**Falmouth/Greely Football Team Conditioning**

**January 5th thru March 20th**

**Tuesdays & Thursdays**

**Lower Body Workout**

* Fat Man 15 reps X 3 sets (15 seconds in between sets)

Put your hands on your head and jump as high as you can. Bring your knees up to your chest.

* Tiger Bounce 25 reps each leg 2 sets with 10 second break in between sets

Put one knee on the ground. Rise up 1 inch and bounce up to 2 inches back to 1 inch (never touching the ground).

* One Leg Dips in place 10 reps X 5 sets with 10 second break in-between sets (Use 20 lbs. of weights in each hand)
* Military Squats 15 reps 2 sets

**Upper Body Workout**

* Push ups As many as possible in 60 seconds (touch the floor with your chest)
* Rows 10 reps each arm X 3 sets (Improvise using a weighted object at least 25 lbs)
* Shrugs 10 reps X 2 sets (Improvise using 2 weighted objects at least 25 lbs each)
* Triceps 10 reps X 3 sets (Improvise using a weighted object at least 25 lbs )

**Plyometrics Workout**

* Planks 30 seconds 3 sets with 5 second rest in between sets
* Leg lifts 15 reps 2 Sets (Ground to 6” to 18” to ground repeat)
* Using a Tennis/Rubber Ball Squeeze 50 times in each hand