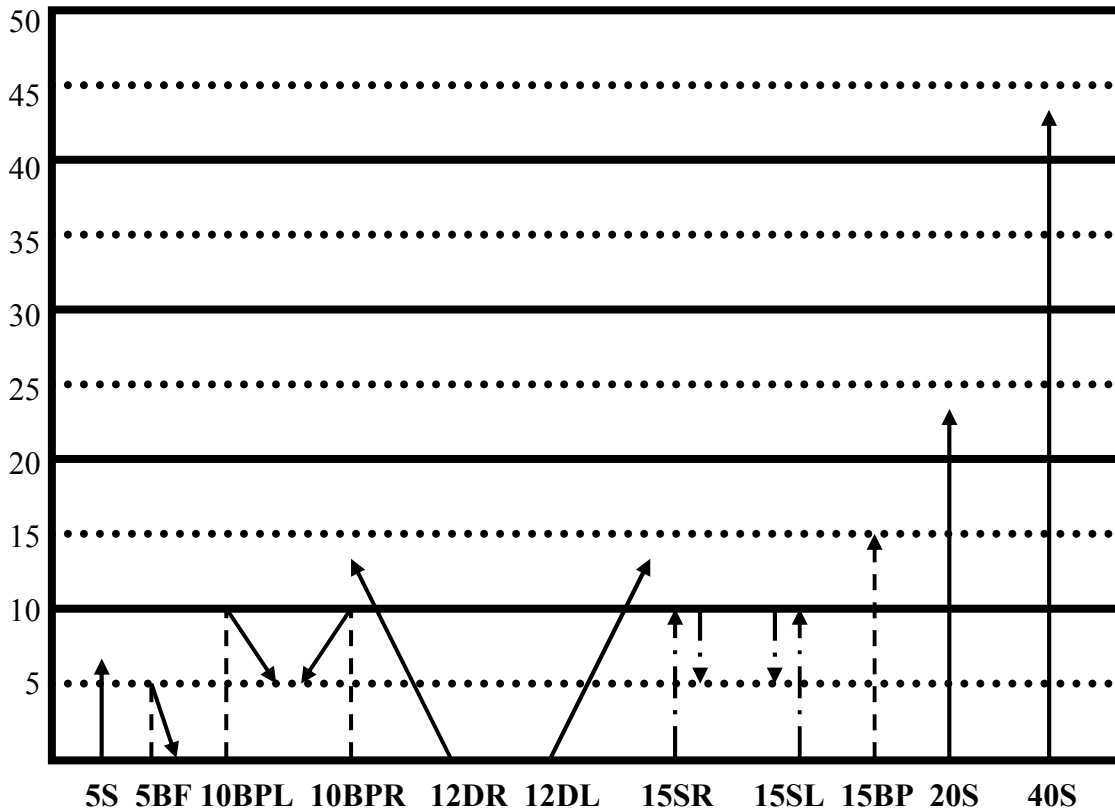
40W

30S

10BPR

Rest

Linebackers



Movement Descriptions

5S – 5 yard sprint

5BF – 5 yard back pedal, sprint forward 5 yards

10BPL – Back pedal 10 yards, break left on a 45 degree angle forward for 5 yards

10BPR – Back pedal 10 yards, break right on a 45 degree angle forward for 5 yards

12DR – 12 yard drop to the right

12DL – 12 yard drop to the left

15SR – Shuffle left for 10 yards, plant, and then shuffle to the right for 5 yards

15SL – Shuffle right for 10 yards, plant, and then shuffle to the left for 5 yards

15 BP – 15 yard back pedal

20S – 20 yard sprint

40S – 40 yard sprint

Set 1

10BPL

12DR

40S

20S

5S

12DL

15SR

5BF

15SL

40S

Rest

Set 2

5BF

10BPR

15SL

40S

40S

10BPL

20S

15BP

12DL

12DR

5S

Rest

Set 3

12DL

15SR

40S

5S

10BPL

20S

20S

40S

15SL

10BPR

15BP

Rest

Set 4

10BPR

12DR

15BP

40S

40S

5BF

15SR

20S

10BPL

15SL

Rest

Set 5

15SR

5BF

20S

12DL

10BPR

40S

5S

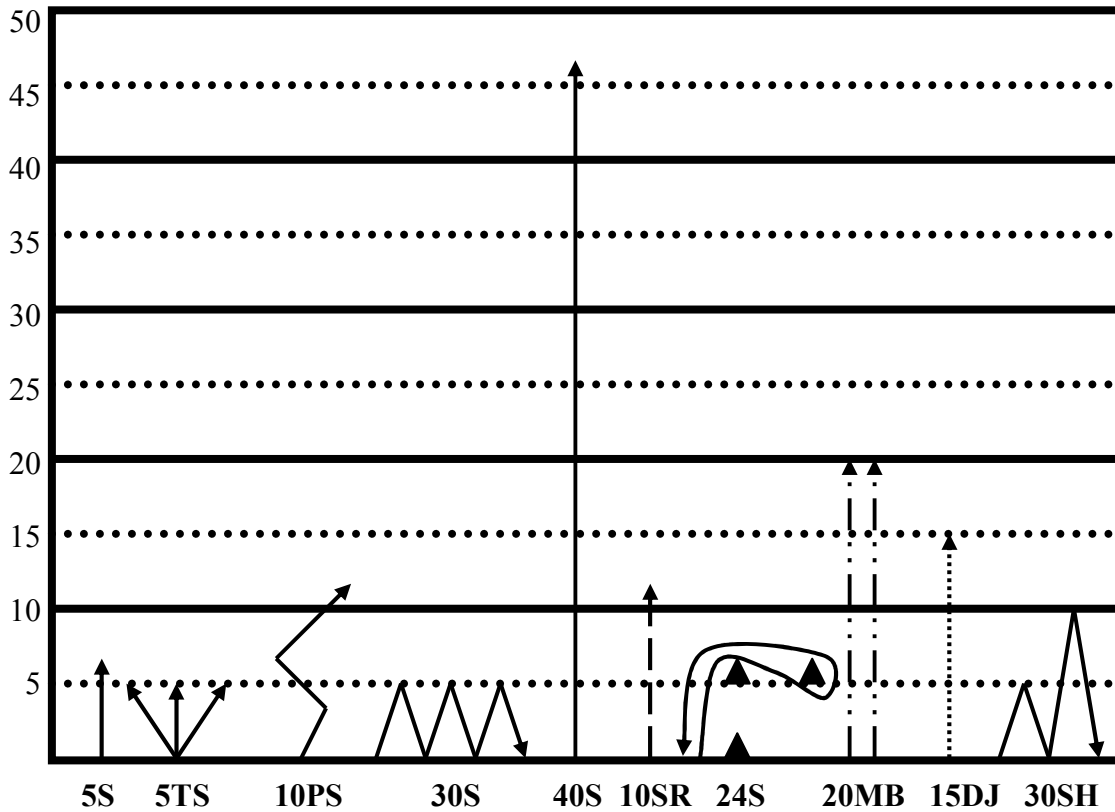
20S

15BP

12DR

Rest

Offensive Line



Movement Descriptions

5S – 5 yard sprint

5TS – 5 yard triangle shuffle

10PS – 10 yard pass shuffle at a 30 degree angle backwards (with 45 lb plate)

30S – 30 yard shuttle

40S – 40 yard sprint

10SR – 10 yard set-reset, etc. (facing sidelines)

24S – 24 yard shuttle drill (3 cone test)

