



**LADY LIONS STRENGTH**

**SOCCER**

**Week 1**  
**3 x 3**

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |



**LADY LIONS STRENGTH**  
**SOCCER**

**SET RECORDS**  
**BENCH**

**Week 2**  
**5 x 5**

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

**Week 3**  
**5-4-3-2-1**

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

**Week 4**  
**10-8-6**

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

**Week 1**  
**3 x 3**

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |



**LADY LIONS STRENGTH**  
**SOCCER**

**SET RECORDS**  
**Hex Squat**

**Week 2**  
**5 x 5**

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 5                |  | Body Weight |
| 5                |  |             |
| 5                |  |             |
| 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 5                |  | Body Weight |
| 5                |  |             |
| 5                |  |             |
| 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 5                |  | Body Weight |
| 5                |  |             |
| 5                |  |             |
| 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 5                |  | Body Weight |
| 5                |  |             |
| 5                |  |             |
| 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 5                |  | Body Weight |
| 5                |  |             |
| 5                |  |             |
| 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

**Week 3**  
**5-4-3-2-1**

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 4                |  | Body Weight |
| 3                |  |             |
| 2                |  |             |
| 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 4                |  | Body Weight |
| 3                |  |             |
| 2                |  |             |
| 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 4                |  | Body Weight |
| 3                |  |             |
| 2                |  |             |
| 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 4                |  | Body Weight |
| 3                |  |             |
| 2                |  |             |
| 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 5                |  | Date        |
| 4                |  | Body Weight |
| 3                |  |             |
| 2                |  |             |
| 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             |

**Week 4**  
**10-8-6**

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

**Week 1**  
**3 x 3**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 3  |  | Date        |
| 3  |  | Body Weight |
| 3+ |  | Extra Reps  |

**Set Total**



**LADY LIONS STRENGTH**  
**SOCCER**

**SET RECORDS**  
**TOWEL BENCH**

**Week 2**  
**5 x 5**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 5 |  | Body Weight |
| 5 |  |             |
| 5 |  |             |
| 5 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 5 |  | Body Weight |
| 5 |  |             |
| 5 |  |             |
| 5 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 5 |  | Body Weight |
| 5 |  |             |
| 5 |  |             |
| 5 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 5 |  | Body Weight |
| 5 |  |             |
| 5 |  |             |
| 5 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 5 |  | Body Weight |
| 5 |  |             |
| 5 |  |             |
| 5 |  | Extra Reps  |

**Set Total**

**Week 3**  
**5-4-3-2-1**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 4 |  | Body Weight |
| 3 |  |             |
| 2 |  |             |
| 1 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 4 |  | Body Weight |
| 3 |  |             |
| 2 |  |             |
| 1 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 4 |  | Body Weight |
| 3 |  |             |
| 2 |  |             |
| 1 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 4 |  | Body Weight |
| 3 |  |             |
| 2 |  |             |
| 1 |  | Extra Reps  |

**Set Total**

|   |  |             |
|---|--|-------------|
| 5 |  | Date        |
| 4 |  | Body Weight |
| 3 |  |             |
| 2 |  |             |
| 1 |  | Extra Reps  |

**Set Total**

**Week 4**  
**10-8-6**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

|    |  |             |
|----|--|-------------|
| 10 |  | Date        |
| 8  |  | Body Weight |
| 6+ |  | Extra Reps  |

**Set Total**

**Week 1**  
**3 x 3**

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 3                |  | Date        |
| 3                |  | Body Weight |
| 3+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |



**LADY LIONS STRENGTH**  
**SOCCER**

**SET RECORDS**  
**BOX SQUAT**

**Week 2**  
**5 x 5**

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 5                |  | Body Weight | 5                |  | Body Weight |
| 5                |  |             | 5                |  |             |
| 5                |  |             | 5                |  |             |
| 5                |  | Extra Reps  | 5                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

