

SOCCER OFF-SEASON

TUESDAY		
Goal:	SQUAT - HIGH REP	
Date:	2/7/2017	
Area	Exercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
Plyometrics		
Foundation Lifts	Front Squat	10 X 3 @ 65%
	DB Split Squat	8ea X 3
Auxilliaris	Leg Curl	12 X 3
	DB Step Up - Knee Drive	10ea x 3
	DB Hip Bridge	12 X 3
	Calf Raises	15 x 3
CORE/CIRCUIT	AB Wheel	12 X 3
	MB Slam	12 X 3
	DB Push Press	12 X 3
Special Instructions:		
SALLY SQUATS!		

THURSDAY		
Goal:	DEADLIFT - EXPLOSIVE	
Date:	2/9/17	
Area	Exercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
Plyometrics		
Foundation Lifts	Deadlift - Bands (Hex Bar)	3 X 5 @45%
	Hang Clean	4 X 3
Auxilliaris	KB Swing	12 X 3
	Box Jump	6 X 3
	DB Split Jerk	6 ea X 3
	Split Jump	6 X 3
CORE/CIRCUIT	Weighted Plank	40s X 3
	Pull-Up	AMRAP X 3
Special Instructions:		
Finisher: 1 Min Wall Sit - Plate Hold (X 2)		Foam Roll
when complete/band stretching		