

# SOCCER POWER & SPEED

2-3 ROUNDS

#36



## 1. REVERSE LUNGE KNEE-UP

☑ BEG: 10 REP  
INT: 15 REP  
ADV: 20 REP

#45



## 2. JUMP SQUAT

☑ BEG: 10 REP  
INT: 15 REP  
ADV: 20 REP

REST FOR 20 SECONDS

#38



## 3. JUMPING LUNGES

☑ BEG: 10 REP  
INT: 20 REP  
ADV: 30 REP

REST FOR 20 SECONDS



## 4. KNEES UP WITH SPRINT

☑ BEG: 8 REP  
INT: 12 REP  
ADV: 14 REP



## 5. EXPLOSIVE JUMPS

☑ BEG: 6 REP  
INT: 8 REP  
ADV: 10 REP

REST FOR 1 MINUTE



WATCH THE VIDEO

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

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