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15: Monday,
Wednesday
Week 15:
Monday
Exercise Hang
Clean Front
Squat
Overhead
Press Band
Squat Clean
Set 1 /5 /5 /5
/3 Set 2 Set 3
Set 4 Set 5
Notes Perform
set @ 45 lbs
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set @ 45 lbs
Perform using
blue band
Perform set 5
with weight 10
lbs heavier
from previous
set *Superset
with above
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ma Football
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all Summer

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| Weight | /30 sec. /5 /10 | some circuit- |
| Workout. | /20 /5 /10 | type |
| Week 1: | /10-20 /10 /10 | training.Alaba |
| Monday, | /10 10x25 | ma Football |
| Wednesday. | 10x25 10x25 | Workout |
| Week 1: | 10x25 /5 /10 | Program Pdf - |
| Monday | /5 /10 /5 /30 | 12/2020Alaba |
| Exercise Hang | sec. /5 /8 /20 | ma head |
| Clean Front | /5 /10 /10 | coach Nick |
| Squat | ...Alabama | Saban |
| Overhead | Football | motions |
| Press Clean | Workout | during |
| Pulls Rotator | Recreation | warmups |
| Cuff* Power | Weight | ahead of the |
| Clean Neck* | TrainingBegin | Western |
| Deep Back | lifting 2-3 | Carolina- |
| Squat Jump | days a week | Alabama |
| Rope* OR Box | for 30 minutes | football game |
| Jumps on 25" | per workout. | Saturday, Nov. |
| Box* Bench | Incorporate a | 23, 2019, at |
| Press Stick Sit- | variety of | Bryant-Denny |
| Ups* Military | exercises for | Stadium in |
| Press Pull- | the upper and | Tuscaloosa.Al |
| Ups* Push-Ups | lower body. | abama using |
| Dips* Glute | Use machines | technology to |
| Ham or | or lifts that | help players |
| Hypers Leg | are not | stay in shape |
| Curls* Ab | normally done | ...Get an |
| Circuit Hang | in the Club's | inside peek at |
| Ankles Stretch | program. You | the University |
| Set 1 /5 /5 /5 | may want to | of Alabama |
| /5 /10 /5 /10 /5 | incorporate | football |

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Notes Perform set @ 45 lbs Perform set @ 45 lbs Perform set @ 45 lbs Perform using blue band Perform set 5 with weight 10 lbs heavier from previous set *Superset with above exercise. *Alabama using technology to help players stay in shape* ...

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football players need to hit a range of areas, and that’s why we’ve put together this all-around workout for you to add to your routine. **NEW YORK GIANTS STRENGTH & CONDITIONING VOLUNTARY** ...

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