



## 2020 CV Boys Soccer

1. We walk victoriously
2. We share each other's burdens with love
3. We chose to be positive

<b>M-W-F workouts</b>	Workout	Option A (weights)	Option B (body weight)
	Chest workout	<b>Bench press</b> – 3 sets of 10 @ 75% of your last test result from CV lift	<b>Pushups</b> – 5 sets of 10-20 (the goal is at least 50)
	Triceps	<b>Tricep extensions</b> - laying on back 3 sets of 10	<b>Dips</b> – 4 sets of 15-25 (the goal is at least 60) see pic
	Deltoid	<b>Upright row</b> - 3 sets of 10 (see pic on page 2)	<b>Deltoid pushups</b> - 4 sets of 8-15 (the goal is at least 32) see pic
	Legs	<b>Squats</b> – (or leg extensions) 3 sets of 10 @ 75% of your last test result from CV lift	<b>Stationary squats (no weight)</b> – Cross arms and touch shoulders – 4 sets of 25
	Calves	<b>Calf raises</b> - 3 sets of 20	<b>Calf raises</b> - Find a ledge or a step 3 sets of 35
	Ball work	<b>4 minutes of ball mastery work (see page 2)</b>	

<b>T-Th Workouts</b>	Workout	Explanation
	Core work	3 sets of 35 crunches
	Stair work	Go up and down a flight of stairs 10 times / break / repeat 3 more times
	Flat ab works	1 minute scissors / break / 1 minute flutter (see pic page 2) - Repeat
	Ball work (cardio)	<b>12 minutes of ball mastery</b>

## Chair dips:



[www.gocrazyfitness.com](http://www.gocrazyfitness.com)

## Deltoid info:

### Upright rows:



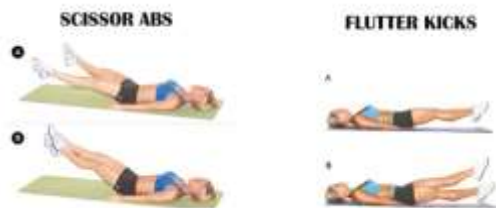
[www.slack.com](http://www.slack.com)

### Non-weight deltoid work:



[www.mensjournal.com](http://www.mensjournal.com)

## Flat ab work



These 2 exercises are similar. You will need to lay down and remember to keep your arms by your side and activate your core.

For scissor abs, start by separating your legs to form a "V" shape. Then, criss cross them by placing the right leg over the left, then left over right, and so forth.

For flutter kicks, start with your leg elevated and together. Then, simple kick your legs in the air side by side.

[www.pinterest.com](http://www.pinterest.com)

## Ball Mastery work:

Do each skill for 30 seconds and move on to the next.

1. Foundation skill – knees bent, touch ball back and forth touching ball with the joint of the big toe to the rest of the foot. Speed is important and you should not be moving forward or backwards.

2. Full roll – Foundation skill with a drag the ball with the bottom of your foot and then back to foundation. EX) – Start with right foot, do 4 touches then roll the ball with the bottom of your right foot – then do 4 more touches starting with your left foot and then roll it with the bottom of your left foot...repeat

3. Back to Foundation skill

4. Continual Cryuff's – pull ball with toe of right foot, push ball behind left leg with same right foot, push ball to the side with your left foot. Repeat with left foot...ball is back to right foot.

5. Back to Foundation skill

6. Crazy 8's – get two cones or two tshirts and put them 2 big steps apart. Start in the middle and dribble to your right, cut around cone with outside of left foot – dribble the other way and cut with outside of your right foot to get back to middle (you just dribbled an outline of the number 8) Repeat.

7. Foundation skill

8. Push ball out with one foot, pull it back with same foot – push ball out with other foot, pull it back with same foot – switch.

Go back to #1