

PANTHER FOOTBALL



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OFF	2 OFF	3 OFF	4 OFF	5 OFF	6
7	8 Med Ball Power Cleans -5 Bar Step up – 8 Archuletas – 6 Push Press - 6	9 Boxes Bench 75% 5 Reps Inc. Bar 5 Reps Bent Over Row 6 Tricep- Sk Crusher	10 OFF	11 Boxes Panther Press – 5 One Legged Squat RDL’s – 6 Biceps	12 Sleds Bench 75% 5 Reps Heavy DB 5 Reps Chainsaw 6 Choice	13
14	15 Med Ball Dead Lift - 5 Dead Lift Jump 6 Hip Thrusts -6 Shoulders- Milit	16 Boxes Bench 80% 4 Reps Incline DB 5 Reps Bent Over Row 6 Tri – Plate Push	17 OFF 7 on 7 6:00 pm	18 Boxes Churches -5 Hang Clean -5 Bar Side Lunge - 8 Bicep – 21’s	19 Change Bench 75% 5 Reps DB Flys 6 Reps Pull Ups Shoulders - Shrugs	20
21	22	23	24	25	26	27

	Med Ball Lunges Bar Step up – 8 Archuletas – 6 Shoulder Cur. - 6	Boxes Bench 80% 4 Reps Inc. Bar 5 Reps Bent Over Row 6 Tricep- Sk Crusher	OFF	Sleds Bench 80% 4 Reps Heavy DB 5 Reps Chainsaw 6 Choice	Ropes Panther Press – 5 One Legged Squat RDL's – 6 Biceps 7on7 6 pm	Golf Scramble
28	29 Med Ball Churches -5 Hang Clean -5 Bar Side Lunge - 8 Shoulder - Shurgs	30 Boxes Bench 85% 3 Reps Incline DB 5 Reps Bent Over Row 6 Tri – Plate Push	31 OFF	1 Change Bench 75% 5 Reps DB Flys 6 Reps Pull Ups Shoulders - Shrugs	2 Sleds Dead Lift - 5 Dead Lift Jump 6 Bicep – Circuit 7on7 6 pm	