

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

Football requires these basic skeletal or joint movements:

Shoulder movements: Flexion, extension, adduction, abduction, horizontal adduction and rotation.

Arm movements: Flexion, extension (elbow and wrist)

Back movements: Flexion, rotation and lateral flexion.

Hip movements: Flexion, extension and rotation.

Leg movements: Flexion, extension, abduction and adduction.

CHEST

EXERCISE	SETS	REPS	REST TIME	LOAD
PUSH UPS	2 - 3	8 – 10	90 SEC	BODY WEIGHT + RESISTANCE BANDS (CHOOSE A VARIATION)
STANDING CHEST FLY	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
STANDING CHEST PRESS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

BACK

SEATED BACK ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HYPER EXTENSIONS	2 - 3	8 - 10	90 SEC	BODY WEIGHT + FITNESS BALL
GOOD MORNINGS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
LAT PULLDOWNS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

LEGS

SQUATS	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LUNGES	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LEG CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HAMSTRING ROLLS	2 – 3	8 – 10	90 SEC	FITNESS BALL
LEG ABDUCTORS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
LEG ADDUCTORS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
CALF RAISES	2 – 3	15 - 20	90 SEC	BODY WEIGHT

SHOULDERS

SINGLE ARM LATERAL RAISE	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
UPRIGHT ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
STANDING SHOULDER PRESS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ARMS

STANDING BICEP CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP PUSH DOWNS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
WRIST CURLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ABS

CRUNCHES	2 – 3	15 - 20	90 SEC	BODY WEIGHT
OBLIQUE CRUNCHES	2 – 3	15 – 20	90 SEC	BODY WEIGHT
EXERCISE BALL OBLIQUE TWISTS	2 - 3	15 - 20	90 SEC	BODY WEIGHT + FITNESS BALL
PLANK	2	HOLD	90 SEC	HOLD THE POSITION FOR 60 – 90 SEC AND REPEAT.

YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are recommended Workouts to target each muscle group.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

You can alternate to other Workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.
