Soccer

Name

Lower Body

Body Part/ Exercise	Date:			Date:			Date:			Date:			Date:			Date:			Date:		
3 SETS OF 12	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Strong Legs (Choose 2)																					
Squats																					
V- Squat (Hammer)																					
Leg press (LF)																					
Leg Press (Tuff Stuff)																					
Leg curls (LF)																					
Ham Glute Raise (Power)																					
Back "Pull-TO" (Choose 1)																					
Seated rows (LF)																					
Dumbell Bent over rows																					
Back "Pull-Down" (Choose 1)																					
Lat pull downs (LF)																					
Chin Assist (LF)																					
Pull-ups																					
Biceps (Choose 1)																					
Curls (LF)																					
Dumbell curls																					
Easy bar curls																					
Two arm cable curls																					
One arm cable curls																					
Lower Back (Choose 2) *3 sets of 30*																					
Hyperextension (Power)																					
Low back (LF)																					
Supermans/Aquamans																					
Bird dogs																					
STRETCH	STRETCH			STRETCH			STRETCH			STRETCH			STRETCH			STRETCH			STRETCH		