

SOCCER OFF-SEASON

TUESDAY			THURSDAY		
Goal:	SQUAT: EXPLOSIVE		Goal:	DEADLIFT: HEAVY	
Date:	1/24/17		Date:	1/26/17	
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		Inch Warm	X 1
Plyometrics	BOX JUMP (LANDING)	12	Plyometrics	NONE	
Foundatio n Lifts	SQUAT (Bands)	3 X 6 @40%	Foundatio n Lifts	Deadlift	2 X 5 @80%
	High Pull	5 x 3		DB RDL	8 X 3
Auxilliaris	DB Goblet Squat	8 X 3	Auxilliaris	Reverse Hypers	12 X 3
	Split Jump	6 X 3		KB Swing	10 x 3
	Bench Press	8 X 3		Calf Raises	12 X 3
	RB - Face Pull	12 X 3		DB Rear Delt Fly	12 X 3
ORE/CIRCU	AB Wheel	12 X 3	ORE/CIRCU	Prowler Push	X 2
	MB Slam	12 X 3			
	DB Push Press	12 X 3			
Special Instructions:			Special Instructions:		
CORE! 3 Mins			Farmers Walk (45lb OR 65lb DB) for Distance		