



FIRSTPOINT USA

FITNESS PLAN



8 WEEK



MONDAY

Upper Body - Push

TUESDAY

Cardio-Vascular Training

WEDNESDAY

Upper Body - Pull

THURSDAY

Cardio-Vascular Training

FRIDAY

Lower Body

SATURDAY

Speed Training

SUNDAY

Circuit Training

STRENGTH & CONDITIONING

Strength & Conditioning is important for a variety of reasons; for example, it can increase muscle mass, increase strength, burn fat, increase bone density, improve posture, improve flexibility and reduce the risk of injury.

It is important to start weight training in the gym if you haven't done so already before heading out to the USA. Throughout the season, you will be training in the gym with the rest of the team on a regular basis. College Sport is very physical and the more prepared you are, the better.

Please see below both an Upper Body (Push and Pull) and Lower Body Strength & Conditioning program which focuses on all of the major muscle groups throughout the body. Working within the number of Sets & Reps as listed combined with the Volume (70-75% of 1 Rep max) and Rest time of 30-60 seconds between sets will help add muscle mass to your body. Start with a comfortable weight and as the weeks go on, increase the weight but keep within the amount of Sets and Reps.

MONDAY

Exercise	Sets & Reps
Bench Press	4 Sets of 8 Reps
Incline Dumbbell Chest Press	4 Sets of 8 Reps
Military Press	4 Sets of 8 Reps
Dumbbell Shoulder Press	4 Sets of 8 Reps (both arms)
Lateral Raises	4 Sets of 8 Reps
Cable Fly's	4 Sets of 8 Reps
Bodyweight Dips	4 Sets until failure

WEDNESDAY

Exercise	Sets & Reps
Lateral Pulldowns	4 Sets of 8 Reps
Seated Rows	4 Sets of 8 Reps
Cable Face Pulls	4 Sets of 8 Reps
Seated Incline Dumbbell Curls	4 Sets of 8 Reps (both arms)
Cable Rope Curls	4 Sets of 8 Reps
Machine Ab Curls	4 Sets of 8 Reps
Pull-Ups	4 Sets until failure

FRIDAY

Exercise	Sets & Reps
Back Squats	4 Sets of 8 Reps
Deadlifts	4 Sets of 8 Reps
Leg Press	4 Sets of 8 Reps
Hamstring Curls	4 Sets of 8 Reps
Lunges	4 Sets of 8 Reps (both legs)
Box Jumps	4 Sets of 10 Reps
Calf Raises	4 Sets of 12 Reps

CARDIO-VASCULAR ENDURANCE

Cardio-Vascular training can often be referred to as aerobic exercise (working with oxygen). It is extremely important as Cardio-Vascular endurance enhances the ability of the heart and lungs to supply oxygen-rich blood to the working muscles. This can be achieved with activities such as walking, jogging or running at a steady pace.

This section of the training program focuses on improving your endurance as a player (aerobic) and will help your system do the following:

- Increase the ability of the muscles to use oxygen
- To help the body carry oxygen more effectively
- To increase the body's ability to recover

TUESDAY & THURSDAY

Week	Run Distance
1 - 2	2.5 Miles
3 - 4	3 Miles
5 - 6	4 Miles
7 - 8	5 Miles





SPEED TRAINING

Speed training puts your muscles through a fuller range of motion, improving flexibility. It trains more muscles (and more muscle fibres within muscles), leading to better muscle balance. In addition, it directly strengthens muscles which in-turn, reduces the risk of injury.

This is for both your anaerobic fitness base and speed development. If done properly and consistently this will improve your speed throughout the summer and will benefit you when you arrive for Pre-Season in the USA.

1. Sprint all out on every sprint, (don't pace yourself)
2. Take full rest period, (not less)
3. Concentrate on an explosive start, (drive knees, lean forward, pump arms, keep strides smooth and powerful)

SATURDAY

WEEK 1 - 2

- 8 x 20 yards (30s Rest)
- 6 x 40 yards (45s rest)
- 4 x 60 yards (60s rest)
- 2 x 80 yards (75s rest)
- 1 x 100 yards (90s rest)

WEEK 5 - 6

- 12 x 20 yards (20s Rest)
- 10 x 40 yards (30s rest)
- 6 x 60 yards (45s rest)
- 4 x 80 yards (60s rest)
- 3 x 100 yards (75s rest)

WEEK 3 - 4

- 10 x 20 yards (30s Rest)
- 8 x 40 yards (45s rest)
- 6 x 60 yards (60s rest)
- 4 x 80 yards (75s rest)
- 2 x 100 yards (90s rest)

WEEK 7 - 8

- 14 x 20 yards (20s Rest)
- 10 x 40 yards (30s rest)
- 8 x 60 yards (45s rest)
- 6 x 80 yards (60s rest)
- 4 x 100 yards (75s rest)

CIRCUIT TRAINING

Circuit training is a form of body conditioning or endurance training carried out at high intensity. It targets two main areas; Strength Building and Muscular Endurance.

For this particular program, there will be 8 exercises, a core finisher and it should be repeated 6 times. Please work for 20 seconds with 10 seconds rest in between exercises. This can be done at home as all exercises are bodyweight and no gym equipment is required. Please see below the exercises that should be carried out, there are two options for you:

Option 1	Option 2
Bodyweight Squats	Jump Squats
Ab Crunches	V-Sits
High Knees	Lunges
Push-Ups	Push-Ups
Mountain Climbers	Jumping Jacks
Toe Touches	Russian Twists
Burpees	Wall-Sits
Bicycles	Leg Raises
Core Finisher	Core Finisher
2-minute Plank	2-minute Plank

WEIGHTS RECORD

MONDAY

Exercise	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
Bench Press								
Incline Dumbbell Chest Press								
Military Press								
Dumbbell Shoulder Press								
Lateral Raises								
Cable Fly's								
Bodyweight Dips								

WEDNESDAY

Exercise	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
Lateral Pulldowns								
Seated Rows								
Cable Face Pulls								
Seated Incline Dumbbell Curls								
Cable Rope Curls								
Machine Ab Curls								
Pull-Ups								

FRIDAY

Exercise	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
Back Squats								
Deadlifts								
Leg Press								
Hamstring Curls								
Lunges								
Box Jumps								
Calf Raises								

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