



Mustang Football Workout Schedule

Make sure you are following the guidelines of Social Distancing. If we hope to get back to school and sports as soon as possible, we must follow the guidelines that have been set! Your health and safety are the top priority as we get through this tough time.

Monday	Tuesday	Wednesday	Thursday
<u>Legs</u> 1. Dumbbells body squats 3 sets of 10 reps 2. Dumbbells lunges 3 sets of 10 reps 3. Leg curls 3 sets of 10 reps 4. Leg Extension 3 sets of 10 reps 5. Crunches 3 sets of 20 reps 6. Treadmill walk or run 30 minutes	<u>Arms and Back</u> 1. Dumbbells arm curls 3 sets of 10 reps 2. Triceps Extension 3 sets of 10 reps 3. Lateral pull downs 3 sets of 10 reps 4. Arm curl easy bar 3 sets of 10 reps 5. Dumbbells kickback 3 sets of 10 reps 6. Crunches 3 sets of 20 reps 7. Treadmill walk or run 30 minutes	<u>Shoulders</u> 1. Dumbbells military press 3 sets of 10 reps 2. Dumbbells front raises 3 sets of 10 reps 3. Dumbbells shrugs 3 sets of 10 reps 4. Shoulders machine 3 sets of 10 reps 5. Crunches 3 sets of 20 reps 6. Treadmill walk or run 30 minutes	<u>Chest</u> 1. Dumbbells bench press 3 sets of 10 reps 2. Incline Dumbbells press 3 sets of 10 reps 3. Push on knees 3 sets of 10 reps 4. Cable press 3 sets of 10 reps 5. Crunches 3 sets of 10 reps 6. Treadmill walk or run 3 sets of 10 reps