

Bridgton Soccer In-Season Phase 1 Workout				Name:			
Week 1							
Day 1	sets	reps	wt.	Day 2	sets	reps	wt.
Power Cleans	4	6		Squats	4	6	
Flat Bench Press	4	10		Pullups	4	10	
MB Throwdowns	4	10		MB Twist	4	10	
Leg Curls	4	10		Reverse Hypers	4	10	
Week 2							
Day 1	sets	reps	wt.	Day 2	sets	reps	wt.
Power Cleans	4	6		Squats	4	6	
Flat Bench Press	4	10		Pullups	4	10	
MB Throwdowns	4	10		MB Twist	4	10	
Leg Curls	4	10		Reverse Hypers	4	10	
Week 3							
Day 1	sets	reps	wt.	Day 2	sets	reps	wt.
Power Cleans	4	6		Squats	4	6	
Flat Bench Press	4	10		Pullups	4	10	
MB Throwdowns	4	10		MB Twist	4	10	
Leg Curls	4	10		Reverse Hypers	4	10	
Week 4							
Day 1	sets	reps	wt.	Day 2	sets	reps	wt.
Power Cleans	4	6		Squats	4	6	
Flat Bench Press	4	10		Pullups	4	10	
MB Throwdowns	4	10		MB Twist	4	10	
Leg Curls	4	10		Reverse Hypers	4	10	