20MB – 20 yard medicine ball repels

15DJ – 15 yard double leg jumps

30SH – 30 yard shuttle

Set 1

5TS

10PS

40S

10SR

5S

24S

30S

15DJ

5S

30SH

Rest

Set 2

5S

24S

5TS

5S

10PS

30SH

20MB

10SR

40S

5S

Rest

Set 3

5S

10SR

15DJ

40S

5S

20MB

30S

10PS

5S

5TS

Rest

Set 4

10SR

24S

5TS

10PS

30S

5S

40S

20MB

30SH

5S

Rest

Set 5

40S

5S

5TS

20MB

30S

24S

5S

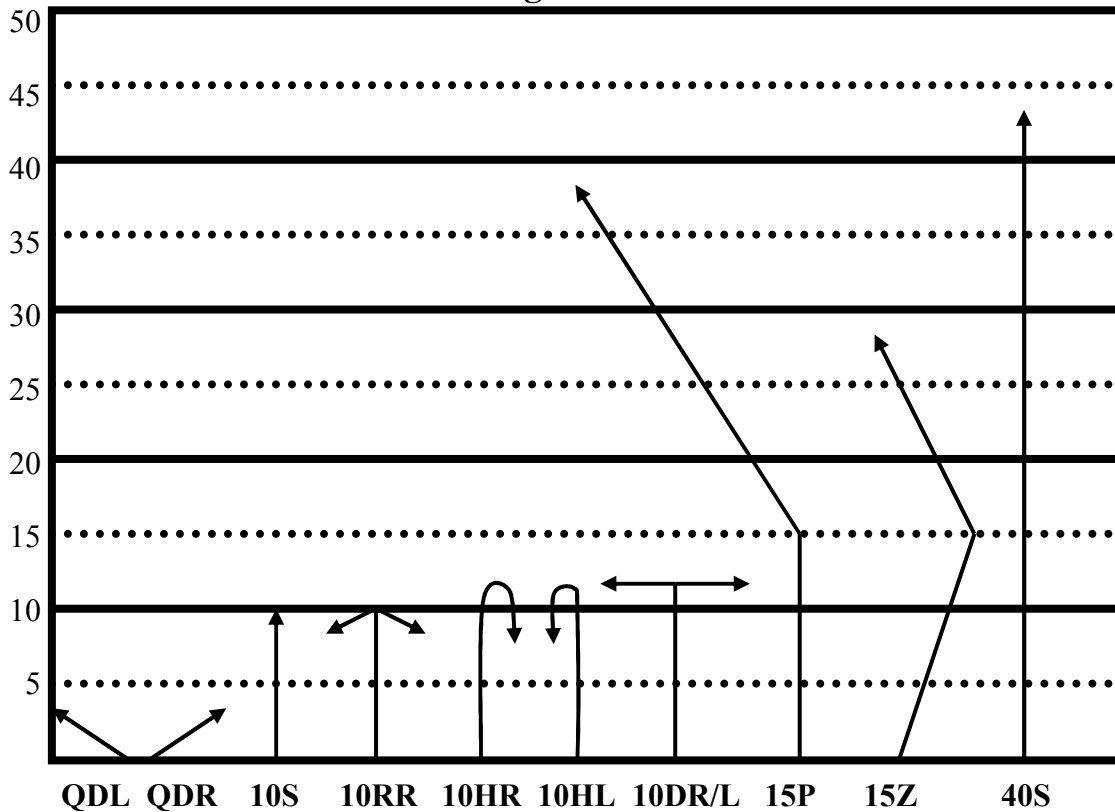
15DJ

30SH

5S

Rest

Tight Ends

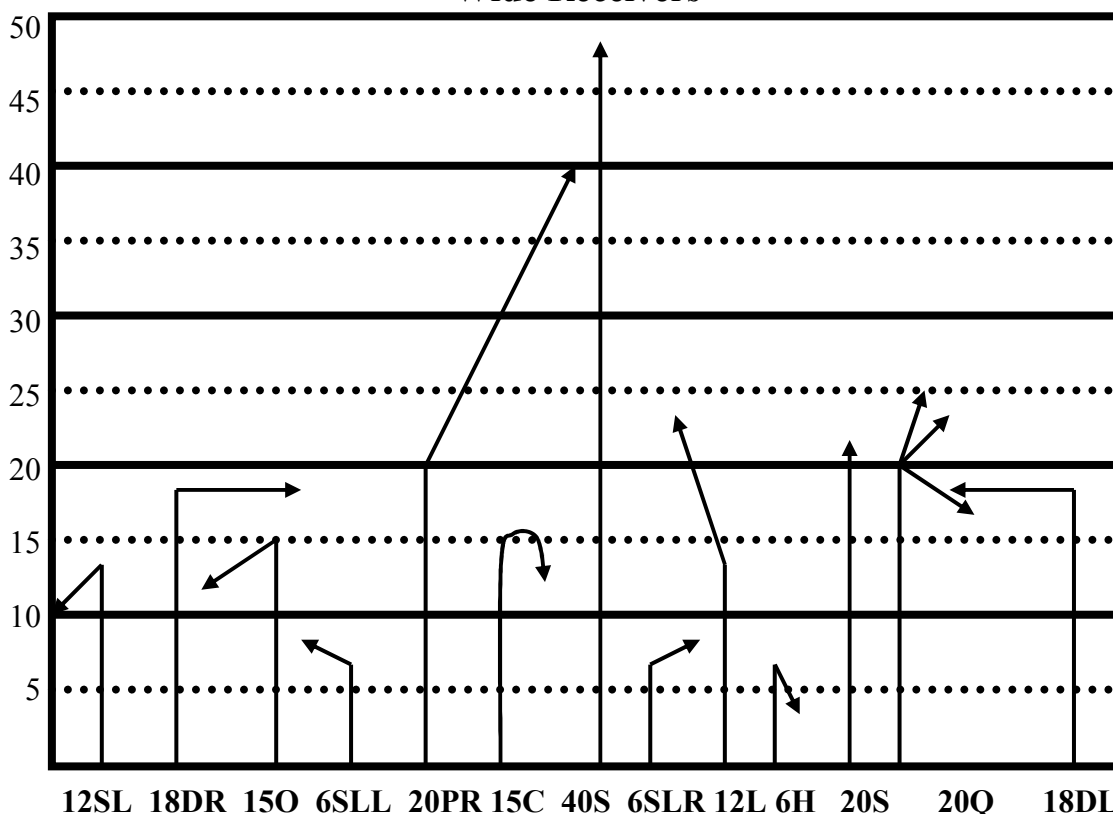


Movement Descriptions

- QDL** – quick diagonal left
- QDR** – quick diagonal right
- 10S** – 10 yard sprint
- 10RR** – 10 yard read route (left of right)
- 10HR** – 10 yard hook right
- 10HL** – 10 yard hook left
- 10DR/L** – 10 yard drag left or right
- 15P** – 15 yard post run to 40 yards
- 15Z** – 15 yard z route
- 40S** – 40 yard sprint

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
10DL	10DR	15P	15Z	40S
15Z	10S	QDL	10RR	QDR
40S	10HL	40S	15Z	10DL
10HL	40S	10HR	40S	10HR
10HR	QDL	10RR	40S	10HL
10S	10RR	10DR	QDL	40S
15P	15Z	40S	10S	10DR
10DR	10DL	10HL	QDR	10RR
QDL	QDR	15P	10DR	15P
40S	40S	QDR	10HR	10S
Rest	Rest	Rest	Rest	Rest

Wide Receivers

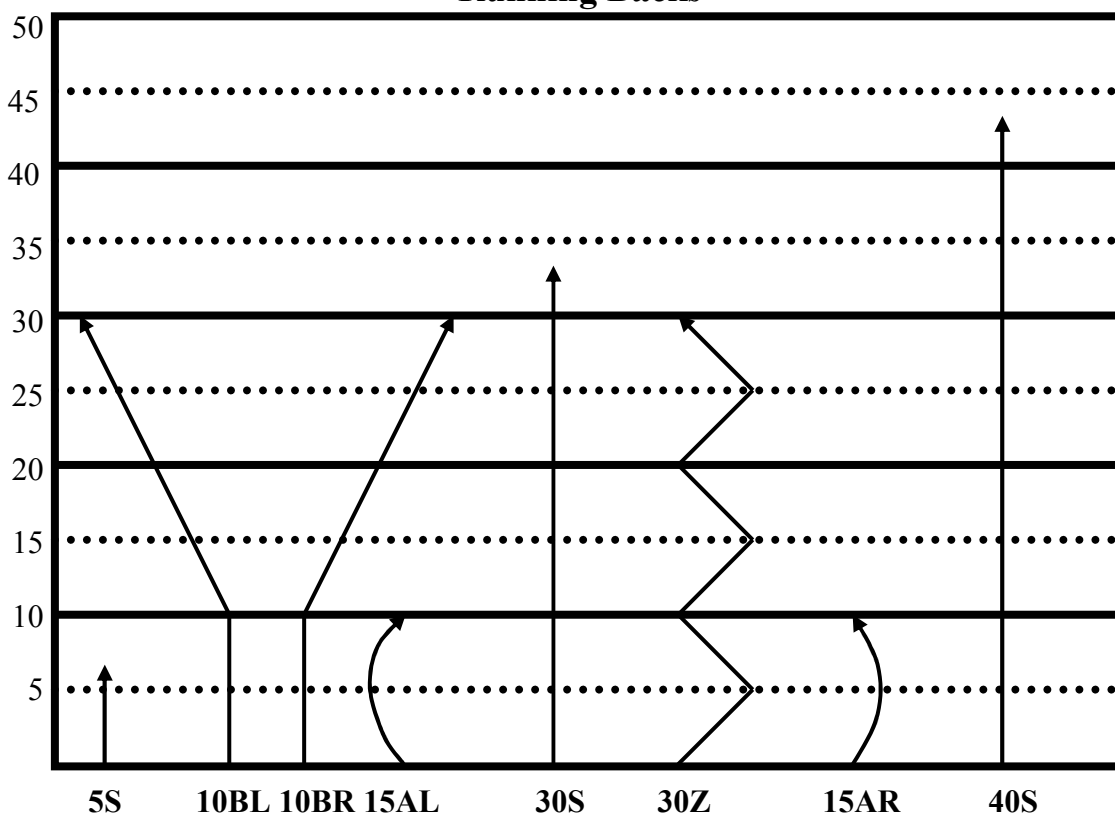


Movement Descriptions

- 12SL** – 12 yard sideline
- 18DR** – 18 yard dig to the right
- 15O** – 15 yard out
- 6SLL** – 6 yard slant to the left
- 20PR** – 20 yard post to the right
- 15C** – 15 yard curl
- 20S** – 20 yard sprint
- 40S** – 40 yard sprint
- 6SLR** – 6 yard slant to the right
- 12L** – 12 yard look
- 6H** – 6 yard hitch
- 20Q** – 20 yard Q route
- 18DL** – 18 yard dig to the left

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
18DR	6SLL	18DR	6SLR	20Q
15O	20PR	18DL	20Q	15C
40S	18DL	40S	6SLL	20PR
12L	40S	20S	40S	18DL
20Q	6SLR	6H	40S	18DR
15C	15O	6SLL	12SL	40S
12SL	20S	40S	20S	12L
6H	12SL	15C	6SLR	15O
20S	6H	12L	15O	12SL
40S	20Q	20PR	12L	6H
Rest	Rest	Rest	Rest	Rest

Running Backs



Movement Descriptions

5S – 5 yard sprint

10BL – 10 yard sprint, break left to the 30 yard line

10BR – 10 yard sprint, break right to the 30 yard line

15AL – 15 yard arc to the left (open step)

30S – 30 yard sprint

30Z – 30 yard zig zag every 5 yards

15AR – 15 yard arc to the right (open step)

40S – 40 yard sprint

Set 1

10BR

15AL

40S

5S

10BL

30Z

40S

10BR

5S

30S

Rest

Set 2

5S

30Z

15AR

10BL

40S

5S

30Z

30Z

40S

15AL

Rest

Set 3

10BR

40S

30Z

40S

5S

15AL

10BL

30Z

30Z

5S

Rest

Set 4

30S

5S

10BR

40S

30Z

10BL

5S

40S

15AL

10BR

Rest

Set 5

15AL

40S

30Z

30Z

5S

40S

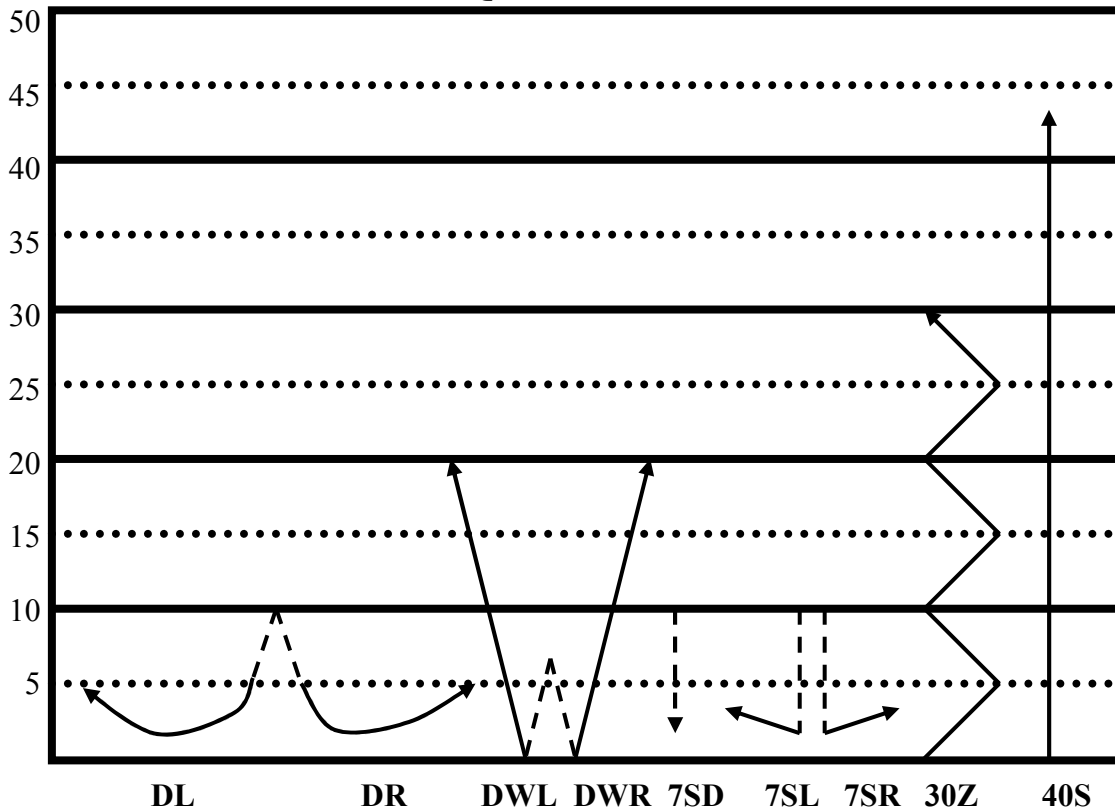
15AR

30Z

5S

Rest

Quarterbacks



Movement Descriptions

- DL** – drop 3 steps, dash to the left for 15 yards
- DR** – drop 3 steps, dash to the right for 15 yards
- DWL** – drop 5 steps, dash forward to the left for 20 yards
- DWR** – drop 5 steps, dash forward to the right for 20 yards
- 7SD** – 7 step drop
- 7SL** – 7 step drop, scramble to the left to the numbers
- 7SR** – 7 step drop, scramble to the right to the numbers
- 30Z** – sprint 30 yards, zig zag every 5 yards
- 40S** – 40 yard sprint

