



# KINETIX

PHYSIOTHERAPY | PERFORMANCE

## Soccer Strength Program: 2-Day Split

### DAY 1:

**Warm-up:** 5-10 minutes of light jogging or cycling  
Dynamic stretching for the lower body (e.g., leg swings, walking lunges, high knees)

#### **A1: Split Squats:**

3 sets of 8-10 reps/leg  
Focus on proper form and full range of motion  
Increase the weight gradually over time to challenge your muscles

#### **A2: Half Kneeling Shoulder Press**

3 sets of 10-12 reps/arm  
Use a weight that challenges your muscles but allows for proper form  
Push the weight overhead while maintaining stability and control

#### **A3: Single Leg Romanian Deadlifts:**

3 sets of 12 per side Romanian Deadlifts:  
Maintain a slight bend in your knees and hinge forward at the hips while keeping your back straight  
Control the movement and emphasize the stretch in your hamstrings

#### **B1: Single-Leg Step-Ups:**

3 sets of 10-12 reps per leg  
Use a bench or box at knee height  
Step up with one leg and drive through the heel to stand tall  
Control the descent and repeat on the other leg

#### **B2: Bent-Over Rows:**

3 sets of 8-10 reps  
Maintain a slight bend in your knees and hinge forward at the hips while keeping your back straight  
Pull the weight or barbell towards your torso, squeezing your shoulder blades together

**B3: Pull-Ups:**

3 sets of 6-10 reps

Use power band for assistance if needed.

**Plyometric Exercises:**

3 sets of 6-8 reps for each exercise

Choose from exercises like box jumps, lateral bounds, or depth jumps

Focus on explosive power and quickness in your movements

**Core Exercises:**

3 sets of 12-15 reps for each exercise

Include exercises like planks, Russian twists, or medicine ball throws

Engage your core muscles and maintain proper form throughout the movements

**Cool-down:**

5-10 minutes of light cardio (e.g., jogging, cycling)

Static stretching for the major muscle groups

Day 2: Upper Body Strength and Endurance

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**DAY 2:****Warm-up:**

5-10 minutes of light jogging or cycling

Dynamic stretching for the upper body (e.g., arm circles, shoulder rolls, chest stretches)

**A1: Bulgarian Split Squats:**

3 sets of 10-12 reps per leg

Elevate your rear foot on a bench or box

Lower your body by bending your front knee while keeping your torso upright

Push through your front heel to return to the starting position

**A2: Bench Press or Push-Ups:**

3 sets of 8-10 reps (bench press) or 3 sets to failure (push-ups)

Use an appropriate weight or difficulty level

Focus on proper technique and full range of motion

**A3: Nordic Hamstring:**

3 sets of 6-8 reps

Control the descent

**B1: Curtsy Lunge:**

3 sets of 8 per side

Step back and load into opposite hip

**B2: Single Leg Heel Raise:**

3 sets of 12 per/leg

Slow, controlled descent followed by explosive raise

**B3: Single Arm Lat Pulldowns**

3 sets of 10-12 reps/arm

Adjust the weight as needed

Focus on engaging your back muscles and pulling with control

**Core Exercises:**

3 sets of 12-15 reps for each exercise

Include exercises like bicycle crunches, hanging leg raises, or plank variations

Engage your core muscles and maintain proper form throughout the movements

**Cool-down:**

5-10 minutes of light cardio (e.g., jogging, cycling)

Static stretching for the major muscle groups

Note: This program assumes that you have a basic understanding of strength training exercises and proper form. It's always recommended to consult with a qualified strength and conditioning coach or your Kinetix PT before starting a new exercise program. Additionally, make sure to listen to your body and adjust the weights and repetitions as needed to suit your fitness level and progress over time.