

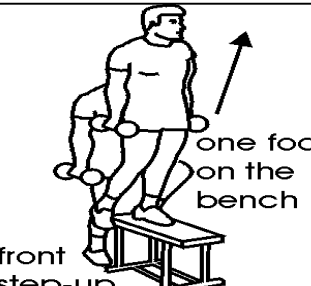
Soccer	Phase: Post Season 2 Day Program	Weeks: 1-4
Name: _____	Sq _____ Bn _____	

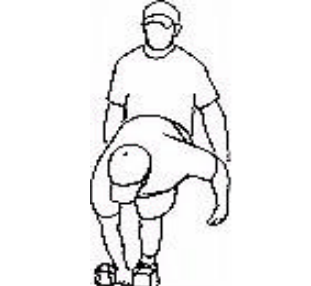
Day One

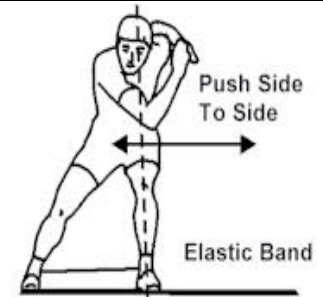
Power Squat	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
 <p>Full squat</p>	1	45 x10	65 x8	75 x6	75 x6	75 x6	65 x12	
	2	45 x10	65 x8	75 x6	80 x5	80 x5	65 x10	
	3	45 x10	65 x8	75 x6	80 x5	80 x5	85 x4	70 xF
	4	45 x10	65 x8	75 x6	80 x4	85 x4	85 x4	85 x4

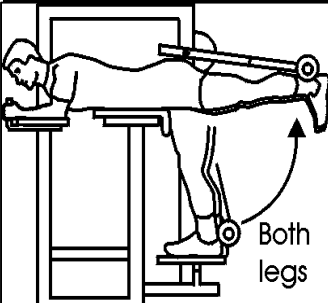
Notes: Use an extremely wide stance (1.5-2x shoulder width). Push knees out to the sides and push hips back. Knees should stay directly over the ankles the entire lift.

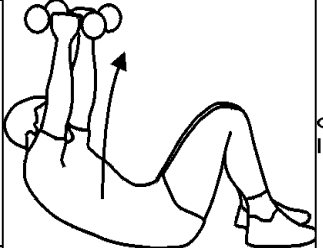
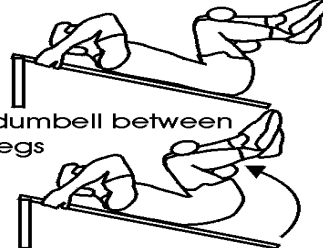
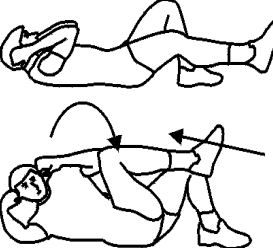

Good Morning	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
 <p>-keep back straight -chest out -head up</p>	1	45 x15	45 x15	45 x15		Notes		
	2	47 x15	47 x15	47 x15		Use 70% of squat max to calculate good am percentages perform the reps quickly		
	3	45 x20	45 x20	45 x20				
	4	45 x15	45 x15	45 x15				

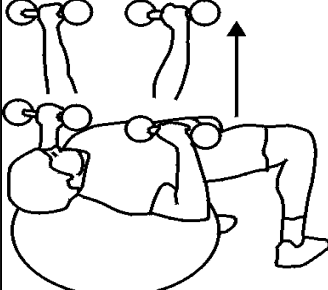
Dynamic Step-Ups	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
 <p>one foot on the bench front step-up</p>	1	x6	x6	x6		Notes		
	2	x8	x8	x8		Aggressively drive foot through the step. explode through the hip as you would if you were starting a sprint. Week 2 change to a lateral step up and week 3 a x-over. week 4 front.		
	3	x6	x6	x6	x6			
	4	x8	x8	x6				

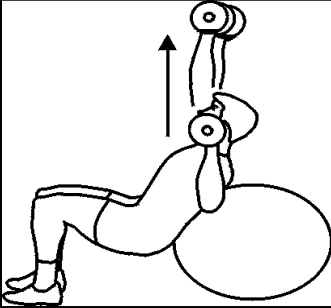
1 Leg RDL	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1	x8e	x8e	x8e		Notes		
	2	x10e	x8e	x8e		Stand on one foot and hold a db in the opposite hand. Push the hips back and lower the db to the knot on your show lace. Stand back up. Do not let the non-base foot touch the ground during lift.		
	3	x8e	x8e	x8e	x8e			
	4	x10e	x10e	x8e				

