



# Soccer Cycle 1 2011-2012



	Week 1	Week 2	Week 3	Week 4
<b>DAY 1</b>	<b>Warmup- Complex # 1</b>	<b>Warmup- Complex # 3</b>	<b>Warmup- Complex # 2</b>	<b>Warmup- Complex # 1</b>
	Goblet Grip Squat- (55,65,60,70,65%)	BOSU Blue Goblet Grip Squat- (55,65,60,70,65%)	BOSU Black Goblet Grip Squat- (65,75,70,80,75%,)	"Chelsea "
	1 DB Wide Stance Side Lean Alt- (55,65,60,70,65%)	DB Wide Stance Side Lean R/S- (55,65,60,70%)	DB Shoulder Height Wide Stance Lean R/S- (65,75,70,80%)	Roll Session- Calves, Quad, Piriformis, IT Band, Spine, Lats
	Rope Pistol Squats R/S- (15,12,9,6)	Bench Pistol Squats R/S- (15,12,9,6)	Low Box Pistol Squat R/S- (15,12,9,6)	
	Prone Back Extensions 2x20	Prone Back Extensions 2x25	Prone Back Extensions 2x30	
	Stretch- Atlas, Roll Calves/IT Band	Stretch- Atlas, Roll Piriformis, Quad	Stretch-Atlas, Ball Calves, Tri Ham/Quad	
<b>DAY 2</b>	<b>Warmup- Complex # 4</b>	<b>Warmup- Complex # 5</b>	<b>Warmup- Complex # 6</b>	<b>Warmup- Complex # 5</b>
	DB BOR- (55,65,60,70,65%)	Bar BOR- (55,65,60,70,65%)	DB BOR- (65,75,70,80,75%,)	Pillar Circuit #11- 3x15 or 45s
	Pushup- (10,9,8,7,6)	One Foot Push Ups- (14,12,10,8,6)	Ft Elevated Pushup - (10,9,8,7,6)	Strap Stretch- Hamstring, Across Hip, Away Hip, Shoulder Pull Up/Down
	Band Assisted Pull Ups- (10,9,8,7,6)	Band Assisted Rope Pull Ups- (10,9,8,7,6)	Band Assisted Band Pull Ups- (10,9,8,7,6)	
	DB Shoulder Press- (55,65,60,70,65%)	Split Stance DB Shoulder Press- (55,65,60,70,65%)	Bar Shoulder Press (65,75,70,80,75%,)	
	Stretch- Atlas,Ball Chest/Lats, Rotator Cuff	Stretch- Atlas, Strap Shoulder, Cat/Camel	Stretch- Atlas, Down/Up Dog, Thread Needle	
<b>DAY 3</b>	<b>Warmup- Complex # 2</b>	<b>Warmup- Complex # 1</b>	<b>Warmup- Complex # 3</b>	<b>Warmup- Complex # 2</b>
	Floor to Above Knee Deadlift - (55,65,60,70,65%)	Below to Knee to Hip Deadlift R/S- (65,75,70,80,75%,)	Deadlift- (55,65,60,70,65%)	"Helen"
	DB Split Stance Squat R/S- (55,65,60,70%)	DB Shoulder Height Split Stance Squat R/S- (55,65,60,70%)	Bar Split Stance Squat R/S- (65,75,70,80,%)	Stretch- Tri-Plane Hamstring/Quad, Ball Calf, Groin (Frog), IT Band
	Hamstring Curls (22,20,18,16,14)	SB Hamstring Curls- (30,26,22,18,14)	SB SL Hamstring Curls R/S (12,10,8,6)	
	Plank 3x1min	Plank 3x1:15min	Plank 3x1:30min	
	Stretch- Atlas, Strap Quad/Hamstring	Stretch- Atlas, IT Band/Groin (Frog)	Stretch- Atlas, Strap Away/Across Hip	