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
DL	DR	DWL	7SR	40S
DWR	DWL	DR	DWL	DR
40S	7SD	7SL	DL	DWL
7SR	40S	7SR	40S	30Z
30Z	DL	40S	40S	7SR
DR	DWR	7SD	7SD	7SD
DWL	7SL	40S	30Z	DL
7SD	40S	DL	7SL	40S
7SL	30Z	DWR	DR	DWR
40S	7SR	30Z	DWR	7SL
Rest	Rest	Rest	Rest	Rest

"I don't ask our athletes how many of them want to win. The question I ask is can you live with losing, can you live with failure, can you live with mediocrity?" Lou Holtz

Conditioning

Conditioning					
Date	Day	Position Groups	Drills	Rest Period	Work Time
21-May	Tuesday	All	Warm Up		
		All	Speed Workout #1	As Needed	
23-May	Thursday	All	Warm Up		
		All	Speed Workout #2	As Needed	
28-May	Tuesday	All	Warm Up		
		All	Speed Workout #3	As Needed	
30-May	Thursday	All	Warm Up		
		All	Speed Workout #4	As Needed	

4-Jun	Tuesday	All	Warm Up		
		All	Speed Workout #5	As Needed	
6-Jun	Thursday	All	Warm Up		
		All	Speed Workout #6	As Needed	
11-Jun	Tuesday	All	Warm Up		
		All	Speed Workout #7	As Needed	
13-Jun	Thursday	All	Warm Up		
		All	Speed Workout #8	As Needed	
18-Jun	Tuesday	All	Warm Up		
		All	Speed Workout #9	As Needed	
20-Jun	Thursday	All	Warm Up		
		All	Speed Workout #10	As Needed	
25-Jun	Tuesday	All	Warm Up		
		All	Speed Workout #11	As Needed	
		DB/QB/TB/WR	2 x Half Gasser		15 sec.
		LB/TE/K/FB/DE	2 x Half Gasser		16 sec.
		OL/DL	2 x Half Gasser		17 sec.
27-Jun	Thursday	All	Warm Up		
		All	Speed Workout #12	As Needed	

2-Jul	Tuesday	All	Warm Up		
		All	Speed Workout #13	As Needed	
		DB/QB/TB/WR	2 x Gassers	45 sec.	15 sec.
		LB/TE/K/FB/DE	2 x Gassers	45 sec.	16 sec.
		OL/DL	2 x Gassers	45 sec.	17 sec.
9-Jul	Tuesday	All	Warm Up		
		All	Speed Workout #14	As Needed	
11-Jul	Thursday	All	Warm Up		
		All	Speed Workout #15	As Needed	
		DB/QB/TB/WR	8 x 110's Test	45 sec.	15 sec.
		LB/TE/K/FB/DE	8 x 110's Test	45 sec.	16 sec.
		OL/DL	8 x 110's Test	45 sec.	17 sec.
16-Jul	Tuesday	All	Warm Up		
		DB/QB/TB/WR/LB/TE/WR/FB	W Drill x 4	30 sec.	
		OL/DL	Agility Ladder with Hands	30 sec.	
		All	Nebraska Drill x 4	30 sec.	
		All	Star Drill x 2R & 2L	30 sec.	
		All	10 x 40's Test	30 sec.	Individual
18-Jul	Thursday	All	Warm Up		
		All	Illinois Drill x 4	45 sec.	
		All	3 Cone Test x 2R & 2L	30 sec.	
		All	Agility Ladder Drills	20 sec.	
		All	Crazy 8's x 4	30 sec.	
		DB/QB/TB/WR	Small Tempo Run	30 sec.	1=15 sec, 2=35 sec
		LB/TE/K/FB/DE	Small Tempo Run	30 sec.	1=16 sec, 2=37 sec
		OL/DL	Small Tempo Run	30 sec.	1=17 sec, 2=40 sec
23-Jul	Tuesday	All	Warm Up		
		DB/QB/TB/WR	300 yd Shuttle x 2	5 min	60 sec.
		LB/TE/K/FB/DE	300 yd Shuttle x 2	5 min	65 sec.
		OL/DL	300 yd Shuttle x 2	5 min	75 sec.
		DB/QB/TB/WR	12 x 6 sec. Blowouts (47 yds)	30 sec.	6 sec.
		LB/TE/K/FB/DE	12 x 6 sec. Blowouts (43 yds)	30 sec.	6 sec.
		OL/DL	12 x 6 sec. Blowouts (40 yds)	30 sec.	6 sec.
25-Jul	Thursday	All	Warm Up		
		DB/QB/TB/WR/LB/TE/WR/FB	W Drill x 4	30 sec.	
		OL/DL	Agility Ladder with Hands	30 sec.	
		All	Build Ups x 6	40 sec.	
		All	Numbers Drill x 3	1 min	30 sec.
27-Jul	Saturday	All	Warm Up		
		All	Nebraska Drill x 4	30 sec.	
		All	Star Drill x 2R & 2L	30 sec.	
		All	Quarter of Sprints	Listed	
30-Jul	Tuesday	All	Warm Up		
		All	11 Minute Sprint Drill	11 min.	
		All	10 x 40's Test	30 sec.	Individual

1-Aug	Thursday	All	Warm Up		
		DB/QB/TB/WR/LB/TE/WR/FB	Flying 40's x 6	35 sec.	
		OL/DL	Flying 20's x 6	35 sec.	
		All	Illinois Drill x 4	45 sec.	
		All	3 Cone Test x 2R & 2L	30 sec.	
		All	Agility Ladder Drills	20 sec.	
3-Aug	Saturday	All	Warm Up		
		All	100 Yard Sprint Ladder		
		DB/QB/TB/WR	12 x 6 sec. Blowouts (47 yds)	30 sec.	6 sec.
		LB/TE/K/FB/DE	12 x 6 sec. Blowouts (43 yds)	30 sec.	6 sec.
		OL/DL	12 x 6 sec. Blowouts (40 yds)	30 sec.	6 sec.
6-Aug	Tuesday	All	Warm Up		
		DB/QB/TB/WR/LB/TE/WR	W Drill x 4	30 sec.	
		OL/DL	Agility Ladder with Hands	30 sec.	
		All	Nebraska Drill x 4	30 sec.	
		All	Agility Ladder Drills	20 sec.	
8-Aug	Thursday	All	Warm Up		
		All	Cone Chute x 4	30 sec.	
		All	Numbers Drill x 3	1 min	30 sec.
		DB/QB/TB/WR	12 x 110's Test	45 sec.	15 sec.
		LB/TE/K	12 x 110's Test	45 sec.	17 sec.
		OL/DL	12 x 110's Test	45 sec.	19 sec.
10-Aug	Saturday	All	Warm Up		
		All	Small Tempo Run		
		DB/QB/TB/WR	2 x Half Gasser		15 sec.
		LB/TE/K/FB/DE	2 x Half Gasser		16 sec.
		OL/DL	2 x Half Gasser		17 sec.
12-Aug	Monday	All	Warm Up		
		All	Position Specific Sets 1-3	2 min Sets	20 sec. exercise
		All	The Squirm x 4	20 sec.	
		All	Cone Chute x 4	30 sec.	
		All	Pro Agility x 4	30 sec.	

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Football Summer Conditioning

Conditioning:

½ Gasser Test – Test of functional capability of the ATP/CP energy system needed for football, and helps determine an athlete’s ability to tolerate lactic acid build-up and fatigue.

Procedure: Run 8 ½ Gassers (width of the field twice) as hard as possible

Goal Times: must average the following times

DB/QB/TB/WR = 15 sec.

FB/LB/TE/K = 16 sec.

OL/DL = 17 sec.

Rest Interval: 45 sec.

Gasser Test - Test of functional capability of the ATP/CP energy system needed for football, and helps determine an athlete’s ability to tolerate lactic acid build-up and fatigue.

Procedure: Run 4 full Gassers (width of the field 4 times) as hard as possible

Goal Times: must average the following times

DB/QB/TB/WR = 35 sec.

FB/LB/TE/K = 37 sec.

OL/DL = 40 sec.

Rest Interval: 1min. and 15 sec.

10 40’s Test – This is a test of speed endurance

Procedure: Sprint 10 40-yard dashes

Goal Times: must run all 40’s under the goal time

Goal Time: best 40 yard dash + .50 sec.

Rest Interval: 30 sec.

110’s Test – Test of speed endurance and overall endurance

Procedure: Run 16 110 yard sprints

Goal Time: must make the specified time for your position group as follows

DB/QB/TB/WR = 15 sec.

FB/LB/TE/K = 17 sec.

OL/DL = 19 sec.

Rest Interval: 45 sec.

Small Tempo Run – Test of overall endurance and recovery.

Procedure: Run the following sets of Sprints

(100,100,100,200) (100,200,100,200) (200,100,200,100)

Rest Interval: 30 seconds between Sprints, 1 min between sets

300 Yard Shuttle – This is a test of endurance and how quickly you can recover from a maximum effort

Procedure: Run the shuttle 25 yards 12 time (or 25 yards down and back 6 times)

Goal Time: must make the specified time for your position group as follows

DB/QB/TB/WR	= 1 min.
FB/LB/TE/K	= 1 min. 5 sec.
OL/DL	= 1 min. 10 sec.

600 Yard Shuttle – This is a test of endurance and how quickly you can recover from a maximum effort

Procedure: The run is done over a 60-yard area. Run the 60 yards back and forth five times consecutively for a total of 300 yards. You will then rest one minute and perform the run again in the same manner for another 300 yards. Time each run and add your two time together for the result.

Goal Time: Must make the specified times for your position group as follows.

DB/QB/TB/WR	= 98 sec.
FB/LB/TE/K	= 105 sec.
OL/DL	= 125 sec.

Long C.O.D. – (Change of Directions) This is a conditioning drill as well as a quick change of direction exercise.

Procedure: Similar to suicides in basketball. 10 yards and back, 20 & back, 30 & back, 40 & back, 50 & back, consecutively

11 Minute Sprint Drill – This is a conditioning sprint drill. Test of functional capability of the ATP/CP energy system needed for football, and helps determine an athlete's ability to tolerate lactic acid build-up and fatigue.

Procedure: Run the following sprints complete all the sprints in no more than 11 minutes.

