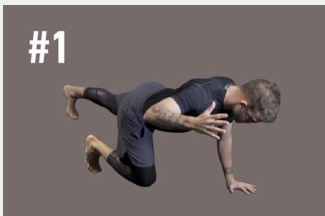


SOCCER ENDURANCE

2-3 ROUNDS

#1



1. SUPERMAN

 **BEG: 30 SEC**
INT: 60 SEC
ADV: 90 SEC

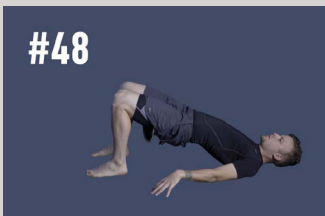


2. ISOMETRIC LUNGES

 **BEG: 30 SEC**
INT: 45 SEC
ADV: 60 SEC

REST FOR 10 SECONDS

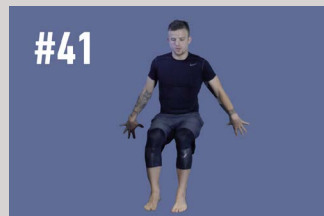
#48



3. GLUTE BRIDGE

 **BEG: 30 SEC**
INT: 60 SEC
ADV: 90 SEC

#41

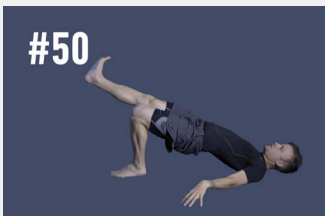


4. CHAIR

 **BEG: 30 SEC**
INT: 60 SEC
ADV: 90 SEC

REST FOR 10 SECONDS

#50



5. SINGLE LEG GLUTE BRIDGE

 **BEG: 30 SEC**
INT: 60 SEC
ADV: 90 SEC

REST FOR 1 MINUTE

 **WATCH THE VIDEO**

BEFORE YOU START: CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE BEGINNING ANY FITNESS REGIME.

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