

Football Out-Season Workout Plan

Monday (Day 1)

- Dot Drill (agility warm-up)**
- Group/Team Speed & Plyo**
- Box Squat**
- Towel Bench**
 - Core lifts follow set-rep cards
- Neck Iso
- Glute-Ham
- Straight-Leg Deadlift
 - Auxiliary Lifts 2 sets of 10
- 1-2-3-4 Flexibility

Wednesday (Day 2)

- Dot Drill (agility warm-up)**
- Group/Team Speed & Plyo**
- Power Clean**
- Deadlift (hex or regular bar)**
 - Core lifts follow set-rep cards
- Heavy Dips
- Dumb Bell Lunges
 - Auxiliary Lifts 2 sets of 10
- 1-2-3-4 Flexibility

Friday (Day 3)

- Dot Drill (agility warm-up)**
- Parallel Squat**
- Bench Press**
 - Core lifts follow set-rep cards
- Neck Iso
- Glute-Ham
- Straight-Leg Deadlift
 - Auxiliary Lifts 2 sets of 10
- 1-2-3-4 Flexibility

Set-Rep Rotational Card System. The strength portion of the BFS program, in-season & out-of-season, is set up on four-week cycles, with each week consisting of core lifts performed on specific days. **The cycles consist of the following Set/Rep cycles: 3x3, 5x5, 5-4-3-2-1, and 10-8-6 (or 4-4-2 for the power clean and Hex bar deadlift).** During the season, the same Set/Rep cycles are used, but the workout is performed only twice a week. This variety ensures that the athlete is able to continually break personal records, even during the season – there are no plateaus in the BFS program. If you are sick/injured or miss over a week, you should re-set your workout beginning with week one's 3 x 3 cycle.

BFS Beat the Computer System. Athletes that have completed one year using the Set-Rep Card System and understand the full program are encouraged to begin using the computer system for a more advance program. The computer system follows the same set-rep rotational workout with record breaking expectations.

Break Personal Records. Your goal should be to **break at least 8 personal best records each week for sets, reps, totals and performance events.** Record your information correctly on your card and break records every day!

Speed – Agility – Plyo Program

Day 1

Form run teach/stress proper technique (warm-up & speed)
Timed Dot Box (1 timed = Warm-up & agility)
Pro Agility (4 times each/time every two weeks = agility)
Starts/Sprints (5 x 10 yards, 3x20, & 1x40/time every two weeks = speed)
Plyo Box Hops (2 x 30 seconds = explosion)
Stretch 1-2-3-4 Flexibility (flexibility – measure sit & reach)

Day 2

Form run teach/stress proper technique (warm-up & speed)
Timed Dot Box (1 timed = Warm-up & agility)
Nebraska (3 times each/time every two weeks = agility)
Starts/Sprints (5 x 10 yards, 3x20, & 1x40/time every two weeks = speed)
Vertical & Long Jump(5 times with rest/ measure every two weeks = explosion)
Stretch – 1-2-3-4 Flexibility (flexibility – measure sit & reach)

Football In-Season Workout Plan

Monday – Day 1 (longer recovery)

~Dot Box warm-up (agility warm-up)
 ~**Parallel Squat** (explosive power) – **Follow Set/Rep Card**
 ~**Bench Press** (upper body power) – **Follow Set/Rep Card**
 ~Dumb Bell Lunges (lower body power) – **2 sets of 10 reps**
 ~Straight Leg Dead Lift w/ Dumb Bells(hamstrings and lower back) – **2 sets of 10 reps**
 ~1-2-3-4 Flexibility (stretches)

Thursday – Day 2 (quick recovery)

~Dot Box warm-up (agility warm-up)
 ~**Power Clean** (explosive power) – **Follow Set/Rep Card**
 ~**Box Squat** (explosive power & speed) – **Follow Set/Rep Card**
 ~**Towel Bench** (upper body power) – **Follow Set/Rep Card**
 ~Straight Leg Dead Lift or Glute-Ham (hamstrings and lower back) – **2 sets of 10 reps**
 ~1-2-3-4 Flexibility (stretches)

Record All Exercises Accurately and Break Personal Records!