

PANTHER FOOTBALL



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Camp Practice 8-10 am	1
2 WSC Camp – Leave Delta at 11:00 am	3 WSC Camp	4 WSC Camp -	5 WSC Camp – Return to Delta Around 2:00	6 OFF	7 OFF	8
9	10 OFF	11 OFF	12 OFF	13 Boxes Churches -5 Hang Clean -5 DB Side Lunge - 8 Biceps – St. Bar	14 Sleds Bench 70% 6 DB Incline 6 Chainsaw 6 Tri – Close Grip	15
16	17 Med Ball Power Cleans -5 Bar Step up – 8 Archuletas – 6 Push Press - 6	18 Boxes Bench 70% 6 Reps Inc. Bar 5 Reps Bent Over Row 6 Tricep- Sk Crusher	19 OFF	20 Boxes Panther Press – 5 One Legged Squat RDL’s – 6 Biceps	21 Sleds Bench 70% 6 Reps Heavy DB 5 Reps Chainsaw 6 Choice	22
23	24	25	26	27	28	29

	Med Ball Dead Lift - 5 Dead Lift Jump 6 Hip Thrusts -6 Shoulders- Military	Boxes Bench 75% 5 Reps Incline DB 5 Reps Bent Over Row 6 Tri – Plate Push	OFF	Boxes Churches -5 Hang Clean -5 Bar Side Lunge - 8 Bicep – 21's	Change Bench 75% 5 Reps DB Flys 6 Reps Pull Ups Shoulders - Shrugs	
30						