Soccer

Name _____

Upper 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
Chest (Choose 2+)																					
Chest Press (LF)																					
Dumbell Press																					
Dumbell incline bench press																					
Bench Press																					
Dumbell flys																					
Pectoral fly (LF)																					
Shoulders (Choose 2+)																					
Shoulder press (LF)																					
Lateral raises (LF)																					
Dumbell shoulder press																					
Dumbell lateral (side) raises																					
Dumbell front raises																					
Triceps (Choose 1)																					
Tricep push down (LF)																					
Dip assist (LF)																					
Dumbell overhead extension																					
Cable push downs																					
Abdominals (Choose 2) *3 Sets of 30*																					
Abdominal crunch (LF)																					
Flat crunches																					
Lateral flat crunches (Rt./Lt.side)																					
Trifecta's (Rt. - Lt. - Strait 6 inch.)																					
Blades (Knee up/leg 6 in. + clap)																					
Slant board (Knee's bent)																					
Slant board leg lifts																					
V-Ups off the bench																					
Your Choice																					
STRETCH	STRETCH		STRETCH		STRETCH		STRETCH		STRETCH		STRETCH		STRETCH		STRETCH		STRETCH		STRETCH		