

**Recommended Training Program For Soccer**

**TRAIN SMARTER.**

**GET STRONGER.**

**FINISH FASTER.**

**RECOVER QUICKER.**

**Compex®**

**Discover how Compex will optimize your workouts and take you to the next level!**

When combined with your existing training program, Compex will help you attain the highest possible levels of endurance, strength and power.

- Potentiate your muscles
- Build muscle strength and size
- Improve speed and strength
- Optimize muscle recovery

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# RECOMMENDED TRAINING PROGRAM FOR SOCCER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> Resistance (Level 1)	Abs Upper Body Lower Body		Abs Upper Body Lower Body		Abs Upper Body Lower Body		
<b>Active Recovery</b>	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body
<b>Week 2</b> Strength (Level 1)	Abs Upper Body Lower Body		Abs Upper Body Lower Body		Abs Upper Body Lower Body		
<b>Active Recovery</b>	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body
<b>Week 3</b> Explosive Strength (Desired Level)	Abs Upper Body Lower Body		Abs Upper Body Lower Body		Abs Upper Body Lower Body		
<b>Active Recovery</b>	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body	Upper Body Lower Body

## Muscles to target for Strength Training/Active Recovery

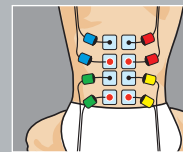
**Upper Body:** Upper and Lower Back, Abs, Triceps, Biceps and Traps

**Lower Body:** Quads, Hamstrings, and Calves

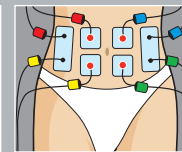
- Strength training 3x a week
- Start with Resistance Program week 1
- Use the Strength Program week 2
- Alternate the Resistance and Strength Programs thereafter
- Increase level and intensity to your desired pace
- Active Recovery should be used after every workout – particularly after strenuous activity when muscles are ready to cramp.

**The Resistance program targets both slow and fast twitch fibers (type 1 & 2)**

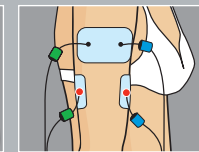
**The Strength programs target fast twitch fibers (type 2)**



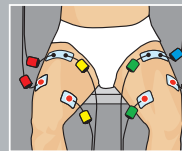
Upper / lower back



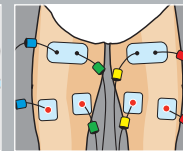
Abs



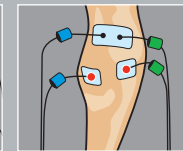
Triceps / Biceps



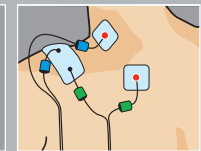
Quads



Hamstrings



Calves



Traps

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