2008 WAC CHAMPS! SUMMER '08 SJSU WOMEN'S SOCCER

EXERCISES	WEEK 1 MONDAY	WEEK 2 MONDAY	WEEK 3 MONDAY	WEEK 4 MONDAY	WEEK 5 MONDAY	WEEK 6 MONDAY	WEEK 7 MONDAY	WEEK 8 MONDAY	WEEK 9 MONDAY
FULL BODY WARM UP									
	WU		WU			WU	WU	WU	WU
SQUAT- HEAVY	10		6			3	3	3	3
GET LOW LADIES!	10		6			3	3	3	3
	10		6			3	3	3	3
						3		3	
						3		3	
LOWER BODY PLYOS (JUMPING)	25 TOTAL		35			50			
PUSH UP	3X10					5X10			
DB SHOULDER PRESS	3X10					3X8			
TRICEPS EXERCISE	3X12					3X10			
ABDOMINAL EXERCISE- YOU CHOOSE									

EXERCISES	WEEK 1 TUESDAY	WEEK 2 TUESDAY	WEEK 3 TUESDAY	WEEK 4 TUESDAY	WEEK 5 TUESDAY	WEEK 6 TUESDAY	WEEK 7 TUESDAY	WEEK 8 TUESDAY	WEEK 9 TUESDAY
FULL BODY WARM UP									
	WU		WU		WU		WU		WU
DEADLIFT	5		4		3		3		2
	5		4		3		2		1
	5		4		3		1		1-HEAVY!
	WU		WU				WU		
PULL FROM FLOOR	10		5				3		
(OLYMPIC CLEAN PULL)	10		5				3		
	10		5				3		
LOWER BODY PLYOS (JUMPING)	25 TOTAL		35			50			
UNILATERAL HAMSTRING CURL	3X12ea		3X8ea			3X6ea			
DB SINGLE ARM SWING	4X15ea		4X20ea		4X30ea				
PULL UP	10X3		10X4			10X5			
ABDOMINAL EXERCISE- YOU CHOOSE									

EXERCISES	WEEK 1 THURSDAY	WEEK 2 THURSDAY	WEEK 3 THURSDAY	WEEK 4 THURSDAY	WEEK 5 THURSDAY	WEEK 6 THURSDAY	WEEK 7 THURSDAY	WEEK 8 THURSDAY	WEEK 9 THURSDAY
FULL BODY WARM UP									
	WU		WU			WU			
SQUAT-LIGHT	10		6			3			
	10		6			3			
	10		6			3			
CROSSOVER STEP UP	3X12ea		3X10ea			3X8ea		3X5ea	
LOWER BODY PLYOS (JUMPING)	25 TOTAL		35			50			
SHOULDER COMBO	3X3X12		3X3X10			3X3X8			
TRICEPS EXERCISE	3X12					3X10		3X10	
ABDOMINAL EXERCISE- YOU CHOOSE									

EXERCISES	WEEK 1 FRIDAY	WEEK 2 FRIDAY	WEEK 3 FRIDAY	WEEK 4 FRIDAY	WEEK 5 FRIDAY	WEEK 6 FRIDAY	WEEK 7 FRIDAY	WEEK 8 FRIDAY	WEEK 9 FRIDAY
FULL BODY WARM UP									
	WU		WU		WU		WU		WU
DEADLIFT- LIGHT	5		4		3		3		2
	5		4		3		2		1
	5		4		3		1		1
	WU		WU				WU		
PULL FROM FLOOR- LIGHT	10		5				3		
SPEED SPEED SPEED	10		5				3		
	10		5				3		
DB SINGLE ARM SWING	4X15ea		4X20ea		4X30ea				
LIGHT HAMSTRING CURL (2 LEGS)	3X12		3X10		3X8				
LOWER BODY PLYOS (JUMPING)	25 TOTAL		35			50			
PULL UP	10X3		10X4			10X5			
ABDOMINAL EXERCISE- YOU CHOOSE									