



# The Footballers World

MIND. FUEL. POWER.

## LOWER BODY WORK OUT ( HOME SESSION)

V1- Broad Jump 3 x 3

V2- Lateral Skater Jump 3 x 6

A1- Bodyweight squat 4 x 10

A2- Glute Bridge Walk out 4 x 10

B1- Body weight alternating lunge 4 x 8 ( each leg)

B2- Single Leg Glute Bridge 4 x 10 ( each leg)

C1- Seated adductor squeeze 3 x 12

C2- Standing Calf raise 3 x 12

C3- Plank 3 x 30 Seconds ( increase time by 5 seconds each week till 60 seconds is reached)

R1- Single Leg Chinese Plank 3 x 10 seconds ( each leg)

R2- ISO lunge hold 3 x 10 seconds ( each leg)

Each sequence should be completed for 3 rounds