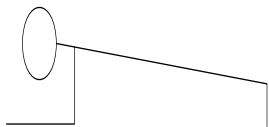


PRE-SEASON RESISTANCE TRAINING

Plank:



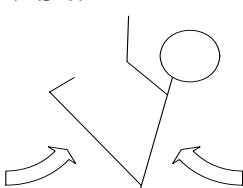
Start lying on your stomach. Suspend your body weight on your forearms and toes by keeping a strong core. Keep your body as straight as possible without letting your hips drop or back arch. *To advance, try raising one leg (1), one arm (2), or both (alternate sides) (3).*

Seated Ab Cycle:



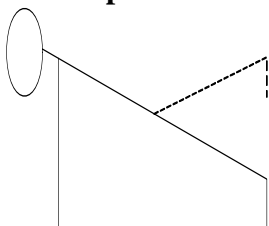
Sit so that only your bottom touches the floor, hands remain by your sides but not touching the floor and cycle the legs as if pedalling a bike. *To advance, place arms above head (1).*

V-Sit:



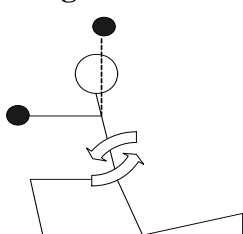
Lie on your back flat on the floor and whilst keeping your back straight and not bending your knees, raise your legs at the same time as raising your upper body by contracting the abdominal muscles. *To advance, as you raise your upper body as far as it will go, reach as high as you can, before lowering yourself back down (1).*

Press-ups:



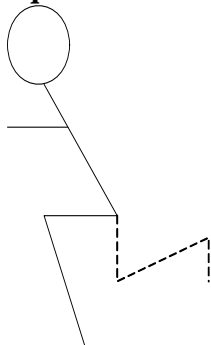
Start by lying on your stomach flat on the floor with your hands positioned just below your shoulders. Maintain a strong core so there is no dip in your midsection, push yourself up and lower yourself back down. The lower you go on the way down before pushing back up is better. *To advance, use only one leg to support yourself and raise the other (1). Make sure you do equal numbers of repetitions on each leg though.*

Lunges:



Stand tall and proud by really sticking your chest out with your arms folded in front of you and your feet together. Step out to a comfortable position and lower yourself down, until you are as low as you can go (aim to tap the knee of the non-leading leg on the floor) whilst still maintaining a straight back. Push back with the leading leg to push yourself back up. Repeat with the other leg. *To advance, hold a ball out in front of you (1) or twist to the side (2). If twisting, ensure you do equal numbers of repetitions on each side.*

Squats:



Stand tall and proud by sticking your chest out with your arms folded in front of you and your feet shoulder width apart with the toes in a comfortably flared stance. Lower yourself down, whilst still maintaining this position, until you are as low as you can go (lower the better), then drive yourself up. All your weight should be concentrated on the middle of your feet, not your heels or toes. Some of you may see your heels come off the ground as you get lower, if this does happen; you need to work on your ankle and calf flexibility. Ask for more details how to do this. *Advance this exercise by performing single leg squats by placing one foot on a step or wall (1). Ensure you repeat the same number of repetitions on each side though.*

Week 1:

Day	Exercise	Sets	Duration/Reps	Rest between sets (min)	Advance
Tuesday	Ab cycle	3*	90 seconds	2	
	Press-ups	3	Maximum	2	
	Plank	3	30 seconds	2	
	V-Sit	3	10 repetitions	2	
Thursday	Lunge	3	20 repetitions	2	
	Squats	3	15 repetitions	2	
<p>* A set is made up of 30 seconds of pedalling in one direction, then 30 seconds of rest followed by 30 seconds of pedalling in the other direction. NOTE: In lunges, 20 repetitions are based on 10 repetitions on each leg.</p>					

Week 2:

