

SOCCER OFF-SEASON

TUESDAY			THURSDAY		
Goal:	SQUAT: HEAVY		Goal:	DEADLIFT: HIGH REP	
Date:	1/31/2017		Date:	2/2/2017	
Area	Exercise	Reps	Area	Exercise	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	Squat Jump	5 X 2	Plyometrics		
Foundation Lifts	Squat	2 X 5 @85%	Foundation Lifts	Deadlift - Trap Bar	12 X 3 @65%
	Box Jump	5 X 5		Hang Clean	6 X 3
	Sled Drag	X 2			
Auxilliaris	DB SL RDL	8ea X 3	Auxilliaris	GHD	12 X 3
	XT Leg Curl	12 X 3		DB Curl to Press	10 X 3
	Calf Raises	12 X 3		Inverted Row	AMRAP X 3
	Goblet Squat	12 X 2		KB Swing	12 X 3
ORE/CIRCUIT	Reverse Hypers	12 X 2	ORE/CIRCUIT	Battle Ropes	20 sec X 2
				Ohead MB Slam	15 X 2
				Knees to Chest	15 X 2
Special Instructions:			Special Instructions:		
Core 3 Mins!			Finisher: 1 minute Max Push Ups Foam Roll when complete/band stretching		