

THINGS YOU WILL NEED TO MAKE SURE YOU HAVE BEFORE YOU WORK OUT!

Everyday needs:

1. Running shoes for track or gym
2. Football Cleats
3. Lifting shoes
4. Bumper plates on days you will power clean/ Power pull/ Power Shrug/ Clean and Jerk.
5. If you are doing Plyo Complex #3 you will need Boxes (Small, Med and Large box)
6. If you are doing Plyo Complex #4 you will need hurdles (5 hurdles set at a high setting)
7. Stop Watch to time

Mondays:

1. 6 cones
2. Jump Rope

Tuesdays:

1. Track or football field, cones. You need to mark of 10, 20, 40, 60, 80 yards depending on the workout for the day.
2. Stop Watch
3. Partner to time your runs.

Thursdays:

1. A lined football field would help you run the skill specific drills.
2. A partner would be great to read out the drills you can do them rapid fire.
3. A football and some friends for some 7 on 7 work (Skill Players)
4. A sled or big tractor tires to push or flip (OL or DL)

Fridays

1. A lined football field (IT IS MANDATORY THAT YOU RUN ON A FIELD)
2. Stop Watch to time you.
3. Dot mat or tape to make a dot mat
4. Speed ladder