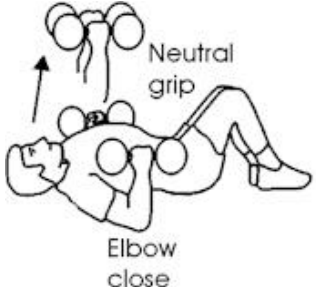
Banded Adduction		Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
	1	6x30 sec			rest 15 sec				Notes Keep a moderate pace and work on pushing out to the sides as much as possible.
	2	7x30 sec			rest 15 sec				
	3	8x30 sec			rest 15 sec				
	4	6x35 sec			rest 15 sec				

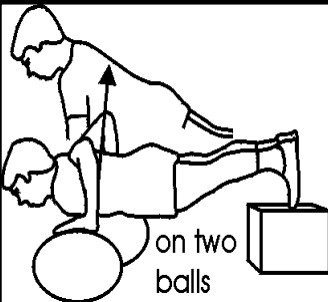
Reverse Hypers		Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
			% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1	x20	x20						Notes If no machine is available use an inclined bench. Squeeze the glutes and concentrate on the lower back. Keep legs straight.
	2	x15	x15	x15					
	3	x20	x20	x20					
	4	x25	x25	x25					

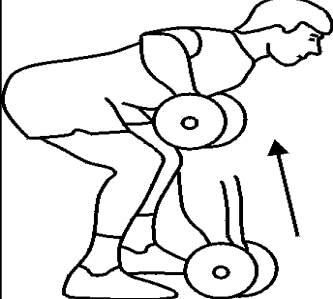
DB or MB Crunch	DB or MB Rev. Crn	Figure 4 w/ext	Russian Twist
			
Week 1	2x30 sec each with 15 sec rest		
Week 2	3x25 sec each with 15 sec rest		
Week 3	3x30 sec each with 15 sec rest		
Week 4	3x35 sec each with 15 sec rest		

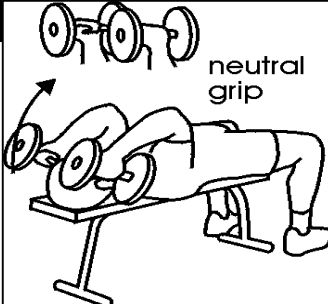
Day Two		Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Db Pb Bench			% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1	Find 5 Rm							Notes Work up to a 5 rep max on the first week. Add weight slowly until a 5 Rm is found. On week 4 take a moderate weight for four sets of 20 fast reps.
	2								
	3								
	4	Alt. Db Pb Bench	x20	x20	x20	x20			

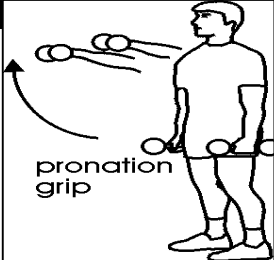
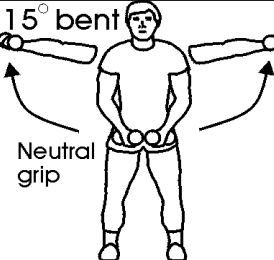
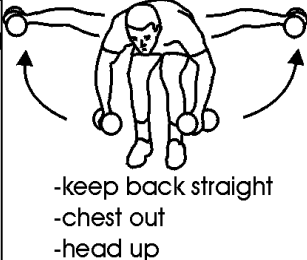
Incline Db Pb Bench	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1					Notes		
	2	Find 5 Rm				On week two find a 5 Rm using an incline position.		
	3							
	4							

