

**SOCCER OFF-SEASON**

TUESDAY		
Goal:	SQUAT: EXPLOSIVE	
Date:	2/14/17	
Area	Excercise	Reps
<b>WARM UP</b>	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
<b>Plyometrics</b>	Kneeling Get Ups	5 X 3
<b>Foundation Lifts</b>	SQUAT (Bands)	3 X 6 @40%
	High Pull	5 X 3
<b>Auxilliaris</b>	Weighted Jump	3 x 5
	Box Jump	5 X 5
	Pull-Ups	AMRAP X 3
	Narrow Grip Push-Ups	12X3
<b>ORE/CIRCUIT</b>	LM - Anti-Rotation	12 X 3
	LM - Row to Press	12 X 3
	TRX - SL Squat	12 X 3
	BOSU - Shuffle	12 X 3
	MB - Russian Twist	12 X 3
Special Instructions:		
Finisher: Metcon Finisher Foam Roll when complete/band stretching		

THURSDAY		
Goal:	DEADLIFT: HEAVY	
Date:	2/16/17	
Area	Excercise	Reps
<b>WARM UP</b>	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
<b>Plyometrics</b>		
<b>Foundation Lifts</b>	Deadlift	2 X 5 @85%
	DB RDL	8 X 3
<b>Auxilliaris</b>	GHD (25 lb plate)	10 x 3
	DB - Split Squat	10 X 3
	KB Swing	12 X 3
	Inverted Row	AMRAP X 3
<b>ORE/CIRCUIT</b>	Battle Ropes	20 sec X 4
	Ohead MB Slam	15 X 4
	Knees to Chest	15 X 4
Special Instructions:		
Farmers Walk (45lb OR 65lb DB) for Distance		