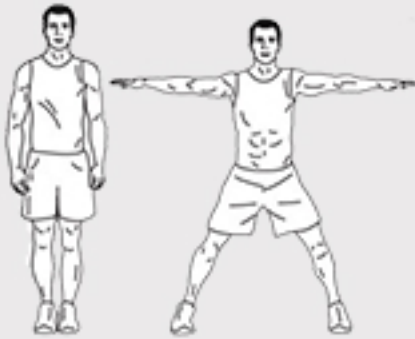


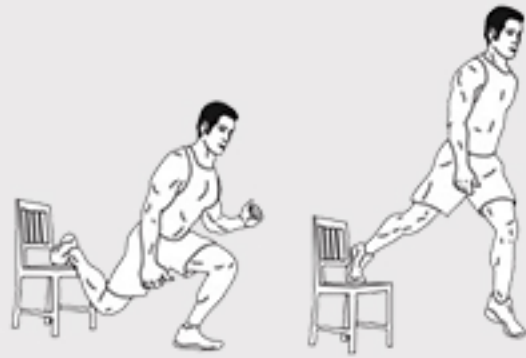
# XF

## FOOTBALLER CONDITIONING

**LEVEL I** 3 sets   **LEVEL II** 5 sets   **LEVEL III** 7 sets   **REST** up to 2 minutes



**20** jumping T's



**10** split squats



**10** body saw



**20** side planks



**10** super hero



**10sec** starplank



**20sec** elbow plank



**10** push-ups hero