



WOMEN'S SOCCER SUMMER 2020

INSTRUCTIONS:

Choose 5-10 movements for prehab
 Choose 10 movements for dynamic warm up
 Be sure to complete both your prehab and warm up
 before each workout

If you have any questions, please contact me. I am
 more than willing to help in any way that I possibly
 can. God bless and have a good summer!

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Coach Honesty Robinson

DYNAMIC WARM UP

A Skip
 Back Skip
 Pull Up/Stretch Down
 Quad Pull/Kick
 Side Lunge
 Lunge & Twist
 Lunge & Reach Back
 Heel Toe Walk
 Spiderman Lunge
 Power Skips (Height)
 Power Skips (Distance)
 Single Leg Bounds
 Kicks
 Power Carioca/Carioca
 Leg Swings

LOWER BODY PREHAB

World's Greatest Stretch x10
 Adductor Rocks x10
 Pigeon x10
 Piriformis Stretch x15s/ea
 3 Way Bench Stretch x15s/ea
 3 Way Kick x5/ea
 Downward Dog Calf Walk x10
 Front/Lateral Hip Rocks x5/ea
 90/90 Hip Flip x10
 Calf Stretch x10

UPPER BODY PREHAB

Reach Throughs x5/ea
 3 Way Band Stretch x15s/ea
 Overhead Opener x15s
 Pass Through x10
 Halos x5/ea
 Band Pull Aparts x10
 Bench Lat Stretch x15s
 Sleeper's Stretch x5/ea
 Around the World x10
 Scorpion x10
 TRX T-Spine Rotation x10
 TRX ITY x5/ea

WSOC MAXES	SQUAT	BENCH	CLEAN
Biehl, Megan	245	125	135
Carter, Mikala	170	70	
Chick, Joelle	INJ (180)	110	125
Cruse, Kayla	160	75	85
Harvey, Taylor	155	65	95
Hazelwood, Sarah	160	80	125
Jenkins, Zoe	175	75	70
Johnson, Natalie	200	85	110
Kite, Ryan	200	105	85
Luzzi, Lizzy	235	125	
Mackenzie, Neff (Mac)	175	80	110
Mendez, Alyssa	165	75	110
Pagliari, Camryn	190	80	110
Puryear, Madison (Mamie)	165	105	
Puryear, Mary Courtney (MC)	245	125	125
Robinson, Abby	230	105	125
Robinson, Ansley	165	80	
Rowe, Bri	INJ (155)	120	135
Schopp, Maggie	255	115	140
Shearer, Emma	165	90	95
Sherley, Kylea	200	80	
Shepard, Shelby	175	105	85
Valentine, Vic	160	90	95
Wolford, Karly	195	80	

IMPORTANT

******BE SURE THAT YOU ARE INCREASING YOUR WEIGHT (if possible) AFTER EACH SET IF IT IS EASY. ESPECIALLY DURING WEEKS 5-12. IF YOU FAIL THE WEIGHT YOU'RE AT, DROP WEIGHT. AS REPS DECREASE, WEIGHT SHOULD INCREASE******

TUESDAY	EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
		SETxREPS	Weight	SETxREPS	Weight	SETxREPS	Weight	SETxREPS	Weight
MAJOR	GOBLET SQUAT	3x12		3x12		3x10		3x10	
SUPERSET		Box Jumps	3x5	SL RDL	3x5/ea	Band 3 Way Step	3x5/ea	DB RDL	3x8
		Leg Lifts	3x10	Russian Twists	3x20	Band Piriformis Stretch	3x15s/ea	Leg Lifts	3x10
MAJOR	BENCH	3x8	45lbs	3x8	45lbs	3x8	45lbs	3x8	45lbs
SUPERSET		SA DB Row	3x8/ea	Band Halos	3x5/ea	Band Row	3x8	DB Row	3x8
		Russian Twists	3x20	Band Pull Aparts	3x10	Bicycles	3x20	In & Outs	3x15
CIRCUIT	Burpees	3x10		3x10		3x10		3x10	
	Plank	3x30s		3x30s		3x30s		3x30s	
	Lunges	3x12		3x12		3x10		3x10	
	Jump Squats	3x15		3x15		3x10		3x10	

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THURSDAY	EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
		SETxREPS	Weight	SETxREPS	Weight	SETxREPS	Weight	SETxREPS	Weight
MAJOR	KB SWINGS	3x8		3x8		3x8		3x8	
SUPERSET		Band Good Mornings	2x8	Jump Squats	2x15	SL Box Jumps	2x5/ea	Lateral Box Pushoffs	2x5/ea
		Crunches	2x10	V Ups	2x10	Leg Lifts	2x10	In & Outs	2x15
MAJOR	BB MILITARY PRESS	3x8	45lbs	3x8	45lbs	3x8	55lbs+	3x8	55lbs+
SUPERSET		Band Upright Row	3x8	Seated Row	3x8	Face Pulls	3x8	Band Y Press	3x10
		Toe Touches	3x20	Band Pull Aparts	3x10	V Ups	3x10	Band Upright Row	3x10
CIRCUIT	2 Way DB Raise	3x5/ea		3x5/ea		3x5/ea		3x5/ea	
	MB Russian Twists	3x20		3x20		3x40		3x40	
	MB Slams	3x15		3x15		3x10		3x10	
	Pullups	3x8		3x8		3x10		3x10	

