

## INTRODUCTION AND INSTRUCTIONS

Congratulations on being an ASC GRIZZLY! You are about to begin the most important 12 weeks of the off-season. It is your job to prepare your body, mind, and spirit over the next 12 weeks for the upcoming football season. Being successful as a collegiate athlete takes hard work, determination, and a commitment to excellence. In this packet you will find the information you will need to train your body for success. You will have to supply the will to do it.

The packet is organized in the following folders:

- Philosophy and Creed
- Warm-ups
- Workouts (Freshman and Returner)
- Nutrition
- Video Descriptions
- Jump Sequences
- Running Sequences
- Medicine Ball Sequence

You will want to go into each folder and print the contents of each file, then keep the disc for future reference. You may also find this information on our website, [www.adams.edu](http://www.adams.edu). If you will be a Freshman this Fall, print out the Freshman Workout, all others print out the Returner Workout. In the folder called "Video Descriptions," there will be a number of video files. These files show the exercises you will be performing both in the weight room and running / agility / plyometric exercises. Watch them closely and try to perform them just as the person in the video.

In the folder called “Workout” you will find the protocol you will follow for the entire 12 weeks. Each day of the week is grouped into a text box and lists the exercises, sets / reps, and intensity for each day.

Warm up before you lift! (see protocol in “Warm-ups”)

Exercises:  
see video  
descriptions  
for proper  
technique

PRE-LIFT WARM-UP		MONDAY	
BACK SQUAT	3 x 15	40% of 1RM	
BENCH PRESS	3 x 15	40% of 1RM	
HANG CLEAN	3 x 10	40% of power clean 1RM	
Romanian Dead Lift	3 x 15	30% of Back squat 1RM	

Sets and Repetitions
Intensity

Warm up before you run! (see protocol in “Warm-ups”)

PRE-RUN WARM-UP		TUESDAY	
Plyometric Exercise	Quantity	Run / Agility Exercise	Quantity
1. Jump rope sequence	2 x	1. 400 meter (1/2 speed strider)	2 x
2. Speed jump sequence	2 x	2. 400 meter (3/4 speed)	2 x
3. Medicine ball sequence	2 x	3. Long sprint sequence	2 x
AUXILLARY LIFTS – Choose 2 lifts from each group A,B,C and perform 3 sets of 10 – 15 reps per exercise			

Perform all the exercises  
in the sequence 2 times

Do your Auxillary Lifts in a  
separate workout on the  
same day.

Above all else, WORK HARD! Do the workouts consistently, and with maximal effort. Take care of your body and keep your mind focused on being a successful football player and part of a successful team.

If you have any questions, please call me,

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