

## Football Off-Season 06'

	% x reps x sets				
Front Squat	65%x10x2	70%x8x2			
Power Clean	70%x5	75%x4	82%x4x2	78%x3x2	90%x3
Board Press super set	75%x5	88%x4x6			
Straight leg Deads	x10				
Push Press super set	4x5				
Shoulder Sequence	x10				
Lunge Wheel	2x3				
Abs super set	x100				
Neck	4 way x 40 sec w/ Manual resistance				