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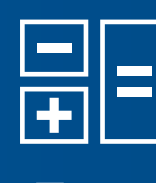
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MARC MEGNA'S COMPLETE OFF SEASON  
FOOTBALL TRAINING WORKOUT

A 4 stage, 12 week football training program put together by MuscleTech and Marc Megna that is meant to help players improve size, strength and performance.

Link to Workout: <https://www.muscleandstrength.com/workouts/marc-megna-football-training-program-meal-plan>

**Main Goal:** Sports Performance

**Training Level:** Beginner

**Program Duration:** 12 Weeks

**Days Per Week:** 4 Days

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

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

**Author:** Team MuscleTech

PHASE 1: Weeks 1 - 3

Day 1: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Clean*	3	5
<a href="#">Plank</a>	2	30 Secs
Triset		
<a href="#">Dumbbell Goblet Squat</a> *	3	10
<a href="#">Assisted Chin Ups</a>	3	10
Swiss Ball Roll Outs	2	8
Triset		
<a href="#">Dumbbell Single Leg Deadlift</a> *	3	10 Each Leg
<a href="#">Dumbbell Bent Over Row</a>	3	10
Tall Kneeling Belly Press	2	8 Each Side
Superset		
Dumbbell Single Leg Squat to Box	3	10 Each Leg
Half Kneeling Cable Face Pull	3	10
*Use a warm up set.		

Day 2: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Bench Press</a> *	3	10
<a href="#">Side Plank</a>	2	20 Each Side
Superset		
<a href="#">Incline Dumbbell Chest Press</a> *	3	10
Tall Kneeling Cable Lift*	2	8 Each Side
Superset		
Tall Kneeling Dumbbell Alternating Overhead Press*	3	10
<a href="#">Farmer's Walk</a>	2	20 Yards
Superset		
<a href="#">Barbell Biceps Curl</a>	3	10
<a href="#">Rope Cable Triceps Press</a>	3	10
*Use a warm up set.		

Day 3: Lower Body & Back

Exercise	Sets	Reps
Superset		
Dumbbell Snatch*	3	5 Each Arm
<a href="#">Plank</a>	2	30 Secs
Triset		
<a href="#">Deadlift</a> *	3	10
Suspension Supine Row	3	10
Extended Plank Lateral Arm Raise	2	8 Each Arm
Triset		
<a href="#">Dumbbell Split Squat</a> *	3	10 Each Leg
Half Kneeling Cable Row	3	10 Each Arm
Bird Dog	2	8 Each Side
Superset		
<a href="#">Stability Ball Leg Curl</a>	3	10
<a href="#">Barbell Shrug</a>	3	10
*Use a warm up set.		

Day 4: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Incline Bench Press</a> *	3	10
<a href="#">Side Plank</a>	2	20 Each Side
Superset		
<a href="#">Dumbbell Chest Press</a> *	3	10
Tall Kneeling Cable Chop	2	8 Each Side
Superset		
Tall Kneeling Neutral Grip Dumbbell Front Raise*	3	10
Bear Crawls	2	20 Yards
Superset		
<a href="#">Neutral Grip Dumbbell Biceps Curl</a>	3	10
Supine <a href="#">Barbell Triceps Press</a> (Skullcrushers)	3	10
*Use a warm up set.		



PHASE 2: Weeks 4 - 6

Day 1: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Clean*	4	4
<a href="#">Plank</a> to Opposite Raise	2	8 Each Side
Triset		
<a href="#">Front Squat</a> *	4	6
<a href="#">Chin Ups</a>	4	6
Tall Kneeling Suspension Roll Outs	2	8
Triset		
<a href="#">Dumbbell Reverse Lunge</a> *	4	6 Each Leg
<a href="#">Chest Supported Dumbbell Row</a>	4	6
Half Kneeling Belly Press	2	8
Superset		
<a href="#">Back Squat</a> * *	-	25
<a href="#">Side Lying Dumbbell Reverse Fly</a>	4	6
* Use a warm up set. * * Back Squat: Bodyweight on bar in as few sets as possible.		

Day 2: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Bench Press</a> *	4	6
Feet Elevated <a href="#">Side Plank</a>	2	20 Each Side
Superset		
<a href="#">Incline Dumbbell Chest Press</a> *	4	6
Half Kneeling Cable Lift*	2	8 Each Side
Superset		
Half Kneeling Dumbbell Single Arm Overhead Press*	4	6 Each Arm
Suitcase Walk	2	20 Yards Each Arm
Superset		
<a href="#">Cable Biceps Curl</a>	4	6
<a href="#">Cable Triceps Press</a>	4	6
<a href="#">Hands on Bench Push Ups</a>	1	Max
* Use a warm up set.		

Day 3: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Snatch*	4	4
<a href="#">Plank</a> to Opposite Raise	2	8 Per Side
Triset		
<a href="#">Deadlift</a> *	4	6
Feet Elevated Suspension Supine Row	4	6
Extended Plank Front Arm Raise	2	8 Each Arm
Triset		
Rear Foot Elevated <a href="#">Dumbbell Split Squat</a> *	4	6 Each Leg
<a href="#">Standing One Arm Cable Row</a>	4	6 Each Arm
Reverse Hyper	2	8
Superset		
<a href="#">Sliding Leg Curl</a>	4	6
Tall Kneeling X Pulldowns	4	6
* Use a warm up set.		