- 2 x 100 yards
- 4 x 80 yards
- 5 x 60 yards
- 6 x 50 yards
- 8 x 40 yards
- 10 x 20 yards

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Quarter of Sprints:

<u>Distance</u>	<u>Rest Time</u>
40 yards	15 sec.
40 yards	15 sec.
30 yards	15 sec.
30 yards	15 sec.
20 yards	15 sec.
20 yards	15 sec.
10 yards	15 sec.
10 yards	15 sec.
5 yards	15 sec.
5 yards	15 sec.

Rest 1 ½ Minutes

<u>Distance</u>	<u>Rest Time</u>
40 yards	15 sec.
40 yards	15 sec.
30 yards	15 sec.
30 yards	15 sec.
20 yards	15 sec.
20 yards	15 sec.
10 yards	15 sec.
10 yards	15 sec.
5 yards	15 sec.
5 yards	15 sec.

Rest 1 ½ Minutes

<u>Distance</u>	<u>Rest Time</u>
40 yards	15 sec.
30 yards	15 sec.
20 yards	15 sec.
10 yards	15 sec.
5 yards	15 sec.

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100 Yard Sprint Ladder

<u>Distance</u>	<u>Rest Time</u>
10 yards	10 sec.
10 yards	10 sec.
20 yards	15 sec.
20 yards	15 sec.
40 yards	20 sec.
40 yards	20 sec.
60 yards	30 sec.
60 yards	30 sec.
80 yards	40 sec.
80 yards	40 sec.
100 yards	45 sec.
100 yards	45 sec.

5 Minute Rest

100 yards	45 sec.
100 yards	45 sec.
90 yards	45 sec.
90 yards	45 sec.
70 yards	35 sec.
70 yards	35 sec.
50 yards	25 sec.
50 yards	25 sec.
30 yards	15 sec.
30 yards	15 sec.
10 yards	10 sec.
10 yards	10 sec.

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840 Yard Shuttle – This is an endurance test of your overall aerobic capacity

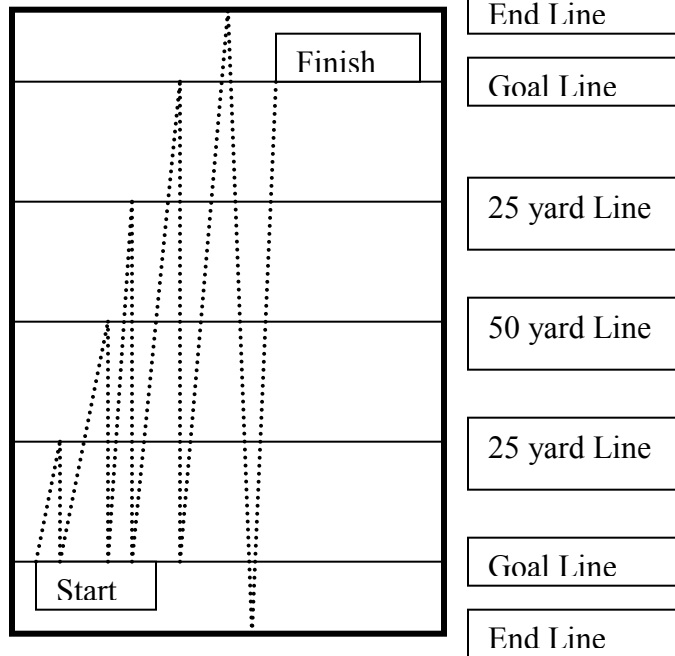
Procedure: Run the Shuttle as Specified below

Goal Time: must make the specified time for your position group as follows

DB/QB/TB/WR = 2 min 50 sec.

FB/LB/TE/K = 3 min 5 sec.

OL/DL = 3 min 30 sec.



"If a team is to reach its potential, each player must be willing to subordinate his personal goals to the good of the team"

Speed

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Football Summer Speed

$$\text{Running Speed} = \text{Stride Length} \times \text{Stride Frequency}$$

Stages:

1. Reaction – movement of ball, man, or snap count
2. Start – ability to get the body moving from the stance
3. Primary Acceleration – 0-20 yards, up to 92% max speed
4. Deceleration – Slowing down after max speed is achieved

Attack Points:

1. Strength – arm pump, knee drive, push-off force
2. Power - .1 sec ground contact (speed strength)
3. Neuromuscular – Overspeed overload
4. Technique – stance, start, body lean, free form, etc.
5. Flexibility – smooth efficient movement

Form Drills – designed to develop proper running technique

- Arm Action in Place – Thumb resting on index finger, 90 degree angle at the elbow, rotation from the shoulders, elbows to the side, in front to the chin, in back slightly past the hip, a relaxed pendulum action.
- Arm Action into Marching Forward – Maintaining proper arm action and adding the leg action by extending off the toes of the drive leg and lifting the swing leg forward and upward until parallel with the ground in a forward marching action. Arms and legs are coordinated as the athlete goes 10-20 yards
- Marching into Skipping – Same focus as above but now the action is more ballistic and “running-like”. Arms and legs are coordinated as the athlete drives forward/upward off the ground on each takeoff for 20-30 yards
- Skipping into Bounding – Skipping action (RLLRLL) is converted into a bounding action (RLRLRL) which is more like the actual dynamics of sprint running. This is more aggressive and dynamic as the athlete takes “giant” springlike steps for a total distance of 25-40 yards
- Bounding into Running – The bounding action is converted into the actual act of running. Here we are combining all of the previous technique elements and applying them in the dynamic act of running for 30-50 yards

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Football Summer Speed

McNair Drills – Acceleration runs for 35-50 yards at $\frac{1}{2}$, $\frac{3}{4}$, and full speed emphasizing the following

- Hammer the Nail - Holding the thumb on the index finger, elbow fixed at a 90 degree angle, rotating from the shoulder, and driving the hand past the hip as if you are hammering a nail into the wall behind you.
- Knee Punch – driving the swing leg knee forward as opposed to just upward, forward until the thigh is parallel with the ground. This develops forward horizontal force as opposed to upward vertical force.
- Posture/Focus – here you should slightly arch the back (shoulder blades brought closer together) to establish a good upright posture. He/she also visualizes forward as if looking someone in the eye who is the same height. While maintaining this posture and focus walk forward, then jog, and finally run.
- Active Takeoff – as the athlete is running, he/she drives the knee forward (like the knee punch above), and lets the foot of the swing leg hang down naturally directly below the knee. From this position the foot works downward and backwards so that it meets the ground under the athlete's center of gravity and continues its drive backwards to push the athlete forward into the running stride. All action is an aggressive down & back as opposed to forward reach (which results in a footstrike in front of the center of gravity, a braking action, and passive takeoff).

Warmup – These exercises are designed to get the athlete ready for the speed workouts and Conditioning. 10 yards

Walking Lunge
High Knees
But Kicks
Slide Right
Slide Left
Leg Spread (R,L,M)
Groin Side Lunge (R,L)
Walking Lunge Hip
Quick Skip Forward
Quick Skip Backward
Walking Front Kick
Reverse Soldier
Cobra Stretch
Scorpion Right
Scorpion Left
Knee to Chest (walk)
Heel to Butt (walk)
Heel Up & Across (walk)
Sprint
Sprint

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Football Summer Speed

Special Drills

- Lying Starts - Start by lying on your stomach. On command from the lying position sprint for 20 yards. This drill is meant to help you on your starts.
- Flying 20's or 40's – Start with a 15-yard jog. When you reach the 15-yard mark sprint for 20 or 40 yards.
- Ball Drop Drill – This drill is to work on your starts and quickness. Start by having your partner stand 5-7 yards away. Your partner is holding a tennis ball straight out from their shoulder. Upon your partner dropping the ball, you sprint straight forward and catch the ball before it bounces twice.
- Stick Drill – Here the athlete does fast-stepping over 20 sticks that are layed out 18 inches apart on the track. The athlete can use a high knee action or ½ high knee action to get over the sticks and this drill can be timed to determine if the athlete is getting in more strides per unit time (increased frequency). Emphasis must be placed on using correct arm action while doing this overspeed drill which is done for 3-5 reps as a leadup drill on the speed day workout. To improve the benefit of this drill the athlete can make the transition into the run (at 20 yards) at the end of the sticks while maintaining a fast stride frequency.
- High Knees – Here the athlete does a high knee drill for a timed period of 5 seconds while moving slightly forward (one yard every three strides). He counts one of his legs and is then able to determine how many strides he took during the 5 seconds by multiplying by 2 (10 x right leg x 2 = 20 strides/5 sec. = 4 strides per sec.) Emphasis should be on high knee action(thigh parallel) and good arm action. This drill is done for 3-5 reps as a lead up drill on the speed day and, as with the stick drill, can be more beneficial if the athlete makes the transition into an casual run(at 20 yards) at the end of the timed high knee period.
- Assistive Running – by running with the assistance of surgical tubing (or downhill), the athlete can experience the sensation of running faster than normal. We will do assistive running from an upright position with the partner (anchor) standing in a stationary position or moving backwards to extend the pull. The key here is that athletes use proper running form and increase their stride frequency to stay up with the pull of the tubing. Players can run .3-.4 seconds faster in the 40 yard dash with the assistance of this tubing. For athletes who do not have access to surgical tubing, they can do downhill runs on a shallow grade (3-5 degrees) as an alternate exercise. We will do this exercise on our speed day for the last 4 weeks of the off-season program to develop stride frequency.
- Resistive Running – here the athlete will run out of a sprint stance or upright against a resistance provided by his partner, the harness, and the surgical tubing for a distance of 20-30 yards. This exercise forces the athlete to get better drive on the pushoff of each running stride and helps to develop stride length. (an alternative to harness running is to do this work on a slight uphill grade (8-10 degrees) which will provide the same benefit.) We will do this exercise on or speed day for the last 7-9 weeks of the off-season program.
- Buildups – start from a standing position, start into a slow run, concentrating on good running form. Gradually build up speed until you are at full speed at 40 yards. Once full speed is achieved at 40 yards, gradually slow down over the final 20 yards.

- Hollow Sprints – Set up a 100 yard course with every 20 yards point marked. Start running at half speed for the first 20 yards. At the 20-yard point accelerate and sprint for 20 yards. Repeat this half speed and sprint pattern until the course is complete. Complete 3-5 reps with 60-90 seconds rest between.

