

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

**Soccer requires these basic skeletal or joint movements:**

Shoulder movements: Flexion, extension, adduction, abduction.

Arm movements: Flexion, extension (elbow and wrist)

Back movements: Flexion, extension and rotation.

Hip movements: Flexion, extension, lateral rotation.

Leg movements: Flexion, extension, adduction and abduction.

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## 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

EXERCISE BALL SQUATS	2 – 3	8 – 10	90 SEC	BODY WEIGHT + FITNESS BALL
LUNGES	2 – 3	8 – 10	90 SEC	BODY WEIGHT + RESISTANCE BANDS
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
FRONT RAISES	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

## ARMS

STANDING BICEP CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP OVER HEAD EXTENSIONS	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

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### YOUR WORKOUT ESSENTIALS:

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

These are recommended Workouts to target each muscle group.

I would recommend alternating between Leg Workouts (1, 2 & 3) and (4, 5 & 6) every second Workout.

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.

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