



John P. Stevens Hawks Soccer 2011

PRESEASON WEIGHTLIFTING PROGRAM

In this preseason strength program you will concentrate on developing your core strength and flexibility. Attached is a stretching program that should be done each day after you have warmed up. Following this program will help to prevent injuries commonly associated with soccer.

When performing this lifting program, follow the sets and reps that are listed on that day's workout. Add weight when the set becomes easy to perform. Always keep strict form and concentrate on the muscle being worked. If you wish to do extra exercises only do them for the muscles that are being trained that day.

Monday

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|---------------------------|--------|
| Dumbbell Bicep Curls | 3 x 10 |
| Dumbbell Tricep Kickbacks | 3 x 10 |
| Military Press | 3 x 10 |
| Rows | 3 x 10 |
| Pull Ups (Bar or Machine) | 3 x 10 |
| Tricep Dips | 3 x 10 |

Wednesday/Thursday

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|------------------------------|--------|
| Barbell Squats | 3 x 10 |
| Leg Extension | 3 x 10 |
| Leg Curls | 3 x 10 |
| Calf Raises (with dumbbells) | 3 x 10 |
| Dead Lifts | 3 x 10 |
| Lunges with Dumbbells | 3 x 10 |

