

# Physical Fitness Study

Jackson Flinn

Table Of Contents:

| Section Title                  | Page Number |
|--------------------------------|-------------|
| Table Of Contents              | 1           |
| Workout Program                | 2           |
| Training To Push Past The Pain | 3           |
| Defensive Line Techniques      | 4           |
| Meal Log                       | 5           |
| Workout Log                    | 6           |
| Weight Loss Program            | 7           |
|                                | 8           |
|                                | 9           |
|                                | 10          |
|                                |             |

## Workout Program

### Weight Training

| Monday/ Thursday  | Tuesday/ Friday  |
|---|--|
| Warm-ups: Arms <ul style="list-style-type: none"> <li>● 10 push ups</li> <li>● Across the chest stretch</li> <li>● Above the head stretch</li> <li>● Tornados</li> </ul>  | Warm-ups: Legs <ul style="list-style-type: none"> <li>● Lunge and Twist</li> <li>● Calf Stretch</li> <li>● Quad Stretches</li> <li>● Dog and Bush</li> </ul>   |
| <ul style="list-style-type: none"> <li>● Bench Press 145 lbs 5 sets of 7</li> <li>● Dumbbell Flyes 20 lbs 5 sets of 10</li> <li>● Dumbbell Curls 25 lbs 5 sets of 10*</li> <li>● Hammer Curls 30 lbs 5 sets of 10*</li> <li>● Dumbbell Punches 20 lbs 5 sets of 10</li> </ul> | <ul style="list-style-type: none"> <li>● Hex Bar 350 lbs 4 sets of 10</li> <li>● Squats 135 lbs 3 sets of 7</li> <li>● Quad Lifts 150 4 sets of 15</li> <li>● Leg Press 500 lbs 4 sets of 7</li> <li>● Dumbbell Lunges 50 lbs 4 sets of 10*</li> </ul> |

\*rep amount per arm or leg

### Core Training: Daily

|   |
|---|
| <ul style="list-style-type: none"> <li>● Planks - 2 minutes</li> <li>● Russian Twists - 30 reps</li> <li>● Push-ups - 30</li> <li>● Mountain Climbers - 4 sets of 20</li> </ul> |
|---|

### Cardio Daily

|  |
|--|
| Warm-ups: 20 yards <ul style="list-style-type: none"> <li>● Butt kicks</li> <li>● Lunges</li> <li>● Side Lunges</li> <li>● Leg Hugs</li> <li>● Dog and Bush</li> </ul>   |
| Work-outs: <ul style="list-style-type: none"> <li>● 1 Mile Run</li> <li>● Ladder Drills - 2 times through each               <ul style="list-style-type: none"> <li>○ 1 in</li> <li>○ 2 in</li> <li>○ 2 in 2 out</li> <li>○ 2 in across</li> <li>○ Side steps facing left down and back</li> </ul> </li> </ul> |

## Training To Push Past The Pain

---

### Physical Toughness

- Toughen your feet as much as possible
  - Ease into it, you don't want to be out recovering because you went too hard too fast.
  - Must be a balance between fighting smart and fighting hard
- Get used to being on your feet all the time
- Get creative with it

### Mental Toughness

- Get very accustomed to misery
  - Embrace the suck
    - Food deprivation
    - Sleep deprivation
    - Cold showers
- Ask yourself how are you going to tell your girlfriend about your failure, what's that going to say about yourself as a man?
- Think of the shame of failing your friends, your family and your country, are you going to quit on them?
- Think about the regret you'll have the rest of your life because you gave into a little bit of pain
- GET FURIOUS at your WEAKNESS.
- Don't let your mind buckle on you

Pain never lasts forever, but the feeling of failure does, you have to dig deep within yourself and figure how much it means to you.

## Defensive Line Techniques

<https://blogs.usafootball.com/blog/583/defensive-line-techniques>

### Stance and Get-off:

- Feet underneath the armpits a little less than shoulder-width apart.
- Ballside foot back, ball side hand down. This promotes versatility by getting player to play on both sides of the ball.
- Weight on the balls of the feet.
- Toe to instep stagger, which can be extended to toe-to-heel in pass rush downs.

