

SOCCER OFF-SEASON

TUESDAY			THURSDAY		
Goal:	SQUAT - HIGH REP		Goal:	DEADLIFT - EXPLOSIVE	
Date:	2/28/17		Date:	3/2/17	
Area	Excercise	Reps	Area	Excercise	Reps
WARM UP	Walking Lunges	X 2	WARM UP	Walking Lunges	X 2
	High Knees	X 2		High Knees	X 2
	Side Lunges	X 2		Side Lunges	X 2
Plyometrics	Kneeling Get Ups	5 X 2	Plyometrics	Depth Jump	5 X 3
Foundation Lifts	Front Squat	10 X 3 @ 65%	Foundation Lifts	Hang Clean	5 X 3
	Squat	6 X 2 @50%		Deadlift (Bands)	3 X 5 @45%
	DB Bench on SB	10 X 3			
Auxilliaris	DB SL RDL	8ea X 3	Auxilliaris	KB Swing	12 X 3
	XT Leg Curl	12 X 3		Box Jump	6 X 3
	Calf Raises	12 X 3		DB Split Jerk	6 ea X 3
	Goblet Squat	12 X 2		Split Jump	6 X 3
CORE/CIRCUIT	TRX - SL Squat	12 X 2	CORE/CIRCUIT	Weighted Plank - 25lbs	40s X 3
	MB - Russian Twist	12 X 2		Inverted Row	AMRAP X 3
	MB - Rotational Chest Pass	12 X 2			
Special Instructions:			Special Instructions:		
CORE! 3 Mins			Finisher: 1 Min Wall Sit - Plate Hold (X 2) Foam Roll when complete/band stretching		