<p>Workout #1 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x 10-15 yd Lying Starts</p> <p><u>Workout</u> 3 x 20 yd Resistive Runs 2 x 20 yd. Regular Runs Rest 5 Minutes 2 x 20 yd. Resistive Runs 3 x 10-20 yd Regular Runs</p>	<p>Workout #2 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x 10-15 yd Lying Starts</p> <p><u>Workout</u> 3 x 20 yd Uphill Runs 2 x 20 yd. Flat Runs Rest 5 Minutes 2 x 20 yd. Uphill Runs 3 x 10-20 yd Flat Runs</p>	<p>Workout #3 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x 10-15 yd Lying Starts</p> <p><u>Workout</u> 3 x 20 yd Starts (80%) 3 x 20 yd Runs (90%) Rest 5 Minutes 3-5 x 20 yd Runs (100%) (Using a timer if available)</p>
<p>Workout #4 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 40 yd Assistive Runs 2 x 40 yd Regular Runs Rest 5 Minutes 2 x 30 yd Assistive Runs 2 x 30 yard Regular Runs</p>	<p>Workout #5 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 40 yd Downhill Runs 2 x 40 yd Regular Runs Rest 5 Minutes 2 x 30 yd Downhill Runs 2 x 30 yard Regular Runs</p>	<p>Workout #6 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 50 yd Buildups 3 x Hollow Sprints Rest 5 Minutes 3-5 Flying 20's</p>
<p>Workout #7 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 40 yd Assistive Runs 3 x 20 yd Resistive Runs 3 x 20-30 yd Sprints (2 minute rest between reps)</p>	<p>Workout #8 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 40 yd Downhill Runs 3 x 20 yd Uphill Runs 3 x 20-30 yd Sprints (2 minute rest between reps)</p>	<p>Workout #9 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 20 yd Sprints (80%) 3 x 20 yd Sprints (100%) Rest 5 Minutes 2-3 x 40 yd Buildups 3 x Flying 20's</p>
<p>Workout #10 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x 10-15 yd Lying Starts</p> <p><u>Workout</u> 3 x 20 yd Resistive Runs 2 x 20 yd Regular Runs Rest 5 Minutes 2 x 10 yd Resistive Runs 3 x 10-20 yd Regular Runs</p>	<p>Workout #11 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x 10-15 yd Lying Starts</p> <p><u>Workout</u> 3 x 20 yd Uphill Runs 2 x 20 yd Flat Runs Rest 5 Minutes 2 x 10 yd Uphill Runs 2 x 10-20 yd Flat Runs</p>	<p>Workout #12 <u>Warm-up</u> 3 x 10 yards Butt Kicks 3-5 x 10-15 yd Lying Starts</p> <p><u>Workout</u> 3 x 10 yd Start (80%) 3 x 20 yd runs (95%) Rest 5 Minutes 3-5 x 20 yd Runs (100%) (Using a timer if available)</p>
<p>Workout #13 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 20 yd Assistive Runs 3 x 20 yd Resistive Runs 3 x 20 yd Sprints (2 minute rest between reps)</p>	<p>Workout #14 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 20 yd Downhill Runs 3 x 20 yd Uphill Runs 3 x 20 yd Sprints (2 minute rest between reps)</p>	<p>Workout #15 <u>Warm-up</u> 3-5 x 10-15 yd Lying Starts 3-5 x Stick Drill or High Knees into Run</p> <p><u>Workout</u> 3 x 20 yd Sprints (80%) 3 x 20 yd Sprints (100%) Rest 5 Minutes 3 x Flying 20's</p>

***"A winner makes
commitments, a loser
makes promises"***

Nutrition

Daily Food Intake:

Carbohydrates
Protein
Fat

Carbohydrates:

Carbohydrates should be the main staple of your diet. Carbohydrates are the largest contributor for the body's energy. The best carbohydrates are low glycemic index carbs and complex carbohydrates. This is because they do not contain high amounts of simple sugars. Which are easy for the body to convert to fat. It is therefore important to charge up your muscles to prevent running out of fuel; otherwise, your muscles will only work at half speed. Running becomes harder, hitting takes more effort, and your performance suffers. The daily intake should be around 60% of your total calories.

Examples of Low GI and Complex Carbohydrates

Oatmeal
Oatbran
Whole Grain Bread
High Fiber Cereals
Pasta
Sweet Potatoes
Beans, Lentil, Peas
Apples, Grapes, Berries, Cantaloupe, Peaches, Pears, Plums, Grapefruit, Oranges, Nectarines
Oatbran or Whole Grain Bagels
Brown Rice

Eat Less of the Simple Sugars

White Breads, Bagels, Rolls, Muffins, Cakes, Cookies, Donuts
White Potatoes
White Rice
Pretzels, Chips
Pineapple, Mangos, Honeydew, Dried Fruit

Fat:

Fats are essential as well. However fats should only make up less 10% of your total daily calories. There are good fats and bad fats. The good fats are called monounsaturated fats. These fats can be found in the following items Benecol, Olive Oil, Canola Oil, and Avocados. But even these fats should be kept in moderation.

Nutrition Guidelines

Protein:

Protein is very important for athletes as well. Proteins are used by the body to help repair muscles and other tissues after workouts or injuries. The recommended range of protein depends on the person body weight. Take your weight divide it by 2.2 to get your weight in kilograms. Then multiply that number by 1.6 – 1.8. This will give you a range of the number of grams of protein your body may require in a day. A serving size guideline for protein is 3 oz., which equals 21 grams, which is approximately the size of a deck of cards.

Good Sources of Protein (lower in Fat Content)

- Egg Whites
- Egg Substitutes
- Eggs
- White Meat Turkey and Chicken (no skin)
- Fish
- Shellfish
- Whey Protein Powders
- Nonfat Cottage Cheese / Nonfat Ricotta Cheese
- Filet Mignon

High in Fat Content Sources of Protein (eat less of these)

- Hamburger
- Dark Meat Turkey and Chicken
- Cheese
- Pork
- Lamb

Hydration:

Hydration is essential to performance. There is a direct correlation between hydration and performance. In other words if you are dehydrated it is harder for your body to function normally at a high competitive level. There are 2 major contributors to dehydration in college athletes. First is caffeine and second is alcohol both dehydrating the body.

This is an Easy Plan to Stay Hydrated

- Drink at least 8-16 oz 2 hours before exercise
- Drink at least 4-8 oz immediately before exercise
- Drink 4-8 oz every 15-20 minutes during exercise
- Drink at least 8-16 oz fluid after exercise
- Drink at least 8 oz fluid with each meal
- Drink at least 8 oz fluid between meals

Nutrition Guidelines

Recovery / Post-exercise Replenishment:

Goal: Get Carbs in immediately and again within the first 2 hours of finishing exercise.

After exercise and competition eat:

400-600 (100-150 grams) calories of a juice or carbohydrate-containing sports drink then

2 hours later a meal consisting of another 400-600 calories of carbohydrate.

Examples of carbohydrates and their calorie / carbohydrate content are below:

- 2 slices of bread = 160 calories (30 grams)
- 1 bagel = 300 calories (75 grams)
- 1 cup pasta = 200 calories (40 grams)
- 1 medium potato = 160 calories (30 grams)
- 3 cup air-popped popcorn = 80 calories (15 grams)
- 1 medium apple = 80 calories (15 grams)
- 1 medium orange = 70 calories (12 grams)
- 1 cup V-8 = 50 calories (10 grams)

50 Grams of Carbohydrate

10 Graham Crackers	½ cup of Raisins
20 Pretzels	1 cup Whole Grain Cereal
12 Snack Crackers	30 Animal Crackers
1-½ cup Cooked Noodles	2 Packages of Hot Chocolate
1-½ cup Fruit Yogurt	2 small Bananas
4 Slices of Bread	2 cups Orange Juice
1 cup Applesauce	6 small Pancakes
1-½ cup Apple Juice	3-½ cups of Powerade
1 Fast Food Shake	1 Powerbar

Here are some easy to fix, healthy snacks that can work into your high carbohydrate eating pattern:

- Toasted English muffins with pizza sauce and mozzarella cheese
- Frozen bean burrito with salsa
- Turkey sandwich on whole wheat bread with mustard
- Vegetarian refried beans in a corn or flour tortilla
- Bagels with light cream cheese
- Water-packed tuna fish salad packed in pita bread
- Broth-based canned soups with crackers
- Baked potato topped with chili
- Dry cereal with low-fat milk and fruit
- Frozen fruit juice concentrate mixed with club soda instead of water
- French bread pizza with vegetable toppings
- Canned spaghetti
- Microwave a chicken breast, dice it, and top it with your favorite pasta

Healthy Weight Gain

Gaining muscle mass can only be accomplished by eating more food in conjunction with strength and conditioning workouts. Protein cannot be pushed in to muscles to make them bigger, instead it must be “pulled” into muscles through strength training. Athletes need to eat more calories (about 500 – 1000 extra per day) to see weight gain. It is still important to eat smart so that those extra calories are not stored as body fat. Here are four steps to help you bulk up with out gaining unwanted body fat.

1. Multiply your current weight by 16 to determine your daily caloric needs. To this figure add 500 – 1000 calories to support weight gain. One half of the additional calories should come from carbohydrate-rich foods and one half from protein foods.

Good Choices include:

- Regular or chocolate low fat milk
- Grilled chicken sandwiches
- Regular sized hamburgers
- Thick crust pizza
- Peanut butter and jelly sandwich
- Baked tortilla chips with salsa
- Dried fruit and nut mixtures
- Cereal with milk and bananas
- Energy or sports bars
- Fruit flavored yogurt
- Bagels with cream cheese

2. Snack more frequently. Plan snacks around meals and not as substitutes for meals. Keep your favorite snacks handy in places such as in your desk drawer, book bag, gym locker, or car. Plan to eat something every 3 – 4 hours. Vending machines offer better choices than ever before. Look for pretzels, granola bars, raisins, fruit, fruit juices, sports drinks, popcorn, or crackers for a convenient snack. Most fast food restaurants have value menus where you can find an affordable snack. Always have a snack before you go to bed.

Good choices are:

- baked potatoes
- chili
- single size hamburgers
- low fat milkshakes
- low fat frozen yogurt cones
- bean burritos
- soft chicken tacos.

3. Choose foods that are nutrient dense. Every calorie counts. Do not settle for high calorie foods that are low in nutrients. Here are some ideas to consider when planning your meals:

- Eat more cream soups, stews chili, and casserole dishes
- Drink milk with meals in place of water or diet soft drinks
- Use margarine with breads, rolls, pancakes, waffles, bagels, muffins
- Eat more starchy vegetables like corn, potatoes, green peas, black-eyed peas, and kidney beans
- Consider using commercially prepared liquid supplement between meals as snacks, but don't drink them with meals or you will probably eat less food.

Find one you like:

- i. Carnation Instant Breakfast
- ii. Ensure
- iii. Heavy Weight Gainer
- iv. Boost
- v. Gatorpro
- vi. Etc.

4. Develop a strategy for eating even when you are not hungry. Many underweight people skip meals and eat less food than they realize. Keep a food record of what you eat and drink. Let a registered dietician review it to determine if you are getting enough calories to support weight gain. Remember, the secret to success is to eat foods that you like and plan a regular schedule for meals and snacks. This will help you achieve your weight goals.

Weight Management

Athletes may strive to maintain an optimal body weight to achieve optimal performance. If you are too heavy, your hit may be too late, or if you're too light, you'll get pushed around. A sports nutritionist can help you determine your optimal weight for optimal performance.

Sex, height, and genetics all contribute to body weight – but these are unchangeable factors. So which factors can you change? Muscle weighs more than fat; therefore active, muscular athletes cannot be compared to the standard weight charts for men and women. It is important for athletes to focus on the amount of body fat, not the scale weight, when evaluating their body weight.

If it is determined that you need to lose some fat pounds, make sure your methods are safe and healthy:

- Let a registered dietician analyze your diet and eating habits
- Plan to lose weight gradually: 1-2 pounds per week
- Monitor yourself with food diaries, exercise logs, and weight loss charts
- Eat four or five small meals throughout the day. Don't skip meals.
- Learn to count fat grams, but remember total calories count too. Don't forget calories from liquids.
- Control your portion sizes
- Increase aerobic exercise – walking swimming, running, or stair climbing. Try to work more activity of any kind into your day, like taking the stairs instead of the elevator.
- Eat slowly – be aware of when you're full and then stop eating.

