



## Otterbein Women's Soccer Winter Workouts 2022

\*Stop right away if you start to feel pain and contact your doctor\*

\*Always have someone spotting you during exercises!!\*

\*Perform these workouts on your own or with teammates (these workouts will not be completed on the planned Sunday or Wednesday workout sessions)

\*The workouts are provided below – you get to choose **the Repetition count** and **the Set count** depending on what your personal goals are for Winter Workouts and Spring Season

\*You can choose whatever workout you are interested in – you do not have to go in order from Workout #1 to Workout #8

\*Below will be explanations of the exercise trainings you have the option of choosing from

\*You are not stuck to one exercise training – feel free to try both!

\*PLEASE contact Priscilla if you have any questions on how to choose reps or sets; questions on exercises; questions on modifications, etc.

\*Repetition and Set counts are recommended by the American College of Sports Medicine (ACSM) which is the Gold Standard for Exercise Prescription and Testing

\*Information provided by: Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2015). *Physiology of sport and exercise*. Human Kinetics.

## Muscular Strength

**Strength** = the max force that a muscle or muscle group can generate

\*Less Repetitions = Higher Weight

\*Choose weights that will be challenging for the last few repetitions – muscles will fatigue due to heavier weight

**\*If muscular strength is your goal for Winter Workouts and Spring Season, you will choose: Multiple Sets (3-5 sets) AND 6-12 Repetitions**

## Muscular Endurance

**Endurance** = the capacity to perform repeated muscle contractions, or to sustain a contraction over time; many sporting activities depend on the muscles' ability to repeatedly develop or sustain submaximal forces or to do both

\*High Repetitions = Lighter Weight

\*Choose lighter weights when performing higher reps – muscles will fatigue due to a higher rep count

**\*If muscular endurance is your goal for Winter Workouts and Spring Season, you will choose: 1-3 Sets AND 10-15 Repetitions**

## Muscular Power

**Power** = the rate at which work is performed, thus the product of force and velocity; the explosive aspect of strength, the product of strength and the velocity of movement; the functional application from both strength and speed of movement

\*Power exercises are provided in most of the workouts

\*Be explosive in these movements – please be safe!

\*They will already have Repetition and Set counts for you



## Workout #1 – Lower Body Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. BB Back Squat
- 2a. DB Goblet Squat
- 2b. DB Single Leg RDL
- 3a. Box Jumps – 3x6
- 4a. DB Reverse Lunge
- 4b. DB Hip Bridge
- 5a. Jump Squat – 3x6
- 6a. Donkey Kicks
- 6b. Fire Hydrants

\*Feel free finish with 5 minutes of your favorite core exercises\*

\*Cool down and stretch when finished\*

## Workout #2 – Lower Body Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. Barbell OR Hex Bar Deadlift
- 2a. DB Sumo Squat
- 2b. DB Forward Lunge
- 3a. Reverse Lunge to Hop -3x6 (each)
- 4a. DB RDL
- 4b. Stability Ball Hamstring Curl
- 5a. Kettlebell (Dumbbell) Swing
- 6a. Lying Leg Raise
- 6b. Single Leg Hip Bridge

\*Feel free finish with 5 minutes of your favorite core exercises\*

\*Cool down and stretch when finished\*

### Workout #3 – Lower Body Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. Barbell Front Squat
- 2a. DB Curtsey Lunge
- 2b. ISO Squat Lateral Steps (4 steps down and back = 1 rep)
- 3a. TRX Jump Squat – 3x6
- 4a. DB Suitcase Squat
- 4b. DB Split Stance Deadlift
- 5a. Speed Skaters – 3x6 (each)
- 6a. Clam Shells
- 6b. Glute Bridge Hold – 30 seconds x 3

## Workout #4 – Chest/Back and Core Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. Barbell Bench Press
- 2a. DB Chest Press
- 2b. DB Bent-Over Row
- 3a. Flutter Kicks
- 3b. Sit Ups
- 4a. DB Neutral Grip Chest Press
- 4b. DB Bent-Over High Row
- 5a. Hip Dips
- 5b. Russian Twists
- 6a. Elevated Push Ups
- 6b. TRX Row

\*Cool down and stretch when finished\*

## Workout #5 – Shoulder and Core Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. DB Seated Shoulder Press
- 1b. Scissor Kicks
- 2a. DB Arnold Press
- 2b. Reverse Crunch
- 3a. DB Single Arm Standing Shoulder Press
- 3b. Leg Lift
- 4a. DB Front Raise
- 4b. DB Lateral Raise
- 5a. Penguins
- 5b. Single Leg V-Ups
- 6a. DB Upright Row
- 6b. DB Bent Over Reverse Fly

\*Cool down and stretch when finished\*

## Workout #6 – Bis/Tris and Core Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. DB Bicep Curl
- 1b. DB Overhead Tricep Extension
- 2a. Low Plank Hold – 30 seconds to 1-minute x3
- 2b. Toe Reach
- 3a. DB Hammer Curl
- 3b. DB Tricep Kickback
- 4a. Side Plank (Right) – 30 seconds to 1-minute x3
- 4b. Side Plank (Left) – 30 seconds to 1-minute x3
- 5a. DB Cross-Body Bicep Curl
- 5b. DB Skull Crusher
- 6a. Dead Bug
- 6b. Bird Dog
- 7a. DB Concentration Bicep Curl
- 7b. Tricep Bench Dip

\*Cool down and stretch when finished\*



## Workout #7 – Total Body Focus

\*Warm up how you need to, for at least 5 minutes\*

- 1a. DB Squat into Calf Raise
- 1b. DB Bulgarian Split Squat
- 2a. DB Single Arm Snatches – 3x6 (each)
- 3a. Single Leg Squat (Pistol Squat)
- 3b. Barbell Good Mornings
- 4a. DB Push Press – 3x6
- 5a. Single Arm DB Chest Press
- 5b. Single Arm DB Low Row
- 6a. DB Shoulder Shrugs
- 6b. DB Neutral Grip Shoulder Press
- 7a. DB Kneeling Bicep Curl
- 7b. DB Alternating Single Arm Tricep Kickback

\*Feel free finish with 5 minutes of your favorite core exercises\*

\*Cool down and stretch when finished\*

## Workout #8 – Total Body Focus (Major Muscle Groups)

- 1a. DB Front Squat
- 1b. DB RDL
- 2a. Broad Jumps – 3x6
- 3a. DB Single Leg Step Up
- 3b. Hip Bridge Walkout
- 4a. Weighted Wall Sit – 30 seconds to 1-minute x 3
- 5a. Jump Lunges – 3x6 (each)
- 6a. Push Up
- 6b. DB Renegade Row
- 7a. DB Incline Bench Chest Press
- 7b. Barbell Low Row

\*Feel free finish with 5 minutes of your favorite core exercises\*

\*Cool down and stretch when finished\*

