



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



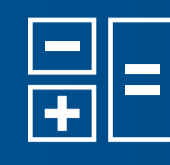
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OFF-SEASON FOOTBALL TRAINING

Off-season football workout designed to increase your strength and power, giving you an edge on the field. Suitable for guys who have some lifting experience.

Link to Workout: <https://www.muscleandstrength.com/workouts/off-season-football-training.html>

Main Goal: Increase Strength

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Author: Team Muscle & Strength

Monday: Legs, Back & Biceps

Exercise	Sets	Reps
Legs		
Squat	5	6 - 8
45 Degree Leg Press	3	12
Back		
Lat Pull Down	4	6 - 8
Bent Over Row	4	6 - 8
Biceps		
Preacher Curl	3	6
The workout is designed for strength. This means low reps, heavy weights and ample rest times. Squat: 4 Mins rest; 45 Degree Leg Press: 1 Min rest.		

Tuesday: Chest, Triceps, Calves & Abs

Exercise	Sets	Reps
Chest		
Barbell Bench Press	5	6 - 10
Dumbbell Flys	4	10
Triceps		
Lying Tricep Extension	5	8 - 10
Calves & Abs		
Seated Calf Raise	5	20, 15, 10, 8, 6
Decline Sit Ups	4	MAX
The workout is designed for strength. This means low reps, heavy weights and ample rest times.		

Thursday: Legs, Back & Biceps

Exercise	Sets	Reps
Legs		
Squat	5	6 - 8
45 Degree Leg Press	3	12
Back		
Lat Pull Down	4	6 - 8
Bent Over Row	4	6 - 8
Biceps		
Preacher Curl	3	6
The workout is designed for strength. This means low reps, heavy weights and ample rest times. Squat: 4 Mins rest; 45 Degree Leg Press: 1 Min rest.		

Friday: Chest, Triceps, Calves & Abs

Exercise	Sets	Reps
Chest		
Barbell Bench Press	5	6 - 10
Dumbbell Flys	4	10
Triceps		
Lying Tricep Extension	5	8 - 10
Calves & Abs		
Seated Calf Raise	5	20, 15, 10, 8, 6
Decline Sit Ups	4	MAX
The workout is designed for strength. This means low reps, heavy weights and ample rest times.		

