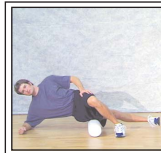




## TRAINING PROGRAM: SOCCER CONDITIONING PHASE 3 of 3

Soccer is one of the most dynamic sports in the world. Your body must be prepared to move and react in multiple directions, at any time. The FreeMotion Soccer Conditioning Program will develop strength, speed, balance, stamina and power for optimum performance. This third phase will add intensity and variety to your commitment to a total conditioning program.



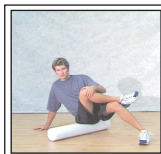
### Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



### Warm-up: Foam Roll Adductors

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.



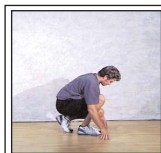
### Warm-up: Foam Roll Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



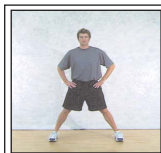
### Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



### Warm-up: Floor Flexibility / Hamstring Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



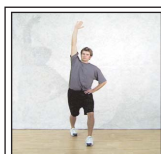
### Warm-up: Floor Flexibility / Adductor Stretch

The Adductor Stretch will stretch and lengthen the muscles on the inside of your upper thigh. By holding this stretch for 30 seconds or more on each leg, your muscles will be warmed up sufficiently for the workout.



### Warm-up: Wall or Stationary Object Flexibility / Calf Stretch

A thorough Calf Stretch is an important part of injury prevention. Hold this stretch for at least 30 seconds per calf.



### Warm-up: Floor Flexibility / Psoas Standing

The Standing Psoas Stretch will loosen up the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 30 seconds per side.



### Core & Balance: FreeMotion Cable Cross Two Arm Push-Pull

The Two Arm Push-Pull strengthens your arms, shoulders, back, obliques and trunk in a dynamic exercise. Your torso rotates as you push and pull, thus activating your core muscles. Start with 3 sets of 10 reps.



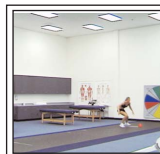
### Core & Balance: FreeMotion Cable Cross Two Arm Squat to Overhead Reach

This exercise begins in a squatting position and extends to an overhead reach to not only work the muscles of the lower body, but incorporates the upper body, specifically working the shoulders. Begin with 3 sets of 10 reps and increase the weight as the reps become easy.



### Core & Balance: Floor Walking Lunge & Twist

The Walking Lunge & Twist works your leg muscles as well as your core. The lunge movement strengthens the large muscles in your legs while the twist incorporates all of your trunk. Start with 3 sets of 10 reps.



### Speed & Agility: Floor LEFT Test (2 cones 10 yards apart)

Set two cones 10 yards apart, and then sprint sideways touching each cone 10 times. The benefit will be improved speed and agility. Begin with 3 sets of 10 reps per side.



### Strength: FreeMotion Cable Cross Front Lunge & Two Arm Chest Press

The combination Front Lunge and Two Arm Chest Press strengthens your legs, back, chest and trunk. Your stabilizer muscles will also be activated in order to hold the lunge position as you perform an unsupported chest press. Begin with 3 sets of 10 reps.



### Strength: FreeMotion Lift Two Arm Cable Squat to Row

Several large muscle groups are strengthened with the Cable Squat to Row. Your upper legs, back, shoulders and arms are exercised with this movement. Increase the intensity by adding more weight as the initial 3 sets of 10 reps becomes easy to complete.



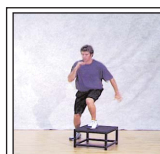
### Strength: Plyo Box Calf Raise

Use your body weight to stretch and strengthen your calf and lower leg muscles. Lower yourself as far as your ankle will allow, and then raise up as high as your level of fitness will permit. Start with 3 sets of 10 reps and increase the reps and range of motion as your level of fitness improves.



### Strength: Floor Side Lunges

Side Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance.




### Strength: Plyo Box Side Power Step-Up

The Side Power Step-Up exercise strengthens your leg and hip muscles. Add in the movement pattern from side to side, and you increase your power in multiple planes of movement. Start with 3 sets of 10 reps as quickly as possible to maximize your workout.




### Cool Down: NordicTrack Incline Trainer or Treadmill Cardio


Ten minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.




**Cool Down: Floor Flexibility / Hamstring Stretch**  
 The hamstring is one of the largest and most dense muscles in your body. It is important to stretch and loosen these muscles after the workout to prevent cramping or injury. Each leg should be stretched for at least 45 seconds.



**Cool Down: Wall or Stationary Object Flexibility / Calf Stretch**  
 A thorough calf stretch is an important part in preventing injury. Hold this stretch for at least 45 seconds per calf.



**Cool Down: Floor Flexibility / Adductor Stretch**  
 The Adductor Stretch will stretch and lengthen the muscles on the inside of your upper thigh at the end of your workout. By holding this stretch for 45 seconds or more on each leg, you will decrease your chance of injury.



**Cool Down: Floor Flexibility / Psoas Standing**  
 The Standing Psoas Stretch will stretch the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 45 seconds per side at the end of your workout.

## Workout Schedule

Name: \_\_\_\_\_

Personal Trainer: \_\_\_\_\_

Program Start Date: \_\_\_\_\_

Week 1: 2 sets x 15 reps  Completed

Week 2: 3 sets x 12 reps  Completed

Week 3: 2 sets x 20 reps  Completed

Week 4: 3 sets x 15 reps  Completed

## Notes




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