

SOCCER OFF-SEASON

| TUESDAY | | | THURSDAY | | |
|------------------------|------------------|------------------|-----------------------|--------------------|----------------|
| Goal: | MAX WEEK: SQUAT | | Goal: | MAX WEEK: DEADLIFT | |
| Date: | 3/7/17 | | Date: | 3/9/17 | |
| 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 | Box Jump | 5 X 3 | Plyometrics | | |
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| Foundation Lifts | Squat | 10, 6, 3, 1, MAX | Foundation Lifts | Hang Clean | 6,3,1,1, MAX |
| | | | | Deadlift | 8,4,2,1,1, MAX |
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| Auxilliaris | DB SL RDL | 10 X 3 | Auxilliaris | GHD | 10 X 3 |
| | Barbell - BOR | 10 X 3 | | DB - Split Squat | 10 X 3 |
| | Pull-Ups | AMRAP X 3 | | KB Swing | 10 X 3 |
| | | | | | |
| CORE/CIRCUIT | | | CORE/CIRCUIT | | |
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| Special Instructions: | | | Special Instructions: | | |
| Finisher - Core 3 Mins | | | NONE | | |