

**ALAMO CITY QUARTERBACK CAMP
QB HIGH INTENSITY WEIGHT TRAINING**

DAY ONE	SET/REPS	DAY TWO	SET/REPS	EVERY OTHER DAY	SET/REPS
Chest		Hip Flexors (Core Structure)		Abs/Obliques (Core Structure)	
Bench Press	3 x 5	Power Cleans	3 x 5	1. Toe Touch	25 non-stop
Incline Press	3 x 5			2. Push-Pull	25 non-stop
Flys	2 x 10	Quads		3. Leg Lifts (heel to toe)	25 non-stop
		Leg Extensions	3 x 10	4. Climb The Rope	25 non-stop
Shoulders		Squats	3 x 5	5. Crunch	25 non-stop
Front Laterals	3 x 10			6. Oblique (right to left)	25 non-stop
Side Laterals	3 x 10	Hamstrings		7. Climb The Rope (repeat #4)	25 non-stop
Rear Laterals	3 x 10	Leg Curls	3 x 10	8. Twist	25 non-stop
Shrugs	2 x 5			9. Iron Cross	25 non-stop
		Biceps		10. Climb The Rope (repeat #4)	25 non-stop
Triceps		Barbell Curls	2 x 10		
Lying Tricep Extensions	2 x 10	Incline Curls	2 x 10		
Tricep Push Downs	2 x 10				
Dips	2 x 10	Lower Back (Core Structure)			
		Stiff Legged Deadlifts	2 x 5		
Upper Back		Swiss Ball Hyperextensions	2 x 15		
Barbell Rows	2 x 10				
Reverse Grip Pull-Downs	2 x 10	Calves			
Dumbbell Rows	2 x 10	Seated Calf Raises	3 x 10		

SUPERSIZING YOUR GAINS

Find a partner with the same work-ethic, drive and loyalty that you radiate.

Avoid distractions and pay close attention to your partner ... while letting him know what rep he is on.

Nod to spotter when communicating on when to unrack the bar.

Always be ready to assist your partner at a moment's notice.

Push each other to the ultimate edge ... muscular failure is a great way to stress the muscle fibers for added growth.

Help each other when you're struggling on your last few reps by giving each other a spot.

Assist your partner in completing an exercise by providing "just enough" force for the lifter to raise the weight during muscle fatigue.

Provide the minimum effort required to help your partner safely raise the weight ... MAKE HIM WORK!!!

Spot during the "lifting" phase of the movement.

Provide a minimal spot during the "returning" phase.

Remember the upward part of the lift should be assisted, and the spotter only be applying enough force to help keep the bar moving slowly.

Strive to surpass your max.

High intensity workout - Finish within 40 minutes.

You're in the weight room to WORK & GET BETTER ... period!!!

When you're done working, you're done ... GET OUT!!!

NOTE: The abdominals & obliques workout is part of our "Core Structure Workout" and consists of 10 exercises that are done in sets of 25 (refer to "QB Core Workout" link). The entire routine is done in its entirety ... every rep, every set is done without stopping. This is done every other day.