

# Shoulder

# And Core

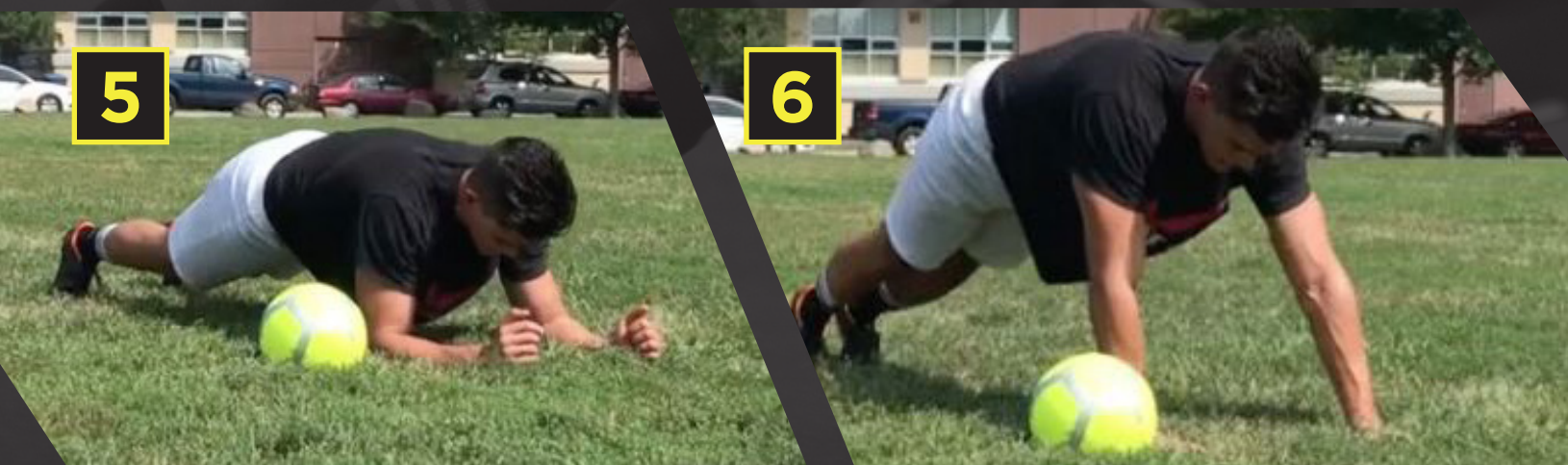
# FOR SOCCER



@twicethespeed

**Lateral Plank Up Downs | Reps 10 x Sets 2 |**

How To Perform: Be at the top of a push up position and then get into a plank position with your forearms resting on the ground then go back into a push up and then walk laterally with your feet and hands over the ball and then go back in to a plank then into a push up and that is one rep.



**Ball Push Ups | Reps 6 x Sets 2 |**

How To Perform: Do a push up with one hand on the ground and another on the ball. Then Switch hands so the other hand is on the ball. Then that will be one rep.

**1****3****2**

**Plank Circle Walks | Reps 10 x Sets 2 |**

How To Perform: Be in a push up position and walk with your hands around the ball in a circle motion clockwise two times then back the other way (Counterclockwise) two times and then that is one rep.

**1****2****3****4**

**Lateral Plank Walks | Reps 10 x Sets 2 |**

How To Perform: Be in a push up position and laterally walk with your hands across the ball back and forth. The that will be one rep.



**Lateral Plank Walks With Push Up | Reps 5 x Sets 2 |**

How To Perform: Similar to the last exercise however with you are on one side put the hand closest to the ball and do a push up then laterally walk back then do a push up with the other hand on the ball. Then that is one rep

**1****2**

3



4



5



6





**Diamond Plank Holds | Hold for 30 seconds to start |**

How To Perform: Make a diamond with your hands on the ball and be at the top of a push up position and hold with while balancing. Each workout raise the time 15 seconds.

1

