

Summer Workouts

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Warm-Up
- FIFA 11+

Strength

- Bench Press

Establish your 1 rep max and record it

- Bench Press

Complete 2 sets of 7 reps at 70% of your 1 rep max weight

Complete 2 sets of 3 reps at 80% of your 1 rep max weight

Complete 2 sets of 1 rep at 90% of your 1 rep max weight

METCON (Metabolic Conditioning)

- Complete 2 rounds of the following circuit, with no rest between rounds

50 Push-Ups

40 Air Squats

30 Kettle Bell Swings (Use a dumbbell if you don't have access to a kettle bell)

20 Hollow Rocks

10 Burpees

Accessory Work

- Abdominals

- Stretching

2

Warm-Up
- FIFA 11+

Strength

- Back Squat

Establish your 1 rep max and record it

- Back Squat

Complete 3 sets of 7 reps at 70% of your 1 rep max weight

METCON (Metabolic Conditioning)

- Complete 4 rounds of the following circuit as fast as possible, with no rest between rounds

400 Meter run

15 Kettle Bell Swings

Accessory Work

- Abdominals

- Stretching



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Warm-Up
- FIFA 11+

Strength

- Deadlifts

Establish your 1 rep max and record it

- Deadlifts

Complete 5 sets of 2 reps at 80% of your 1 rep max weight

METCON (Metabolic Conditioning)

- Complete 5 rounds of the following circuit as fast as possible, with no rest between rounds

15 Deadlifts at 60% of your 1 rep max weight

15 Box Jumps at a minimum height of 20 inches

Accessory Work

- Abdominals

- Stretching

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Warm-Up
- FIFA 11+

Running

- Complete 1 round of the following circuit by running each distance as fast as possible, with the designated amount of rest after each distance

1 Mile, rest 5 minutes

1000 Meters, rest 5 minutes

800 Meters, rest 5 minutes

400 Meters, rest 2 minutes

200 Meters, rest 2 minutes

100 Meters, rest 2 minutes

* Time and record your speed for each distance

Accessory Work

- Abdominals

- Stretching

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Warm-Up
- FIFA 11+

METCON (Metabolic Conditioning)
- Chipper

Complete 1 round of the following circuit as fast as possible, with no rest between exercises

- 100 Air Squats
- 90 Sit-Ups
- 80 Kettle Bell Swings
- 70 Box Jumps
- 60-Yard Sprint
- 50 Hollow Rocks
- 40 Lunges (40 each leg)
- 30 Burpees
- 20 Push-Ups
- 10 Candle Sticks (sit up to stand up)

Accessory Work
- Abdominals
- Stretching

6

Warm-Up
- FIFA 11+

Running
- Run 1 Mile
* Time and record your speed

METCON (Metabolic Conditioning)
- Complete 10 rounds of the following circuit as fast as possible, with no rest between rounds

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

Running
- Run 1 Mile at the same pace you ran the first Mile
* Time and record your speed

Accessory Work
- Abdominals
- Stretching

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Warm-Up
- FIFA 11+

Strength
- Back Squat
Complete 8 sets of 8 reps at 60% of your 1 rep max weight

METCON (Metabolic Conditioning)

- Chipper
Complete 2 rounds of the following circuit as fast as possible, with no rest between rounds

- 50 Yards of Walking Lunges
- 40 Jumping Squats
- 30 Burpees
- 20 Hollow Rocks
- 10 Candlesticks

Accessory Work

- Abdominals
- Stretching

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Warm-Up
- FIFA 11+

Strength
- Deadlift
Complete 10 sets of 2 reps at 80% of your 1 rep max weight

METCON (Metabolic Conditioning)

- Complete 3 rounds of the following circuit as fast as possible, with 1 minute of rest between rounds

- Deadlifts with a high pull at 55 lbs. for 1 minute
- Box Jumps for 1 minute
- Run (or Row on a rowing machine) for 1 minute
- Wall Balls for 1 minute
- Push Press at 55 lbs. for 1 minute

Accessory Work

- Abdominals
- Stretching

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Warm-Up
- FIFA 11+

Strength
- Bench Press
 Complete 6 sets of 6 reps at 70% of your 1 rep max weight

METCON (Metabolic Conditioning)
- Complete Burpees for 7 minutes

Accessory Work
- Abdominals
- Stretching

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Warm-Up
- FIFA 11+

Strength
- Shoulder Press (just the bar)
 Complete 4 sets of 15 reps

METCON (Metabolic Conditioning)
- Complete 100 Kettle Bell Swings using 35 lbs. as fast as possible
 *If you choose to rest, you have to rest for 1 minute before resuming the reps
 *Time and record how long it takes you to complete all 100 reps

Running
- Complete 5 rounds of the following exercise, with 2 minutes of rest between rounds
 Run 2 100 Yard sprints
 *Time and record your speed

Accessory Work
- Abdominals
- Stretching

11



Warm-Up
- FIFA 11+

Strength
- Hang Cleans
 Complete 10 sets of 10 reps at 50% of your 1 rep max weight

METCON (Metabolic Conditioning)

- Complete 10 rounds of the following circuit as fast as possible, with no extra rest between rounds

 Complete each of the following exercises for 30 seconds and rest for 1 minute before moving on to the next exercise

 Dumbbell Rows for 30 seconds, rest for 1 minute

 Dumbbell Walking Lunges for 30 seconds, rest for 1 minute

 Dumbbell Plyometric Jumps for 30 seconds, rest for 1 minute

Accessory Work

- Abdominals
- Stretching

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Warm-Up
- FIFA 11+

Running

- Complete 4 800 Meter runs, with 3 minutes of rest between each run
 * Time and record your speed

Fitness Testing

- Practice each of the following fitness tests

 Beep Test

 Reciprocal Jump

 40-Yard Sprint

 *Time/measure and record your scores for each test

Accessory Work

- Abdominals
- Stretching