

BOMMARITO PERFORMANCE SYSTEMS

NAME:
SPORT: SOCCER FIELD

PHASE: CONJUGATE
WEEK: 2

DAY 1: LOWER

DAY / DATE:

<u>TIME</u>	<u>EXERCISE</u>	<u>TEMPO</u>	<u>VOL</u>	<u>INTENSITY</u>
	BAND FRONT SQUAT	11X	12	
20	CONTT JUMPS	xxx	3	
	TKE BENT SLOW/FAST		10EE	
15	SL HIP BRIDGE (OPP HIP FLEX)	21X	10E	
	SL CALF RAISE	11X	15E	
10	PRONE MANUAL HAMSTRING	212	6E	
	PARTNER SHINS	212	10	

BASIC CRUNCH SS W/ FRONT PILLAR 10/30SEC

DAY 2: UPPER

DAY / DATE:

<u>TIME</u>	<u>EXERCISE</u>	<u>TEMPO</u>	<u>VOL</u>	<u>INTENSITY</u>
	BAND SA PRESS	21X	12E	
20	RIGHT / LEFT PILLAR		30 SEC E	
	PRONE M	212	10	
15	BAND DA SQUAT TO ROW	21X	10E	
	DB SHOULDER- REAR, FRONT, SIDE	211	12	
10	BAND HIGH TO LOW ROW	21X	10E	
	BAND PUSHDOWN- CHEST	121	12	

REVERSE CRUNCH / DL HIP BRIDGE 10 / 20

DAY 4: LOWER

DAY / DATE:

<u>TIME</u>	<u>EXERCISE</u>	<u>TEMPO</u>	<u>VOL</u>	<u>INTENSITY</u>
	FWD WALKING LUNGES	21X	10E	
20	SPLIT CYCLE JUMPS	xxx	5E	
	STANDING SA BAND CORE		30 SEC E	
15	PRONE BACK EXTENSION	313	10	
	BAND HIP FLEX/EXT	121	10E	
10	DL SEATE DBAND CURL	21X	10	
	DL BAND CALF RAISE	21X	20	

POST:

DAY 5: UPPER

DAY / DATE:

<u>TIME</u>	<u>EXERCISE</u>	<u>TEMPO</u>	<u>VOL</u>	<u>INTENSITY</u>
	PUSHUP	21X	15	
20	RBF	21X	20	
	UPPER/TRUNK CORRECTIVE			
15	BAND ALNGED STANCE ROW	21X	10E	
	BAND OH TRICEP	21X	15	
10	DA LOW ROW	21X	15	
	PRONE Y RAISE/ DB CONCENTRATION	121	5E/10	

FROG CRUNCH / FRONT PILLAR ALT LEG LIFT 10 / 10E