Off-Season: It may seem easier to maintain weight during the competitive season, but one the season ends, the pounds may slowly appear, seemingly without cause. This happens when you continue the same eating pattern with the same total calorie intake even though you've taken a break from training. You should not be hard on yourself about this: It is natural to get accustomed to eating a certain amount of food. If you need a strategy to block off-season weight gain, consider these recommendations.

- Instead of changing your healthy eating habits, find an alternative exercise to help burn off the calories, such as jogging, biking, or tennis
- During the off-season you have more free time. When people get bored they eat. So keep busy!
- Eat slowly. This way you'll be more aware of when you are full. And when you get full, stop eating.
- Cut down on portion sizes, but don't cut out foods. There's no need to deprive yourself of fun foods.

On the Road or on the Run

Traveling to compete makes sticking to a well-balanced diet more difficult. Even keeping up with hydration can be challenging. So when the game is over, and you're away from home, how do you get that high carbohydrate, glycogen replenishing meal or snack? Consider the following recommendations:

First assess the traveling situation and plan ahead. What time are you leaving? Will you next breakfast be at home, on a plane, or at a fast food restaurant? Do you need to pack any food or fluid?

Carry a water bottle. Traveling, especially flying, can dehydrate you – the last thing you need right before a game. Pack snacks.

Here are some ready to eat snacks that you may be able to take with you.

Carmel Corn rice cakes	Snack-packs of canned fruit
White Cheddar rice cakes	Ginger Snaps
Pretzels	Oatmeal Raisin cookies
Fig Newton or Fruit newtons	Sports or energy bars
Bananas, apples, grapes, oranges, pears	Vanilla Wafers
Teddy Grahams	Graham Crackers
Cracker Jacks	Wheat Saltine crackers
Raisins, dried apples, figs, or dates	Rye-crisp crackers
Animal Crackers	Mini bagels
Snack-pack size cans of tuna fish	

When on the road, or at the airport, look for healthy snacks that make quick purchases, such as:

- Soft pretzels with mustard
- Baked tortilla chips with salsa or bean dip
- Fruit flavored yogurt or low fat frozen yogurt
- Frozen fruit bars
- Low fat chocolate milk

Choose healthy fast food snacks (remember the 'value meals' are often the least value when it comes to eating light!)

- Wendy's baked potato topped with chili (8 grams of fat)
- 2 slices of Domino's cheese pizza (10 grams of fat)
- McDonalds grilled chicken sandwich (3 grams of fat)
- Chic-Fil-A grilled chicken sandwich (3 grams of fat)
- Shoney's charbroiled chicken (9 grams of fat)
- Shoney's Charbroiled Shrimp (3 grams of fat)
- Taco Bell tostada (6 grams of fat)
- Arby's light roast beef deluxe (10 grams of fat)
- Burger King's chunky chicken salad (4 grams of fat)

Eating Out

When eating out, make the best choices possible. Many restaurants now offer healthier items. Think about these tips at restaurants

<p style="text-align: center;">Mexican</p> <p>Best Bites Chicken enchiliadas Bean burritos Soft tacos Beef or chicken Fajitas Salsa with baked chips Corn or flour tortillas</p>	<p style="text-align: center;">Mexican</p> <p>Just say NO Chimichangas Chilies rellenos Flautas Guacamole Sour cream</p>
<p style="text-align: center;">Chinese</p> <p>Best Bites Steamed white rice Hot and Sour, Egg Drop, Won Ton Soup Beef and Broccoli Chicken and vegetables Moo Goo Gai Pan Chicken lo mein Chop Suey Shrimp and vegetables</p>	<p style="text-align: center;">Chinese</p> <p>Just say NO Fried rice Teriyaki chicken wings Sweet and sour dishes Egg Rolls Kung Pao Chicken</p>
<p style="text-align: center;">Italian</p> <p>Best Bites Any pasta with marinara (red) sauce Spaghetti with meatballs Pasta with mushroom sauce Chicken or pasta florentin Salads with dressing served on the side Fresh breads or bread sticks</p>	<p style="text-align: center;">Italian</p> <p>Just say NO Pre-buttered bread or rolls Meat Lasagna Beef ravioli Fettuccine Alfredo</p>
<p style="text-align: center;">Pizza</p> <p>Best Bites Thick crust Green peppers, onion, tomatoes Canadian bacon Mushrooms</p>	<p style="text-align: center;">Pizza</p> <p>Just say NO Cheese stuffed crust Meat lovers pizza Sausage or pepperoni Extra cheese</p>

5 Budget Tips

Rice

- Cook up a big batch of rice each week and store the cooked rice in the refrigerator so it's ready to use in many different meals. Use some of the cooked rice added to one can of drained black beans or kidney beans and serve with salsa.
- Spray a non-stick pan with margarine and add cooked rice with chopped onion, carrot, celery, (or any veggies in the fridge) and add some cooked chicken breast for a healthy fried rice.
- Add cooked rice to your favorite broth-based canned soup for a super high carb meal.

Pita Bread

- Always keep a package of pita bread in the freezer. Defrost on when needed and fill with chicken, turkey, tuna, cheese, or pasta salad for an easy meal or snack.
- Cut on pita into four wedges – toast and eat with salsa for a hearty and low-fat tortilla chip
- Sprinkle a whole pita with tomato or spaghetti sauce, top with mozzarella cheese and mushrooms, and bake for 5-10 minute for your own personal pizza.

Pasta

- Keep a variety of dried pasta on hand. Always use twice as much pasta as sauce or meat to boost carbs.
- Add fresh, chopped vegetables to the water during the few minutes of cooking your pasta for an easy way to increase your veggies.
- Keep a jar of spaghetti sauce in the refrigerator and add a few tablespoons onto your pasta
- Try different toppings for pasta – a splash of olive oil and sprinkling of parmesan cheese, chopped broccoli with a dash of Italian salad dressing, diced cooked chicken with chopped green and red peppers, or add a can of drained, water-packed tuna to your favorite cooked pasta.

Potatoes

- Baked potatoes are easy when pricked with a fork and cooked in the microwave (if you want a crunchy outside – cook in microwave and put in toaster oven for 5 minute)
- Top with reduced fat sour cream, yogurt, low-fat cottage cheese, veggies, chili or salsa
- Wash a whole potato and cut into wedges, spray with margarine and sprinkle with paprika and bake until done for a high carb thick cut fries.
- Make your own potato salad by using reduced fat or non-fat mayonnaise
- Boil potatoes and mash with cottage cheese or low-fat sour cream

Tortillas

- Soft corn and flour tortillas can be used to roll anything from chicken to cheese. Spread a tortilla with black bean dip, sprinkle with reduced fat cheese, and place another tortilla over the top. Bake for a few minutes for a quick quesadilla

- Spread a can of vegetarian refried beans on a few tortillas and sprinkly with low-fat cheese and salsa
- Slice grilled chicken breast into tortillas and add sautéed onions and peppers for low-fat fajitas.

Nutritional Supplements:

Weight Loss Supplements:

Most weight loss products have a combination of ephedrine and caffeine. These products are banned by the NCAA. That means you may not use them. The banned substance in the product is Ephedrine, Ephedra, Nor-ephedrine, Nor-ephedra, and/or Ma Huang (an herbal ephedrine substance). If you have any questions about these types of products make sure to ask the athletic training staff or strength and conditioning staff before you purchase it.

Andro Products:

These products are banned by the NCAA. These products are advertised to increase your testosterone level. However, these products have no guaranteed success rate. Most of the andro precursors to testosterone actually end up increasing estrogen levels. These products are also banned because when tested it comes up the same as a positive test for a steroid called Dura-Decabolin. Any products stating that they contain Androstenedione, Nor-Androstenedione or any thing else even somewhat similar, it is not worth the risk.

DHEA:

DHEA or also known as Dehydroepiandrosterone is also banned. First this product has only been proven to help middle age men meaning over 40 yrs old. This product is said to increase testosterone. DHEA even though it is not proven to aid young college age athletes will test positive for steroids.

Any Products:

Any products that claim outrageous results be careful of. Any products that you a question whether you may use it, make sure you consult the strength and conditioning staff and athletic training staff before you buy it and definitely before you try it. Wilkes University Fitness Center / Strength & Conditioning at (570) 408-4026

Creatine:

If you are taking creatine or thinking about it, please make sure you consult the strength and conditioning staff and athletic training staff first. Creatine is not a banned substance. But be sure to consult the above first for safe and proper use. Wilkes University Fitness Center / Strength & Conditioning at (570) 408-4026

***"The harder you work,
the harder it is to
surrender" Vince
Lombardi***

Miscellaneous

Wilkes University

Football Abdominal Workouts

5 min Abs switch every 30 sec.

Crunches
Side Crunches R
Side Crunches L
Twist Crunches R
Twist Crunches L
Hip Raises
Leg Raises
Reverse Crunches
Toe Touches
Bicycler's
6 inches

Track Abs

V-ups 1 x 10 each leg
Sprinters 1 x 10 each leg
Bicycler's 1 x 30 sec.
V-ups 1 x 10 each leg
Sprinters 1 x 10 each leg
Bicycler's 1 x 30 sec.

Med. Ball Abs work up to 2 sets of 20 reps

Chest Passes
Overhead Throws
Side Throws R
Side Throws L
Backward Side Throws R
Backward Side Throws L
Granny Throws
Squat Throws
Situps
45 degree Catches
45 degree Side Catches R
45 degree Side Catches L
Russian Twists
Med Ball Situp Twists
Handoffs

Pull Downs & Throw Downs

Hanging Leg Raises 3 x 10
Pulldowns 3 x 10
Throwdowns 3 x 20

7 Minute Abs

Toe Touches (10 lb plate)	30 sec.
Russian Twists (10 lb plate)	1 min.
Leg Twists	1 min.
Bicycler's	30 sec.
V-ups	30 sec.
Sprinters	30 sec.
6 Inches (alternating leg raises)	1 min.
Leg Raises (physioball)	30 sec.
Hip Raises	30 sec.
Situp Twists Right	30 sec.
Situp Twists Left	30 sec.