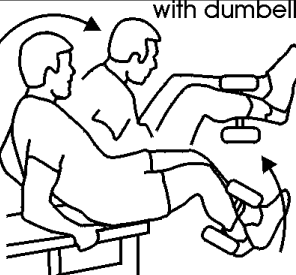
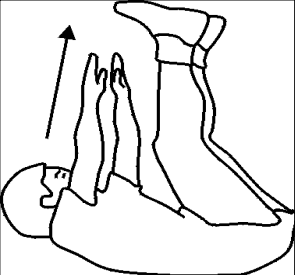
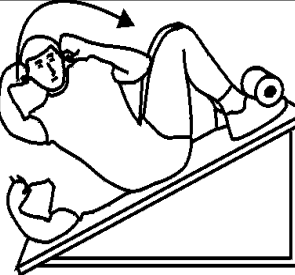
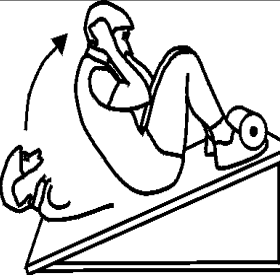
Parallel G Floor Press	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1					Notes		
	2					On week 3 find a 5 Rm using a parallel grip. Position yourself on the floor. Touch your elbows and go.		
	3	Find 5 Rm						
	4							

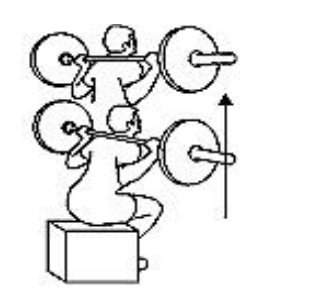
Medball Push-Up	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		1	3x30 sec				Notes	
2		3x30 sec				Keep core tight. Contract abs and glutes and concentrate on shoulder stabilization.		
3		4x30 sec						
4		3x35 sec						

Dumbbell Rows	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		1	6x10				Notes	
2		6x10				Weeks 1 and 3 use a pronated grip. Weeks 2 and 4 use a parallel grip. Rest 20 to 30 seconds between sets.		
3		6x10						
4		6x10						

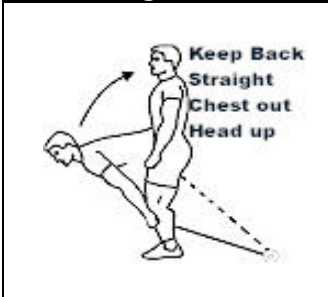
Dumbbell Tri. Ext.	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
 <p>neutral grip</p>	1					Notes		
	2	6x10				15-30 seconds rest bwn sets		
	3	2x10	2x8	1x6	1xF	Keep elbows in and do not let them drop forward of the shoulder joint.		
	4	6x8						

Three Way Shoulders		Notes
 <p>pronation grip</p>	 <p>15° bent Neutral grip</p>	<p>Move directly from one exercise to the next without stopping. After all three have been completed you have completed 1 set. Keep your core tight. Keep your back flat on the 3rd movement.</p>
	 <p>-keep back straight -chest out -head up</p>	
Week 1	2x10 each way	
Week 2	2x12 each way	
Week 3	3x10 each way	
Week 4	2x12 each way	

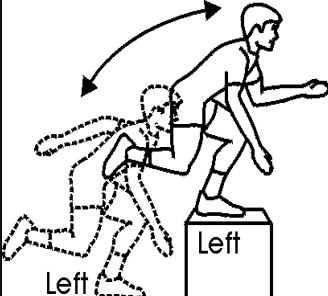
DB or MB Crunch	DB or MB Rev. Crn	Figure 4 w/ext	Russian Twist
 <p>with dumbbell</p>			
Week 1	2x30 sec each with 15 sec rest		
Week 2	3x25 sec each with 15 sec rest		
Week 3	3x30 sec each with 15 sec rest		
Week 4	3x35 sec each with 15 sec rest		

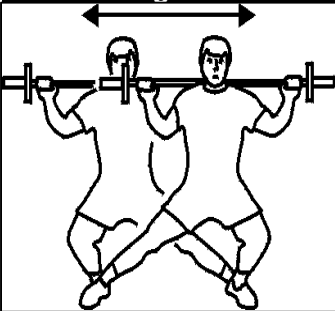
Day Three		Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
	Speed Squat	1	45 10x2		rest 20-30 sec		Notes		
		2	50 10x2		rest 20-30 sec		Use a wide stance and push you knees out to the side.		
		3	55 8x2		rest 20-30 sec		Sit back onto the box into a position where the knee angle is 90 degrees or greater.		
		4	60 8x2		rest 20-30 sec		relax the hips, contract and explode up off the box.		