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TUESDAY	EXERCISE	WEEK 5		WEEK 6		WEEK 7		WEEK 8	
		SETxREPS	%	SETxREPS	%	SETxREPS	%	SETxREPS	%
MAJOR	BACK SQUAT	3x10	55	3x10	55	3x8	60	3x8	65
SUPERSET		Band Pull Throughs	3x8	Band Spiderman Stretch	3x20s/ea	Band Good Morning	3x8	Decline SL Glute Bridge	3x5/ea
		Band 3 Way Step	3x5/ea	DB RDL	3x8	SA KB Sit Ups	3x5/ea	In & Outs	3x15
MAJOR	BENCH	3x8	60	1x8	60	1x8	65	1x6	70
				2x8	65	2x6	70	2x6	75
SUPERSET		Seated Row	3x8	SA DB Row	3x8/ea	Underhand Band Row	3x8	BB Row	3x8
		Weighted Toe Touches	3x15	Band Pull Apart	3x10	V Ups	3x12	Flutter Kicks	3x50
CIRCUIT	Weighted Bulg. Split Squat	3x5/ea		3x5/ea		3x5/ea		3x5/ea	
	Hollow Hold	3x20s		3x20s		3x30s		3x30s	
	Arnold Press	3x8		3x8		3x8		3x8	
	Split Jumps	3x12		3x12		3x10		3x10	

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THURSDAY	EXERCISE	WEEK 5		WEEK 6		WEEK 7		WEEK 8	
		SETxREPS	%	SETxREPS	%	SETxREPS	%	SETxREPS	%
MAJOR	HANG CLEAN HIGH PULL	3x8	55	3x8	55	3x8	60	1x5	WU- 60
								2x8	65
SUPERSET		KB Swings	3x8	Lateral Box Push Offs	3x10	Box Jumps	3x5	SL Box Jumps	3x5/ea
SUPERSET		Crunches	3x20	MB Deadbug	3x10	Band 2 Way Psoas Stretch	3x15s/ea	Scissor Kicks	3x20
MAJOR	BB MILITARY PRESS	3x7	45lbs+	3x7	45lbs+	3x7	45lbs+	3x7	45lbs+
SUPERSET		Face Pulls	3x8	Band Upright Row	3x6	Band Pull Through	3x10	DB Upright Row	3x8
SUPERSET		MB V Ups	3x12	Russian Twists	3x30	Band OH Squat	3x10	Plate OH Sit Ups	3x12
CIRCUIT	Hand Release Pushups	3x10		3x10		3x12		3x12	
	Weighted Lunges	3x10		3x10		3x10		3x10	
	Goblet Squat	3x10		3x10		3x10		3x10	
	Lat Pulldown	3x8		3x8		3x7		3x7	

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TUESDAY	EXERCISE	WEEK 9		WEEK 10		WEEK 11		WEEK 12	
		SETxREPS	%	SETxREPS	%	SETxREPS	%	SETxREPS	%
MAJOR	BACK SQUAT	1x5	65	1x5	70	1x5	75	1x5	75
		3x8	70	3x8	75	3x7	80	3x6	85
SUPERSET		SL RDL	3x8/ea	MB Glute Bridge	3x10	Spiderman Lunge	3x5/ea	Box Jumps	3x5
		Crunches	3x10	MB Russian Twists	3x20	SA KB Sit Ups	3x5/ea	Plank Twist	3x10
MAJOR	BENCH	1x5	65	1x5	70	1x5	75	1x5	75
		3x6	70	3x8	75	3x7	80	3x6	85
SUPERSET		Low Row	3x8	Renegade Row	3x8/ea	Seated Row	3x7	SA DB Row	3x6
		Russian Twists	3x40	Bicycles	3x40	Leg Lifts	3x12	In & Outs	3x15
CIRCUIT	Hamstring Curl	3x5/ea		3x5/ea		3x8/ea		3x8/ea	
	Hanging Knee Raise	3x10		3x10		3x15		3x15	
	Mntn Climbers	3x20		3x20		3x40		3x40	
	Seated DB Military Press	3x8		3x8		3x6		3x6	

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THURSDAY	EXERCISE	WEEK 9		WEEK 10		WEEK 11		WEEK 12	
		SETxREPS	%	SETxREPS	%	SETxREPS	%	SETxREPS	%
MAJOR	HANG CLEAN	1x6	65	1x5	70	1x5	75	1x4	75
		3x6	70	3x5	75	3x4	80	3x3	85
SUPERSET		KB Swings	3x8	Band Pull Throughs	3x10	Band Good Mornings	3x10	KB Swings	3x8
		Crunches	3x15	Weighted Toe Touch	3x20	Sprinters Crunch	3x20	Flutter Kicks	3x40
MAJOR	BB MILITARY PRESS	3x7	65lbs+	3x7	70lbs+	3x6	70lbs+	3x6	75lbs+
SUPERSET		Lat Pulldown	3x8	Band Upright Row	3x8	Face Pulls	3x8	DBUpright Row	3x8
		Sit Ups	3x15	Side Plank	3x15s/ea	Bicycles	3x40	Scissor Kicks	3x40
CIRCUIT	Inverted Row	3x7		3x7		3x8		3x8	
	TRX Pistol Squats	3x7/ea		3x7/ea		3x8/ea		3x8/ea	
	Plank	3x30s		3x30s		3x30s		3x30s	
	Incline Pushups	3x12		3x12		3x12		3x12	