Wilkes University

Football Jump Rope Workout & Low Back

Jump Rope Program

Warm-up – 5 min
Stretch – 15 min
Skip (Rocky Style) – 1 min
Right Foot Single Leg – 30 sec
Left Foot Single Leg – 30 sec
Both Feet Side to Side – 1 min
Both Feet Forward & Backward – 1 min
Right Foot Single Leg Side to Side – 30 sec
Left Foot Single Leg Side to Side – 30 sec
Right Foot Single Leg Forward & Backward – 30 sec
Left Foot Single Leg Forward & Backward – 30 sec
Both Feet 3 Hops Forward 3 Hops Back – 1 min
Both Feet 3 Hops to the Right 3 Hops to the Left – 1 min
Skip (Rocky Style) fast – 2 min
Both Feet Turn Clockwise – 1min
Right Foot Single Leg Turn Clockwise – 30 sec
Left Foot Single Leg Turn Clockwise – 30 sec
Both Feet Turn Counterclockwise – 1min
Right Foot Single Leg Turn Counterclockwise – 30 sec
Left Foot Single Leg Turn Counterclockwise – 30 sec
Stretch – 5 min

Pool Workout

Tread Water	5 minutes
Free Style (swim)	8 laps
Breast Stoke (swim)	6 laps
Scissor Kick (forward & back)	2 minutes
Scissor Kick (inner & outer thigh)	2 minutes
Squat Jumps	2 x 10
Split Cycle Jumps	2 x 20
Running (shallow end)	20 laps
Tread Water	5 minutes

Wilkes University

Football Low Back, Ankle & Rotator Cuff Workouts

Low Back Exercises

Stability:

Quadroped 3 x 20

Bridging 2 sets 2 minutes each with 10 second holds

Dead Bug 2 sets 2 minutes each with 10 second holds

Supermans 2 sets 2 minutes each with 10 second holds

(extending upper and lower extremities simultaneously)

Bridges with Leg Extension 2 sets 2 minutes each with 10 second holds

Cross Pushups 3 x 10

Strengthening:

Good Mornings 4 x 8 (light weight)

Hyperextensions 3 x 15

Romanian Deadlifts 4 x 8 (light weight)

Ankle Strengthening:

Theraband:

Dorsiflexion (pull toe up) 3 x 20

Plantarflexion (push toe down) 3 x 20

Inversion (turn toe in) 3 x 20

Eversion (turn toe out) 3 x 20

Balance:

Balance Eyes Closed (on one foot) 4 x 30 sec.

Balance & Catch a Ball (on one foot) 3 x 20 catches

Balance & Hold Ball & Touch is to the Floor (on one foot) 3 x 20 touches

Hops:

Forward 2 x 20

Backward 2 x 20

Side to Side 2 x 20

Diagonal 2 x 20

Rotator Cuff Program (QB's & Shoulder Injuries) 2 times per week

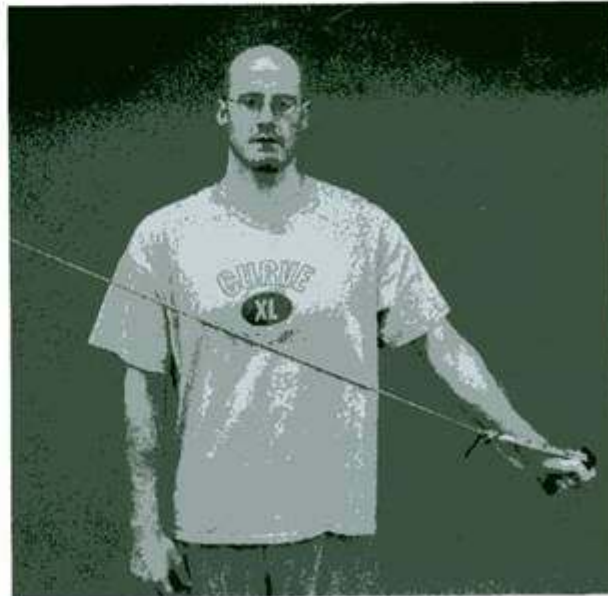
<u>Week</u>	<u>Sets</u>	<u>Reps</u>
1 – 5	1	10
6-10	1	15
11-15	2	10
16-20	2	15
21-25	1	20
25-33	2	20

Rotator cuff exercises are as follows, you need to complete all the exercises.

Rotator Cuff Exercises

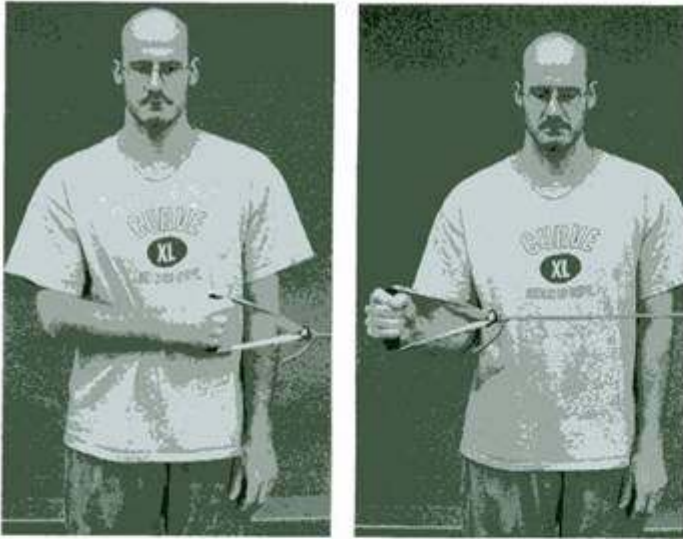


1. **Tubing D2 PNF Flexion** - Affix surgical tubing to the floor near opposite foot. Stand facing the tubing. Involved hand will grip the tubing, across the body, near the opposite hip, with the thumb pointing toward the hip. Rotate the thumb so that it points behind you as you raise your arm toward the ceiling. Rotate the thumb back in toward your pocket as you return to the starting position.

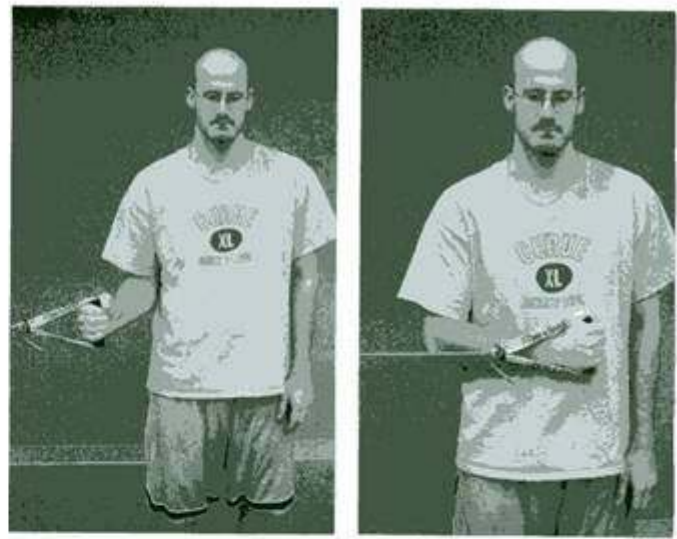


2. **Tubing D2 PNF Extension** - Affix surgical tubing above shoulder height. Stand with your back to the tubing. Hold tubing in hand with the arm pointed toward the ceiling and thumb pointing behind you. Rotate the thumb in toward your pocket as you pull the tubing down toward your opposite pocket. Rotate the thumb back behind you as you return to the starting position.

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3. Tubing ER @0 Degrees of Abduction - Affix a piece of surgical tubing to the wall at elbow height. Stand with your throwing arm opposite the tubing side with the shoulder abducted to 0 degrees, the elbow bent to 90 degrees and hand pointing toward the tubing. Keeping the elbow tucked, quickly rotate the forearm until the hand is pointing straight ahead, then quickly return to the starting position.



4. Tubing IR @ 0 degrees of Abduction - Affix a piece of surgical tubing to the wall at elbow height. Stand with your throwing arm on the tubing side with the shoulder abducted to 0 degrees, the elbow bent to 90 degrees and the hand pointing straight ahead. Keeping the elbow tucked, quickly rotate the forearm until the palm is facing the body, then quickly return to the starting position.

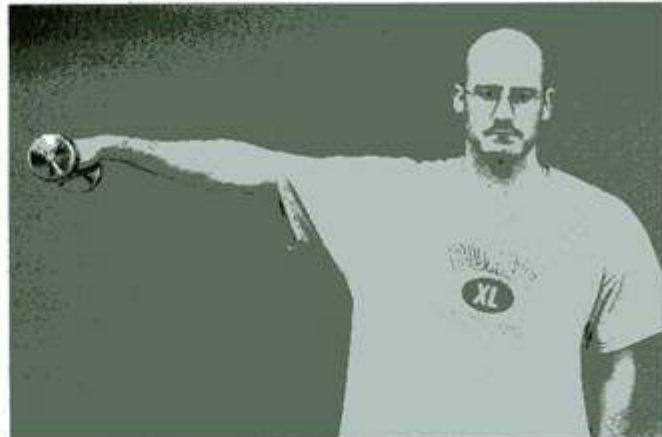


5. Tubing IR @ 90 degrees of Abduction - Affix a piece of surgical tubing to the wall at about head height. Stand with your back to the tubing, the shoulder abducted to 90 degrees, elbow bent to 90 degrees, and the hand pointing up to the ceiling. Keeping the shoulder abducted, quickly rotate the shoulder forward until the forearm is parallel with the ground, then return to the starting position.



6. Tubing ER @ 90 degrees of Abduction - Affix a piece of surgical tubing to the wall at shoulder height. Stand facing the tubing with the shoulder abducted to 90 degrees, elbow bent to 90 degrees, and the hand pointing straight ahead. Keeping the shoulder abducted, quickly rotate the shoulder until the hand is pointing up to the ceiling, then return to the starting position.

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7. Dumbbell Lateral Raise - Stand with a dumbbell in each hand, palms facing toward the body. Raise the arm out to the side with the palms facing downward, stopping at shoulder level. Slowly return to the starting position.

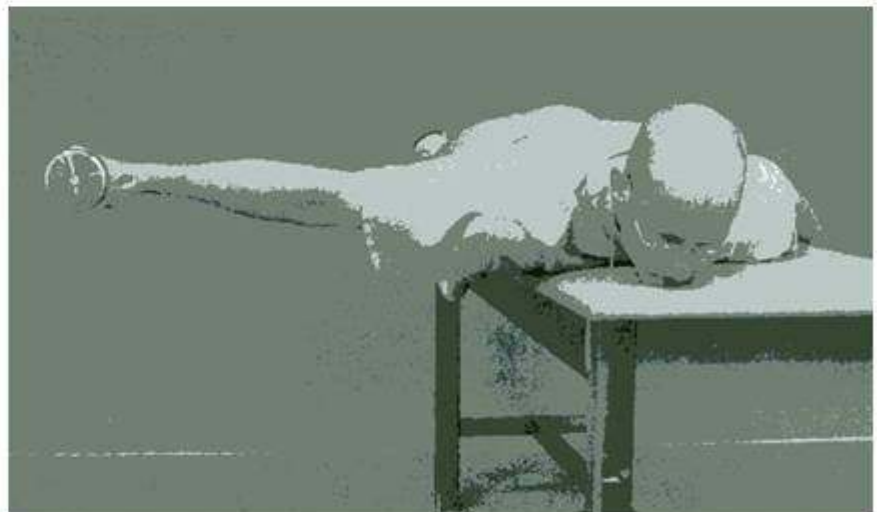


8. Supraspinatus Raise (full can) - Stand with arm straight and thumb pointing at 45 degrees away from the body. Raise the arm to shoulder level. Slowly return to the starting position.