### Hand Placement:

- Inside hand stabs the heart of the offensive lineman in front of us.
- Outside hand grabs the outside shoulder pad of the offensive lineman in front of us.
- The emphasis is on keeping thumbs up and elbows in.

## Meal Log

I am currently doing the low-carb diet called the ketogenic diet, it is very important that I track my meals and macros.

Link to my meal log:

[https://www.myfitnesspal.com/reports/printable\\_diary?from=2019-01-07&to=2019-01-07](https://www.myfitnesspal.com/reports/printable_diary?from=2019-01-07&to=2019-01-07)

The macros that I am shooting for are:

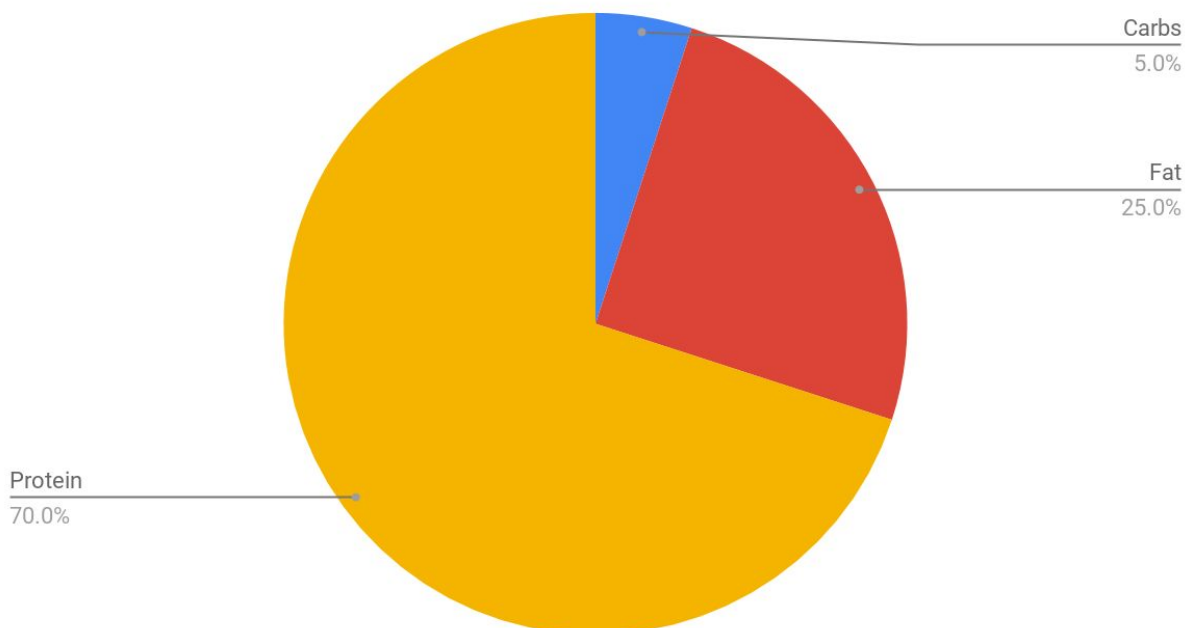
Protein: 70% | 263g

Fat: 25% | 42g

Carbohydrates: 5% | 19g

As seen in the chart below, protein is a large part of the diet.

### Macronutrients



See link above:

## Weight Loss Program

### DIET:

- 1) Try to drink 0.8 to 1 gallon of water a day
  - a. This will help you shed weight and pull toxins out of your body from lactic acid buildup in your muscles
- 2) MODIFIED KETOGENIC DIET
  - a. Low Carb diet, similar to the paleo diet in terms of protein intake.
  - b. Low Carbs, medium fat, high protein

### Supplements:

- 1) Whey Protein
- 2) Creatine (you can take it year round without cycling and at whatever time of day)
- 3) Fish Oil

Below you can find your daily macros to aim for:

PROTEIN AMOUNT (grams): 263g

FATS AMOUNT (grams): 42g

CARBS AMOUNT (grams): 20g

REFER TO WORKOUTS ON PAGE TWO: BE SURE TO DO CARDIO AT LEAST 2  
DAYS A WEEK (1.5 miles)