

SOCCER OFF-SEASON

TUESDAY		
Goal:	SQUAT: HIGH REP	
Date:	1/17/17	
Area	Excercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Inch Warm	X 1
Plyometrics		
Foundatio n Lifts	Squat	10 X 3 @ 60%
	DB Split Squat	8ea X 3
Auxilliaries	Leg Curl	12 X 3
	DB Step Up - Knee Drive	10ea x 3
	DB Hip Bridge	12 X 3
	Calf Raises	15 x 3
DRE/CIRCU	Knees to Chest	15 X 2
	Goblet Squat	10 X 2

Special Instructions:		
Finisher - Core 3 Mins		

THURSDAY		
Goal:	DEADLIFT: EXPLOSIVE	
Date:	1/19/17	
Area	Excercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Inch Warm	X 1
Plyometrics		
Foundatio n Lifts	Deadlift - Bands (Hex Bar)	3 X 5 @45%
	GHD	12 X 3
Auxilliaries	KB Swing	12 X 3
	Box Jump	6 X 3
	DB Split Jerk	6 ea X 3
	Split Jump	6 X 3
DRE/CIRCU	Weighted Plank - 25lbs	40s X 3
	Inverted Row	AMRAP X 3

Special Instructions:		
Finisher - 50 Squats		