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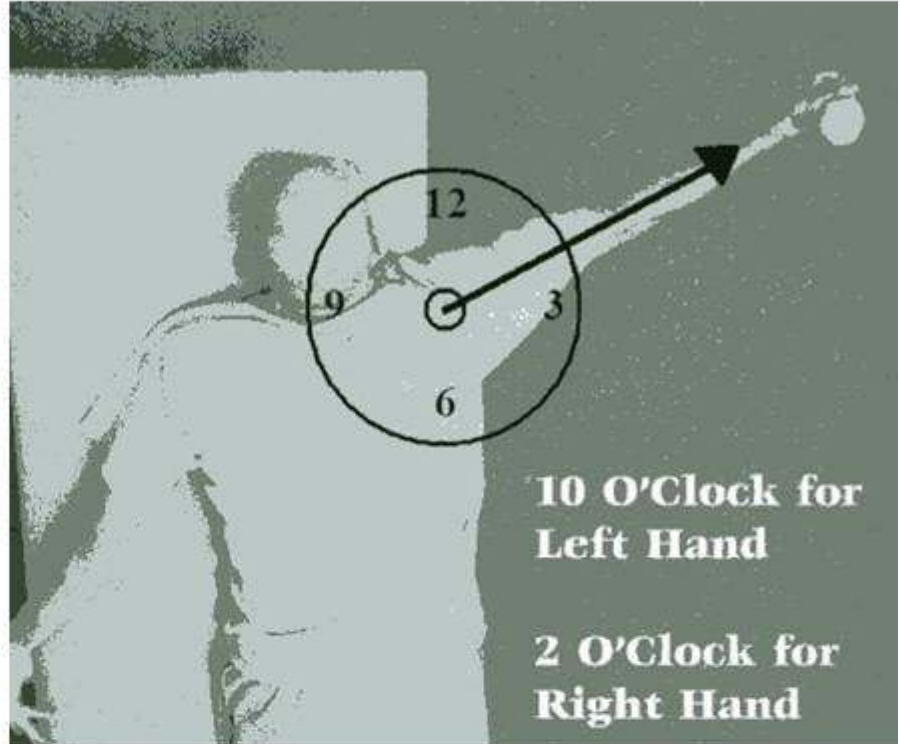


9. Shoulder External Rotation - Lie on your non-throwing side. Keep the upper part of your arm against your side, and bend your elbow to 90 degrees. Raise the weight up, keeping the arm against your side. Slowly return to the starting position. Also perform this exercise lying on your other side.



10. Prone Horizontal Abduction - Lie on the table face down with the arm hanging straight for the floor, the thumb facing forward. Raise the arm out to the side until it is parallel to the floor. Then slowly return to the starting position.

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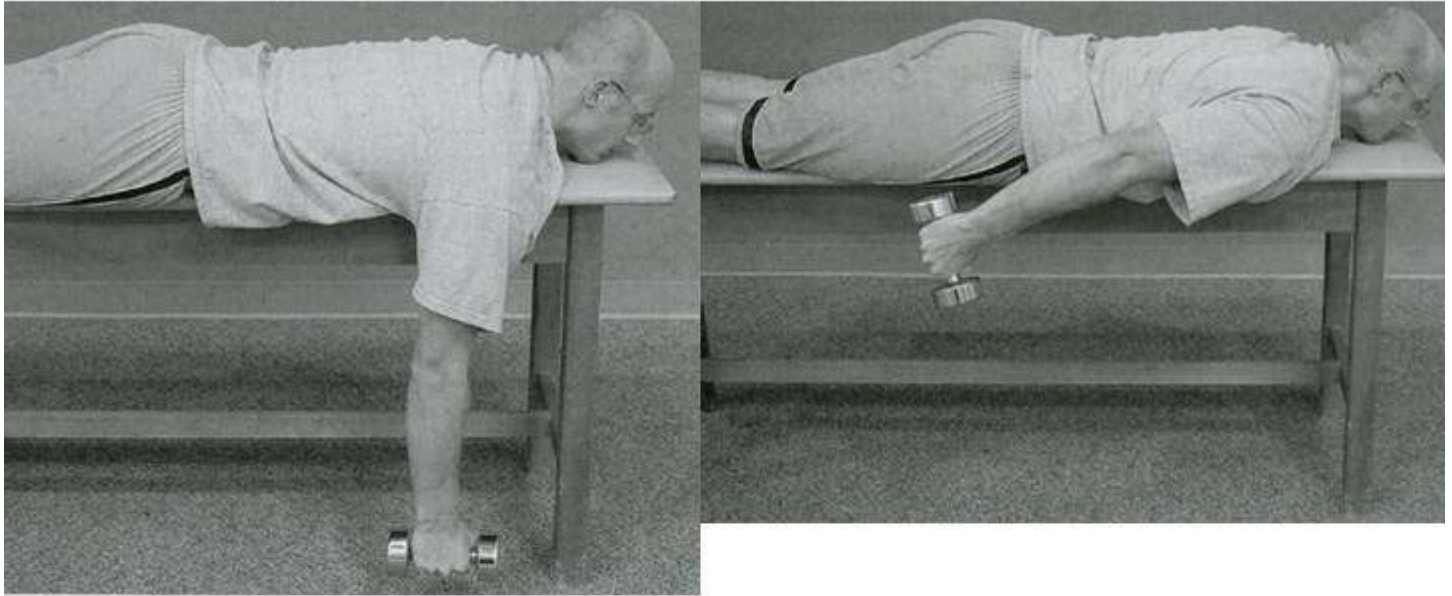


11. Prone Shoulder Flexion @ 105-110 Degrees of Abduction - Lay on a weight bench face down. Hold a dumbbell with the thumb rotated up (hitchhiker). Raise the arm out to the side at an angle of 105 degrees from your side (about 2 o'clock) - slightly in front of the shoulder—until the arm is parallel with the floor. Then slowly return to the starting position.

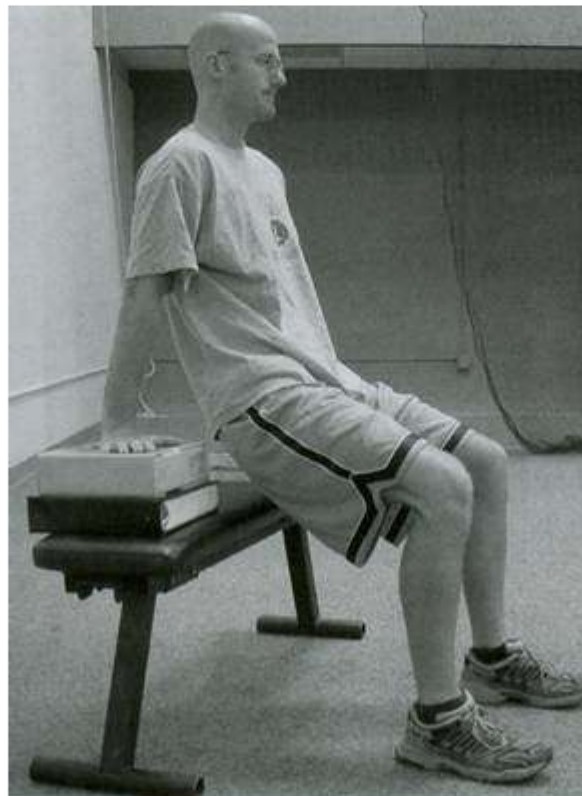


12. Prone Row with External Rotation - Lie on a table face down with the elbow abducted to 90 degrees and the hand pointing to the ground. Keeping the elbow stationary, slowly raise the dumbbell until it is parallel to the floor. Then slowly return to the starting position.

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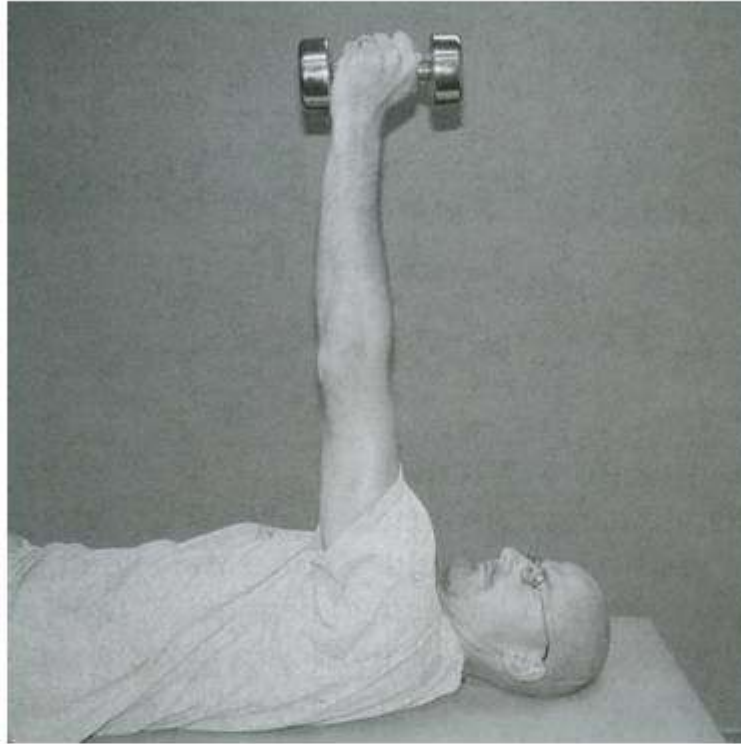


13. Prone Shoulder Extension - Lie on a table face down with your arm hanging straight to the floor, thumb facing forward. Raise the arm straight back until it is parallel to the floor. Slowly return to the starting position.

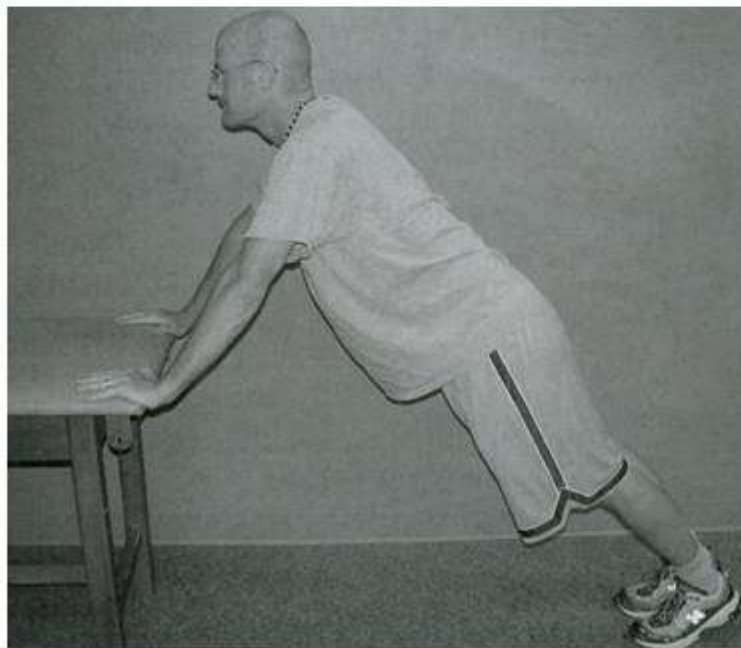


14. Press-up - Sit on a weight bench. Set a block or thick book on both sides of you. Put your hands on the block or book and push your body up until both elbows are fully straightened. From this position, allow the elbows to bend as you lower the body back to the starting position and then repeat.

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15. Supine Serratus Punch - Lie on your back with a 2-5 pound dumbbell in your hand. Out stretch your arm to full extension. Push towards the sky lifting only the shoulder off the table. Return the shoulder to the table. Then repeat.



16. Pushup with a Plus - Standing in a neutral position with your hands placed on the edge of a table and arms extended, push away from the table by extending the shoulder. Do not lose contact with the table.