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## Wide Receiver Performance Circuit

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The following circuit would be used with wide receivers seeking to train movements similar to those involved in catching and running. 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. Overhead Barbell Walking Lunge

**\*Reps are for each leg\***

2. Squat Jump

**\*Cut reps in half for this exercise\***

**Example:**

**Level 4 = 2 sets of 6 jumps**

3. Squatting Band Row

4. Over Head Lateral Raise

5. Closed Lunge V Band Twist

**\*Reps are for each direction\***

6. Dual Action Bicep Curls

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 |       |

