

# NFL Player Program Notes

## Mini-Camp 3/16

### Needs Analysis-

Injury history  
Performance Goals  
Training Schedule/Timeline  
Current Stats(wt., Strength, Power, Agility)

Wk 1-3: Foundation

Wk 4-7: Wave (M,H,L,H+)

Wk 8: Deload

Wk 9-12: Wave (M,H,L,H+)

### Sample Wk

**Monday-UB Strength**

**Tuesday-Speed-Agility-Plyos**

**Wednesday-LB Strength**

**Thursday- Linear Speed-Conditioning**

**Friday- TB Power**

**Saturday- Off**

**Sunday-Off**

### Sample Wk

**Monday-UB Strength**

**Tuesday- Speed-Agility-Plyos**

**Wednesday- LB Strength**

**Thursday- Off**

**Friday- TB Power**

**Saturday- Linear Speed-Conditioning**

**Sunday-Off**

### **UB Strength**

Bench Press 3-5RM

Pull-up max reps or weighted

DB Row

Standing DB Press

Shoulder Stab.

Shrug variation

Ab Circuit

### **LB Strength**

Deadlift or Squat 3-5RM

Lunge Variation (2)

RDL

Pull Through

Neck/Grip work

Ab Stabilization

### **TB Power**

Oly. Variation (DB snatch, Vel. Cage, High pull)

Lunge Variation

MB UB Plyo

Plyo abdominal