**Week 3**  
**5-4-3-2-1**

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

|                  |  |             |                  |  |             |
|------------------|--|-------------|------------------|--|-------------|
| 5                |  | Date        | 5                |  | Date        |
| 4                |  | Body Weight | 4                |  | Body Weight |
| 3                |  |             | 3                |  |             |
| 2                |  |             | 2                |  |             |
| 1                |  | Extra Reps  | 1                |  | Extra Reps  |
| <b>Set Total</b> |  |             | <b>Set Total</b> |  |             |

**Week 4**  
**10-8-6**

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |

|                  |  |             |
|------------------|--|-------------|
| 10               |  | Date        |
| 8                |  | Body Weight |
| 6+               |  | Extra Reps  |
| <b>Set Total</b> |  |             |



Pre-season workout schedule will be as followed:

Mon: Core Lifts; Ab Workout; Ladder; Sled Workout; Plyo; Ball Station

Tues.: **OFF**

Wed.: Core Lifts; Ab Workout; Ladder; Sled Workout; Plyo; Ball Station

Thurs.: Yo-Yo Beep Test; 20 yrd Sprint Workout; 1000 yrd Challenge

Fri.: Plyo; 12min. Run

### **STRENGTH**

**Monday: Core Lifts; Ab Workout; Ladder; Sled Workout; Plyo; Ball Station**

◆Warm - ups (Give yourself 15yrds to work with) and Dot Drill

Core Lifts: Bench, Hex Squat

Auxiliary Lifts: Steps, Balance Lunge, Angled Row

Ab Workout: Russian Twist, Slam Downs

Ladder

Sled Weight

Plyo: Throw ins, Power Jumps

Ball Stations: #1 and #7

**Tuesday: OFF**

**Wednesday:**

◆Warm - ups (Give yourself 15yrds to work with) and Dot Drill

Core Lifts: Bench, Hex Squat

Auxiliary Lifts: Steps, Balance Lunge, Angled Row

Ab Workout: Russian Twist, Slam Downs

Ladder

Sled Weight

Plyo: Throw ins, Power Jumps

Ball Stations: #1 and #7

# CONDITIONING

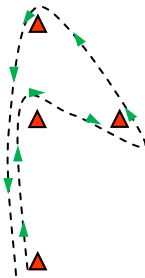
## Thursday

◆ Warm Ups and Dot Drill

Yo-Yo Beep Test

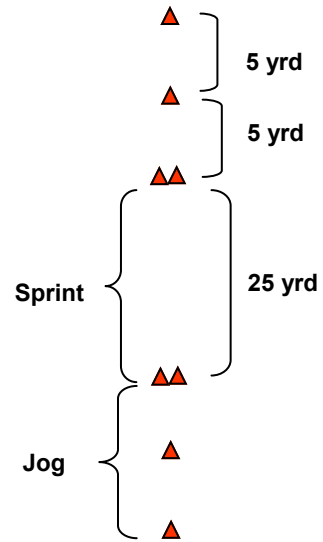
Sprint Workout

25 yrd Sprint (5x's each side; 5yds between cones) ▲



1000 yrd Challenge

Side Step; Side go Side; Zig Zag; Figure 8; Back Step; Go and Step Back; Torso Turn; Feint; Change of Pace; Cool down



## Friday

Plyo: Step Up Jumps; Throw ins

12min Run How far can you go in 12min? Beat your total yard distance!



Each week you will fill in the Rep Box. You will start with 3 sets of 3 reps on each core lift for **Week 1**. Listed below is an example for a core lift workout.

**Week 1**  
**3 x 3**

|            |     |                  |
|------------|-----|------------------|
| <b>3</b>   | 165 | Date             |
| <b>3</b>   | 170 | Body Weight      |
| <b>3+</b>  | 175 | Extra Reps       |
| <b>510</b> |     | <b>Set Total</b> |

**Week 1**  
**3 x 3**

|            |     |                  |
|------------|-----|------------------|
| <b>3</b>   | 180 | Date             |
| <b>3</b>   | 190 | Body Weight      |
| <b>3+</b>  | 200 | Extra Reps       |
| <b>570</b> |     | <b>Set Total</b> |

Your total amount of weight lifted is your **SET RECORD**. Your goal next time around is to break your Set Record! When you break a personal record for any of the core lifts, you may write your name on the Wall of Records!