



**BUILD YOUR
STRENGTH
FOR POWER
FOOTBALL**

ABDU ASI FITNESS

WORKOUT PLAN | DIET PLAN | BLOGS



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A POWERFUL ATHLETE WITH FOOTBALLING SKILL IS A RARE BREED INDEED.

Soccer Players must be swift and agile, but this does not stop them from weight training. Contrary to popular belief, weight training does not always result in bulky muscles that may slow down an athlete's speed and agility. In fact a proper weight training program will only serve to assist a soccer player in his or her overall game. Soccer players will benefit from a full array of strength training exercises but much of a soccer player's weight training should focus on leg strength, power and agility. These types of exercises will enhance the athlete's ability to run, kick and change direction quickly.

SOCCER PLAYERS ARE KNOWN FOR BEING ONE OF THE MOST PHYSICALLY FIT PEOPLE IN THE WORLD OF SPORTS, KNOWN FOR THEIR ENDURANCE, MANUEVERABILITY AND COORDINATION.

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HOW DO FOOTBALLERS BEST GENERATE POWER? BY STRENGTH TRAINING OF COURSE!

THE STRENGTH TRAINING AND CONDITIONING WORKOUT STRATEGIES WILL MAKE THE FOOTBALLER QUICKER, STRONGER AND MORE RESISTANT TO INJURY. IT WON'T GIVE YOU THE SKILLS OF A RONALDINHO, BUT IF YOU ARE PHYSICALLY A MAN AMONGST BOYS, YOU WILL HAVE A TREMENDOUS ADVANTAGE EVERY TIME YOU STEP ON THE FOOTBALL FIELD.

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OFF – SEASON TRAINING SCHEDULE

MONTH 1 – WEEK 1

DAY 1: UPPER BODY			
CHEST+BACK+SHOULDER+ARMS			
EXERCISES	SET1	SET2	SET3
FLAT BENCH PRESS	12	10	8
BARBELL ROWS	12	10	8
DUMBBELL SHOULDER PRESS	12	10	8
LAT PULL DOWN	12	10	8
TRICEPS PUSH DOWN (CABLE)	12	10	8
DUMBBELL CURLS	12	10	8

DAY 2: FOOTBALL TRAINING

DAY 3: FOOTBALL TRAINING

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DAY 4: LOWER BODY

**HAMSTRINGS+QUADRICEPS + GLUTES
+LOWER BACK+ CALVES +ABS**

EXERCISES	SET1	SET2	SET3
BARBELL BACK SQUATS	12	10	8
LEG PRESS	12	10	8
LEG EXTENSION	12	10	8
STRAIGHT LEG DEADLIFTS	12	10	8
STANDING CAFF RAISES	12	10	8
CABLE CRUNCHES	12	10	8

DAY 5: FOOTBALL TRAINING

DAY 6: FOOTBALL TRAINING/REST

DAY 7: RELAX

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WEEK 2

DAY 1: UPPER BODY

CHEST+BACK+SHOULDER+ARMS

EXERCISES	SET1	SET2	SET3
INCLINE BENCH PRESS	12	10	8
1 - ARM DUMBBELL ROW	12	10	8
BARBELL SHOULDER PRESS	12	10	8
PULL UPS	12	10	8
DUMBBELL OVERHEAD EXTENSION	12	10	8
BARBELL CURLS	12	10	8

DAY 2: FOOTBALL TRAINING

DAY 2: FOOTBALL TRAINING

DAY 4: LOWER BODY

HAMSTRINGS+QUADRICEPS + GLUTES +LOWER BACK+ CALVES +ABS

EXERCISES	SET1	SET2	SET3
BARBELL FRONT SQUATS	12	10	8
GOBLET SQUATS	12	10	8
DUMBBELL LUNGES	12	10	8
KETTLEBELL SWINGS	12	10	8
STANDING CAFF RAISES	12	10	8
CABLE CRUNCHES	12	10	8

DAY 5: FOOTBALL TRAINING

DAY 6: FOOTBALL TRAINING/REST

DAY 7: RELAX

REST B/W SETS	SET 1	SET2	SET3
NO: OF SETS - 3	1 MINT	1 MINT	1 MINT

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WEEK 3 = WEEK 1

WEEK 4 = WEEK 2

MONTH 2, MONTH 3

WEEK 1= PROGRESSIVE OVERLOAD

WEEK 2= PROGRESSIVE OVERLOAD

WEEK 3 = WEEK 1

WEEK 4 = WEEK 2

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ON- SEASON TRAINING SCHEDULE MAINTENANCE WEIGHT

DAY 1:NON MATCH DAY:
UPPER BODY

CHEST+BACK+SHOULDER+ARMS

EXERCISES	SET1	SET2	SET3
FLAT BENCH PRESS	12	10	8
BARBELL ROWS	12	10	8
DUMBBELL SHOULDER PRESS	12	10	8
LAT PULL DOWN	12	10	8
TRICEPS PUSH DOWN (CABLE)	12	10	8
DUMBBELL CURLS	12	10	8

DAY 4: NON MATCH DAY:
LOWER BODY

HAMSTRINGS+QUADRICEPS + GLUTES
+LOWER BACK+ CALVES +ABS

EXERCISES	SET1	SET2	SET3
BARBELL BACK SQUATS	12	10	8
GOBLET SQUATS	12	10	8
LEG EXTENSION	12	10	8
DUMBBELL LUNGES	12	10	8
STANDING CAFF RAISES	12	10	8
CABLE CRUNCHES	12	10	8

REST B/W SETS	SET 1	SET2	SET3
NO: OF SETS - 3	1 MINT	1 MINT	1 MINT

Good Luck!!!
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