

Jr. Dragons Football Summer Workout

Do At Least 5 Times a Week

Start Now!!!

Weeks 1 and 2

Run 1/4 mile
Run 30 yard sprints – 5 times
Run 30 yard backward sprints – 5 times
10 – Z-Squats (Hold for 5 seconds each)
10 – Push-ups
10 – Sit-ups (Knees up)
10 – Leg Lifts (Hold for 5 seconds each)

Weeks 3 and 4

Run 1/2 mile
Run 30 yard sprints – 10 times
Run 30 yard backward sprints – 10 times
15 – Z-Squats (Hold for 5 seconds each)
15 – Push-ups
15 – Sit-ups (Knees up)
15 – Leg Lifts (Hold for 5 seconds each)

Weeks 5 and 6

Run 3/4 mile
Run 30 yard sprints – 15 times
Run 30 yard backward sprints – 15 times
20 – Z-Squats (Hold for 5 seconds each)
20 – Push-ups
20 – Sit-ups (Knees up)
20 – Leg Lifts (Hold for 5 seconds each)

Week 7 and until practice starts

Run 1 mile
Run 30 yard sprints – 20 times
Run 30 yard backward sprints – 20 times
25 – Z-Squats (Hold for 5 seconds each)
25 – Push-ups
25 – Sit-ups (Knees up)
25 – Leg Lifts (Hold for 5 seconds each)

If you have any questions, please call...

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Be In Shape When Practice Starts!!! We are Serious about Football!!!