

**JP STEVENS SOCCER**

This weight lifting program consists of 4 cycles of endurance power and strength training. Each cycle focuses on different muscle groups and exercises over 4-week periods with increasing intensity.

Off Season Weight Lifting Program

Weeks 1-4: Endurance Training

Days 1 & 3

Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	3	15, 15, 15
Shoulders	Barbell Military Press	3	15, 15, 15
Back	Bent-Over Dumbbell Rows	3	15, 15, 15
Biceps/Forearms	Hammer Curls	2	15, 15
Triceps	Dips	2	Failure
Back	Wide-Grip Pull-Ups	2	Failure

Days 2 & 4

Muscle Group	Exercise	Sets	Reps
Legs	Squats	3	15, 15, 15
Legs	Leg Press	3	15, 15, 15
Legs	Calf Raises	3	15, 15, 15
Legs	Lunges	2	15, 15
Legs	Leg Extensions	2	15, 15
Legs	Leg Curls	2	15, 15

Weeks 5-8: Power Training

Days 1 & 3

Muscle Group	Exercise	Sets	Reps
Legs	Jump Squats	3	10, 10, 10
Legs	Dead Lift	3	12, 12, 12
Legs	Squats	3	8, 8, 8
Legs	Lunges	3	10, 10, 10
Legs	Box Steps	3	12, 12, 12
Legs	Calf Raises	3	12, 12, 12

Days 2 & 4

Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	3	10, 10, 10
Shoulders	Push Press	3	12, 12, 12
Back	Bent-Over Dumbbell Rows	3	12, 12, 12
Biceps/Forearms	Reverse Curls	3	12, 12, 12
Triceps	Dips	2	Failure
Back	Wide-Grip Pull-Ups	2	Failure

Rest for 1 week before you start the next cycle.

Weeks 9-12: Endurance Training

Days 1 & 3

Muscle Group	Exercise	Sets	Reps
Chest	Dumbbell Bench Press	3	15, 15, 15
Shoulders	Dumbbell Military Press	3	15, 15, 15
Back	Bent-Over Barbell Rows	3	15, 15, 15
Biceps/Forearms	Dumbbell Curls	3	15, 15, 15
Triceps	Dips	2	Failure
Back	Close-Grip Pull-Ups	2	Failure

Days 2 & 4

Muscle Group	Exercise	Sets	Reps
Legs	Squats	3	15, 15, 15
Legs	Leg Extensions	3	15, 15, 15
Legs	Squats	3	8, 8, 8
Legs	Lunges	2	15, 15
Legs	Leg Press	3	15, 15, 15
Legs	Calf Raises	3	15, 15, 15

Weeks 13-16: Power Training

Days 1 & 3

Muscle Group	Exercise	Sets	Reps
Legs	Jump Squats	3	10, 10, 10
Legs	Dead Lift	3	12, 12, 12
Legs	Squats	3	8, 8, 8
Legs	Lunges	3	10, 10, 10
Legs	Box Steps	3	12, 12, 12
Legs	Calf Raises	3	20, 20, 20

Days 2 & 4

Muscle Group	Exercise	Sets	Reps
Chest	Dumbbell Bench Press	3	10, 10, 10
Shoulders	Push Press	3	12, 12, 12
Back	T-Bar Rows	3	12, 12, 12
Biceps/Forearms	Hammer Curls	3	15, 15, 15
Chest	Cable Crossovers	3	10, 10, 10
Back	Close-Grip Pull-Ups	3	Failure