Day	Exercise	Sets	Duration/Reps	Rest between sets (min)	Advance
Tuesday	Ab cycle	3*	110 seconds	2	
	Press-ups	3	Maximum**	2	
	Plank	3	40 seconds	2	
	V-Sit	3	15 repetitions	2	
Thursday	Lunge	3	30 repetitions	2	
	Squats	3	20 repetitions	2	
<p>* A set is made up of 40 seconds of pedalling in one direction, then 30 seconds of rest followed by 40 seconds of pedalling in the other direction. ** Aim for 5 more repetitions per set than you did in week 1. NOTE: In lunges, 30 repetitions are based on 15 repetitions on each leg.</p>					

Week 3:

Day	Exercise	Sets	Duration/Reps	Rest between sets (min)	Advance
Tuesday	Ab cycle	3*	90 seconds	2	(1)
	Press-ups	3	Maximum**	2	
	Plank	3	50 seconds	2	
	V-Sit	3	20 repetitions	2	
Thursday	Lunge	3	20 repetitions	2	(1)
	Squats	3	25 repetitions	2	
<p>* A set is made up of 30 seconds of pedalling in one direction, then 30 seconds of rest followed by 30 seconds of pedalling in the other direction. ** Aim for 10 more repetitions per set than you did in week 1. NOTE: In lunges, 20 repetitions are based on 10 repetitions on each leg. NOTE: SEE EXERCISE GUIDE FOR DESCRIPTIONS OF ADVANCED METHODS OF AN EXERCISE</p>					

Week 4:

Day	Exercise	Sets	Duration/Reps	Rest between sets (min)	Advance
Tuesday	Ab cycle	3*	110 seconds	2	(1)
	Press-ups	3	Maximum	2	(1)
	Plank	3	30 seconds	2	(1)
	V-Sit	3	10 repetitions	2	(1)
Thursday	Lunge	3	30 repetitions	2	(1)
	Squats	3	25 repetitions	2	

* A set is made up of 40 seconds of pedalling in one direction, then 30 seconds of rest followed by 40 seconds of pedalling in the other direction.
NOTE: In lunges, 30 repetitions are based on 15 repetitions on each leg.
NOTE: SEE EXERCISE GUIDE FOR DESCRIPTIONS OF ADVANCED METHODS OF AN EXERCISE

Week 5:

Day	Exercise	Sets	Duration/Reps	Rest between sets (min)	Advance
Tuesday	Ab cycle	3*	130 seconds	2	(1)
	Press-up	3	Maximum**	2	(1)
	Plank	3	30 seconds	2	(2) or (3)
	V-Sit	3	15 repetitions	2	(1)
Thursday	Lunge	3	20 repetitions***	2	(2)
	Squats	3	20 repetitions	2	(1)

* A set is made up of 50 seconds of pedalling in one direction, then 30 seconds of rest followed by 50 seconds of pedalling in the other direction.
**Aim for 5 more repetitions per set than you did in week 4.
*** 20 repetitions are made up of 10 repetitions of twisting to each side as you are descending, aim to have finished twist outwards by the time the knee taps the floor. Twist towards the side of the non-leading leg.
NOTE: In squats, 20 repetitions are based on 10 repetitions on each leg. Complete all repetitions on one leg then complete the same number on the other leg. All repetitions completed on each leg counts as one set.
NOTE: SEE EXERCISE GUIDE FOR DESCRIPTIONS OF ADVANCED METHODS OF AN EXERCISE

Practical tips:

- ✓ Complete each session twice a week and stick to the rest and exercise timings given.
- ✓ Warm up before any exercise; *if anything is painful stop immediately* and see a doctor.
- ✓ Programme starts 5 weeks before reporting back to club for the pre-season.
- ✓ Don't worry if you can't complete the volume stated above in the first session of the week, just push yourself on the next week's session to do better than the previous session.
- ✓ If the programme is too easy, increase the duration or repetitions but not the rest times.
- ✓ Try to consume a protein bar or shake in the half hour following each session. Please email mail@scientific-football.com for special discounts on supplements.

FOR MORE INFORMATION CONTACT YOUR COACH OR VISIT THE WEBSITE BELOW.

www.scientific-football.com