

Football at home exercises

Need to work sets up to failure when working with body weight. The last set will be when we try and push to failure to increase size/strength.

Exercises that are paired together are to be done as a super set

DAY 1 Push/Squat/core (last set to failure)

Push up 4x20

Squat 4x20

Feet elevated push up 3x20

Lateral squat 3x20 (don't go to failure)

Chest elevated push up 3x20

Tempo squat 3x10 tempo is 4/2/1 4 seconds down, 2 second hold on bottom, 1 second back up

Overhead press holding a towel 4x20 (squeeze the towel with both hands and move slowly through the movement)

Squat jump 4x10

Core circuit (on the minute every minute) each circuit is 4 minutes

1. 20 Mountain climbers/10 half burpee (don't stand up, jump in and back out) when the minute hits repeat
2. Elbow plank knee drive 10R 10L/10 crunches
3. Sit up 25/10 toe reaches

DAY 2 Pull/Lunge/HIIT (high intensity interval training)

Scapular wall push 4x20 (standing away from the wall, place elbows and back on wall, then push back off wall with elbows) feet forward - lean on the wall

Scapular wall hold 4x30 seconds (elbows on wall and back off the wall holding)

Alternating prisoner lunge 4x20 (hands behind head)

Alternating lunge jump 4x20

Superman's 3x20

Statues 3x20 R&L

Multi Directional lunge 4x20

Bulgarian squat 4x10

H.I.I.T high intensity interval training 30 seconds on 30 seconds off

1. Chest burpee
2. Squats
3. Jumping jack
4. High knees
5. Knee tuck jumps
6. Push up
7. Plank jacks (on your elbows jump feet in and out)

Perform exercises in order, perform for 30 rest for 30, and repeat circuits 3 times through

Day 3 Total body

Push up reach 3x20

Pistol squat 3x10 (single leg squat, use a chair for assistance)

Diamond push up 3x15

Single leg step up on chair 3x15

Right side plank 3x30 seconds

Left side plank 3x30 seconds

High plank knee drive 3x30 seconds

Squat to calf raise 3x20

Lateral squat overhead press 3x10

Dive bomber push up 3x20

Tri dips using a couch 3x20

1.5 mile run

8 x15 yard sprints 75% effort

3x30 yard bear crawls