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Defensive Line Performance Circuit

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The following circuit would be used with football players seeking to train movements similar to those involved in defensive line play. This circuit may be used as a supplement to off-season and/or in-season training. Choose a level of sets and reps for that day and complete the circuit in chronological order, starting over if the level you are completing requires 2 or 3 sets.

1. [Front Squat Straight Arm](#)

2. [Lateral Cross Over Run](#)

Count steps as reps in each direction

3. [Clap Push Up](#)

4. [Deep Squat Bench Drop](#)

Cut reps in half for this exercise

5. [Incline Power Step Up](#)

Cut reps in half for this exercise

Count reps for each leg

6. [Referee Double Knee Jump](#)

Cut reps in half for this exercise

7. [Plate Pinchers](#)

Reps are for each hand

Check one of the following boxes to indicate the level you want to use for each exercise.

Level	Requirement	Check
LEVEL 1	1 SET OF 10	
LEVEL 2	2 SETS OF 8	
LEVEL 3	2 SETS OF 10	
LEVEL 4	2 SETS OF 12	
LEVEL 5	3 SETS OF 6	
LEVEL 6	3 SETS OF 9	
LEVEL 7	3 SETS OF 12	