Lateral Bound		SUPERSET WITH THE LAST 3-4 SETS OF SPEED SQUATS				
	1	2x10 yrds				Notes
	2	3x10 yrds				Land in a mechanically similar stance to you take off. Absorb and react rapidly. spend minimal time on the ground. explode maximally each rep.
	3	3x10 yrds				
	4	4x10 yrds				

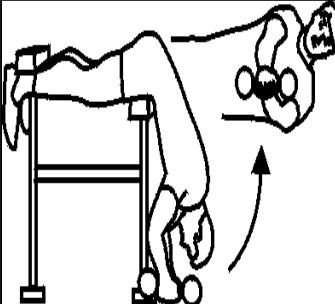
Pull Through		Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
			% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	Notes
		1	x10	x10	x10					Using a single handle on a low pulley, grab the handle and walk out about 4 feet from the pulley. Keeping your back tight and you abs contracted reach through your legs as far as you can. Pull through and stand up.
		2	x12	x12	x12					
		3	x10	x10	x10	x10				
		4	x12	x12	x12					

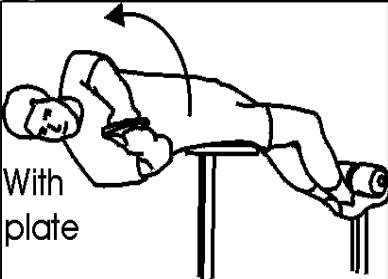
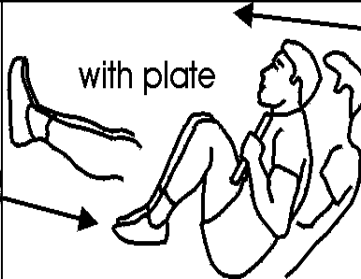
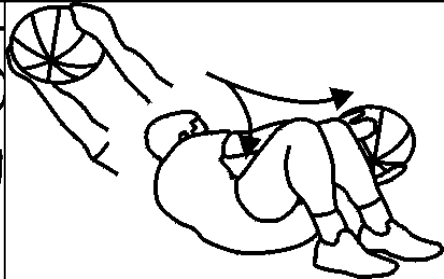
1 Arm Push Press		Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
	1	3x4e								Notes
	2	3x4e								Take a db in 1 hand and stand on the opposite foot. drop your hips back into a quarter squat and explode the db into the air. Drive through your hips and use your legs to move the weight, not your arm.
	3	4x4e								
	4	3x4e								

1 Leg BoX Jump		SUPERSET WITH 1 ARM PUSH PRESS				
	1	3x4e				Notes
	2	3x4e				Standing on one foot, jump onto a box and land on the same foot. Try to jump higher than the box and land softly. Land in the same stance you would use to jump.
	3	4x4e				
	4	3x4e				

Lateral Lunge	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1	x6e	x6e	x6e		Notes Start in an athletic stance and step out to the side. Push the hips back and keep the trail leg straight. Keep all weight on the heels of the feet. Keep the back flat, abs tight and head up.		
	2	x8e	x8e	x8e				
	3	x6e	x6e	x6e	x6e			
	4	x8e	x8e	x8e				

Lat Pull Down	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1	x15	x15	x15		Notes Pull your should blades together and up at the same time. Squeeze maximally and relax. Do not roll your shoulders.		
	2	x20	x20	x20				
	3	x15	x15	x15	x15			
	4	x20	x20	x20				

Hyper Ext. Twist	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
		% Rep	% Rep	% Rep	% Rep	% Rep	% Rep	% Rep
	1	3x30 sec				Notes Hyper extend and twist at the same time. Keep the core tight and do not swing the db rapidly. Use a controlled motion keeping the arms straight.		
	2	3x30 sec						
	3	4x30 sec						
	4	3x30 sec						

Dynamic Twist	Tuck Crunch	Mb Half Twists
		
Week 1	2xfailure with 30 sec rest	
Week 2	2xfailure with 30 sec rest	
Week 3	3xfailure with 30 sec rest	
Week 4	3xfailure with 30 sec rest	

Program Notes: Sets with prescribed percentages (%) are calculated using the maximal load that can be utilized for one repetition for that movement. For example-the first set of the first week of the power squat is prescribed at 10 reps at 45% of a 1 repetition max.

