



The Coach Rozy Super Chest Circuit:

The SUPER CHEST CIRCUIT is a medicine ball protocol which is a favorite with our professional football players to keep their “225 lb bench to failure” at over 30 reps; without even using the bench press exercise for training.

- Once mastered, this protocol should take about **80 seconds.**



SUPER CHEST CIRCUIT

- 20 unilateral push-ups (10 to each side) (in 20 seconds)
- 10 med ball crossover push-ups (10 per side) (in 15 seconds)
- 20 band flys (left foot forward) (in 15 seconds)
- 20 band flys (right foot forward) (in 15 seconds)
- 10 hands on med ball speed push-ups (in 10 seconds)



The Coach Rozy Super Leg Circuit:

The SUPER LEG CIRCUIT is a body weight lower body (leg) movement protocol which we use as an indicator to make sure our athletes lower body structure is ready for sport and practice. We build up to 5 sets/ rounds as a progression. This can be used as a workout or as a test. We know if our players can do this - they can handle the work we ask them to do during the season.

- Once mastered, this protocol should take about **90 seconds** per round, with a **2 minute break** between sets for a **total of 5 sets**

SUPER LEG CIRCUIT

- 20 Full Body Squats
- 20 Squat Jumps for Max. Height
- 20 Forward Alternating Lunges (Right Leg to Left Leg -10 each) — with back knee 1 inch off the ground
- 20 Split Squat Jumps for Max Height (Right Leg to Left Leg - 10 each)
- 10 Alternating Step Ups (Right Leg to Left Leg - 5 each)

