



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



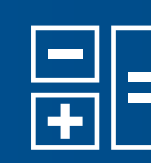
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## DOMINATE THE COMBINE: COMPLETE OFF SEASON FOOTBALL WORKOUT

Shock your strength coaches, dominate your competition, and get ready to hoist that championship trophy with this complete off-season football workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/offseason-football-workout>

**Main Goal:** Sports Performance

**Training Level:** Beginner

**Program Duration:** 12 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines

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### Monday

Exercise	Sets	Reps
Jumping Jacks	1	1 Min
High Knees	1	1 Min
<a href="#">Air Squat</a>	1	1 Min
Burpees	1	1 Min
Reverse Crunch	1	14
Alternate V Twist	1	8 Each Side
Superdogs	1	10
Box Jumps	2	5
Step Up Jumps	2	10
<b>Superset</b>		
Hang Clean	4	5
<a href="#">Incline Bench Press</a>	4	10, 9, 8, 5
<b>Superset</b>		
<a href="#">Inverted Row</a> (w/ 5 Secs Negative)	3	6, 6, 5
<a href="#">Dumbbell Split Squat</a>	3	8 Each Leg
<b>Superset</b>		
<a href="#">Front Press</a>	3	10
<a href="#">One Arm Dumbbell Row</a>	3	10 Each Arm
<b>Superset</b>		
<a href="#">Lateral Raises</a>	3	10
<a href="#">Machine Hamstring Curls</a>	3	10

### Day 2

Exercise	Sets	Reps
Jumping Jacks	1	1 Min
High Knees	1	1 Min
<a href="#">Air Squat</a>	1	1 Min
Burpees	1	1 Min
<a href="#">Side Plank</a>	1	30 Secs Each Side
<a href="#">Plank</a>	1	30 Secs
1 Leg Hurdle Hops	2	5
Lateral Step Up Jumps	2	8
<b>Superset</b>		
<a href="#">Front Squats</a>	4	10
<a href="#">Dips</a>	4	8, 7, 6, 5
<b>Superset</b>		
<a href="#">Chin Ups</a>	3	5, 4, 3
<a href="#">Dumbbell Lunges</a>	3	20
<b>Superset</b>		
One Arm Lat Pulldowns	3	8 Each Arm
<a href="#">Push Ups</a> (w/ 3 Secs Negative)	3	14, 12, 12
<b>Superset</b>		
<a href="#">Partner Hamstring Curls</a>	3	5, 4, 3
<a href="#">Skullcrushers</a>	3	10

### Day 3

Exercise	Sets	Reps
Jumping Jacks	1	1 Min
High Knees	1	1 Min
<a href="#">Air Squat</a>	1	1 Min
Burpees	1	1 Min
Alternate V Twist	1	14
Bent Leg Trunk Twist	1	12
Hurdle Hops	2	5
Lateral Hurdle Hops	2	10
<b>Superset</b>		
Overhead Snatch	4	5
<a href="#">Bench</a>	4	10, 8, 6, 5
<b>Superset</b>		
<a href="#">Dumbbell Lateral Squat</a>	3	20
<a href="#">Wide Grips Pulldowns</a>	3	10
<b>Superset</b>		
<a href="#">Dumbbell Bench Press</a>	3	10
Machine Lat Pulldown	3	10
<b>Superset</b>		
<a href="#">One Legged "Bucks"</a>	3	7 Each Leg
<a href="#">Lateral Lunges</a>	3	20