



Optional Men's Soccer Offseason Weight Lifting Schedule

| Day 1 | Day 2 | Day 3 | Day 4 |
|---|--|--|--|
| <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 2 sets - Bench Press/Dumbbell Press 8x1 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x1 - Hang Clean 8x2 - DB Shoulder Press 8x1 - Clean Pull 8x2 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 15x2 - Suggestion: Start off using weights that are relatively light to your standard and try to increase by 5lbs every third lift throughout the semester | <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 2 sets - Bench Press/Dumbbell Press 8x1 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x1 - Hang Clean 8x2 - DB Shoulder Press 8x1 - Clean Pull 8x2 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 | <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 2 sets - Bench Press/Dumbbell Press 8x1 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x1 - Hang Clean 8x2 - DB Shoulder Press 8x1 - Clean Pull 8x2 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 | <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 3 sets - Bench Press/Dumbbell Press 8x2 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x2 - Hang Clean 8x3 - DB Shoulder Press 8x2 - Clean Pull 8x3 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 |



COVENANT
SOCCER

| Day 5 | Day 6 | Day 7 | Day 8 |
|---|---|---|---|
| <ul style="list-style-type: none">- Bar Bell Squat 8 reps x 3 sets- Bench Press/Dumbbell Press 8x2- Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg- DB Row 8x2- Hang Clean 8x3- DB Shoulder Press 8x2- Clean Pull 8x3- One leg calf raise 25x2- 4 minute abs, rotate to a different ab exercise every 30 seconds- Super Man 2x15 | <ul style="list-style-type: none">- Bar Bell Squat 8 reps x 3 sets- Bench Press/Dumbbell Press 8x2- Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg- DB Row 8x2- Hang Clean 8x3- DB Shoulder Press 8x2- Clean Pull 8x3- One leg calf raise 25x2- 4 minute abs, rotate to a different ab exercise every 30 seconds- Super Man 2x15 | <ul style="list-style-type: none">- Bar Bell Squat 8 reps x 3 sets- Bench Press/Dumbbell Press 8x2- Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg- DB Row 8x2- Hang Clean 8x3- DB Shoulder Press 8x2- Clean Pull 8x3- One leg calf raise 25x2- 4 minute abs, rotate to a different ab exercise every 30 seconds- Super Man 2x15 | <ul style="list-style-type: none">- Bar Bell Squat 8 reps x 3 sets- Bench Press/Dumbbell Press 8x2- Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg- DB Row 8x2- Hang Clean 8x3- DB Shoulder Press 8x2- Clean Pull 8x3- One leg calf raise 25x2- 4 minute abs, rotate to a different ab exercise every 30 seconds- Super Man 2x15 |



COVENANT
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| Day 9 | Day 10 | Day 11 | Day 12 |
|--|--|---|---|
| <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 3 sets - Bench Press/Dumbbell Press 8x2 superset with Db curls 10x2 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x2 - Hang Clean 8x3 - DB Shoulder Press 8x2 - Clean Pull 8x3 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 | <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 3 sets - Bench Press/Dumbbell Press 8x2 superset with Db curls 10x2 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x2 - Hang Clean 8x3 - DB Shoulder Press 8x2 - Clean Pull 8x3 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 | <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 3 sets - Bench Press/Dumbbell Press 8x2 superset with Db curls 10x2 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x2 superset with 6x2 pullups - Hang Clean 8x3 - DB Shoulder Press 8x2 superset with 10x2 tricep dips - Clean Pull 8x3 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 | <ul style="list-style-type: none"> - Bar Bell Squat 8 reps x 3 sets - Bench Press/Dumbbell Press 8x2 superset with Db curls 10x2 - Dumbbell Lunges 10 each leg, Split Squat 10 each leg, Split Jump 10 each leg - DB Row 8x2 superset with 6x2 pullups - Hang Clean 8x3 - DB Shoulder Press 8x2 superset with 10x2 tricep dips - Clean Pull 8x3 - One leg calf raise 25x2 - 4 minute abs, rotate to a different ab exercise every 30 seconds - Super Man 2x15 |

"Guns" (bi's and tri's) optional after all the lifts