Day 4: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Close Grip Bench Press</a> *	4	6
Feet Elevated <a href="#">Side Plank</a>	2	20 Sec Each Side
Superset		
<a href="#">Cable Chest Fly</a>	4	6
Half Kneeling <a href="#">Cable Chop</a>	2	8 Each Side
Superset		
<a href="#">Neutral Grip Dumbbell Lateral Raise</a> *	4	6
Lateral Crawls	2	10 Yards
Superset		
<a href="#">Dumbbell Biceps Curl</a>	4	6
<a href="#">Dumbbell Overhead Triceps Press</a>	4	6
* Use a warm up set.		



PHASE 3: Weeks 7 - 9

Day 1: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Clean*	4	3
Plank w/ Overhead Cable Row	2	8 Each Arm
Triset		
Front Split Squat*	4	8 Each Leg
<a href="#">Chin Ups</a>	4	8
<a href="#">Barbell Rollouts</a>	2	8
Triset		
<a href="#">Dumbbell Single Leg Deadlift</a> *	4	8 Each Leg
<a href="#">Dumbbell Bent Over Row</a>	4	8 Each Arm
Standing Belly Press	2	8 Each Side
Superset		
<a href="#">Front Squat</a> * *	-	20
<a href="#">Barbell Shrug</a>	4	8
* Use a warm up set. * *Front Squat: Bodyweight on bar in as few sets as possible.		

Day 2: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Bench Press</a> *	4	8
Side Plank w/ Cable Row	2	8 Each Arm
Superset		
Single Arm Incline Dumbbell Chest Press*	2	8 Each Arm
Standing Cable Lift	2	8 Each Side
Superset		
Half Kneeling Dumbbell Alternating Overhead Press*	4	8 Each Arm
Half Waiter Walks	2	20 Each Arm
Superset		
<a href="#">Barbell Biceps Curl</a>	4	8
<a href="#">Cable Rope Triceps Press</a>	4	8
<a href="#">Push Ups</a>	1	Max
* Use a warm up set.		

Day 3: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Snatch*	4	3
Plank w/ Overhead Cable Row	2	8
Triset		
<a href="#">Front Reverse Lunge</a> *	4	8
Weighted Suspension Supine Row	4	8
Extended Plank Front Arm Raise	2	8
Triset		
Dumbbell Single Leg Squat on Box	4	8
Half Kneeling Cable Row	4	8 Each Arm
Single Leg Reverse Hyper	2	8 Each Leg
Superset		
Glute Ham	4	8
Split Stance <a href="#">Cable Face Pulls</a>	4	8
* Use a warm up set.		

Day 4: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Close Grip Bench Press</a> *	4	8
Side Plank w/ Cable Row	2	8
Superset		
<a href="#">Single Arm Dumbbell Chest Press</a>	4	8 Each Arm
<a href="#">Standing Cable Chop</a>	2	8 Each Side
Superset		
Neutral Grip Dumbbell Front Raise*	4	8
Reverse Bear Crawls	2	20 Yards
Superset		
<a href="#">Neutral Grip Dumbbell Biceps Curl</a>	4	8
Supine <a href="#">Barbell Triceps Press</a> (Skullcrushers)	4	8
* Use a warm up set.		

PHASE 4: Weeks 10 - 12

Day 1: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Clean*	4	3
Body Saw	2	8
Triset		
<a href="#">Front Squat</a> *	4	5
<a href="#">Weighted Chin Ups</a>	4	5
Standing Suspension Rollouts	2	8
Triset		
<a href="#">Dumbbell Single Leg Deadlift</a> *	4	5 Each Leg
<a href="#">Chest Supported Dumbbell Row</a>	4	5
Split Stance Belly Press	2	8
Superset		
<a href="#">Back Squat</a> * *	-	50
<a href="#">Side Lying Dumbbell Reverse Fly</a>	4	5 Each Arm
* Use a warm up set. * * Back Squat: Bodyweight on bar in as few sets as possible.		

Day 2: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Bench Press</a> *	4	5
Side Plank w/ Cable Row	2	8 Each Arm
Superset		
<a href="#">Dumbbell Chest Fly</a> *	4	5
Split Stance Cable Lift	2	8 Each Side
Superset		
<a href="#">Single Arm Dumbbell Overhead Press</a> *	4	5 Each Arm
Waiter Walks	2	20 Yards
Superset		
<a href="#">Cable Biceps Curl</a>	4	5
<a href="#">Cable Triceps Press</a>	4	5
<a href="#">Feet Elevated Push Ups</a>	1	Max
* Use a warm up set.		

Day 3: Lower Body & Back

Exercise	Sets	Reps
Superset		
Hang Snatch*	4	3
Body Saw	2	8
Triset		
<a href="#">Deadlift</a> *	4	5
Weighted Feet Elevated Suspension Supine Row	4	5
Extended Plank Dumbbell Row	2	8 Each Arm
Triset		
<a href="#">Dumbbell Rear Foot Elevated Split Squat</a> *	4	5 Each Leg
<a href="#">Cable Row</a>	4	5
Reverse Hyper	2	8
Superset		
<a href="#">Front Reverse Lunge</a> * *	-	25
Tall Kneeling X Pulldowns	4	5
* Use a warm up set. * * Front Reverse Lunge: Half of bodyweight on bar in as few sets as possible.		

Day 4: Chest, Shoulders & Arms

Exercise	Sets	Reps
Superset		
<a href="#">Incline Bench Press</a> *	4	5
Side Plank w/ Cable Row	2	8
Superset		
<a href="#">Dumbbell Chest Press</a>	4	5
Split Stance <a href="#">Cable Chop</a>	2	8 Each Side
Superset		
<a href="#">Neutral Grip Dumbbell Lateral Raise</a> *	4	5
Lateral Crawls	2	15 Yards
Superset		
<a href="#">Dumbbell Biceps Curl</a>	4	5
Triangle Push Ups	4	Failure
* Use a warm up set.		