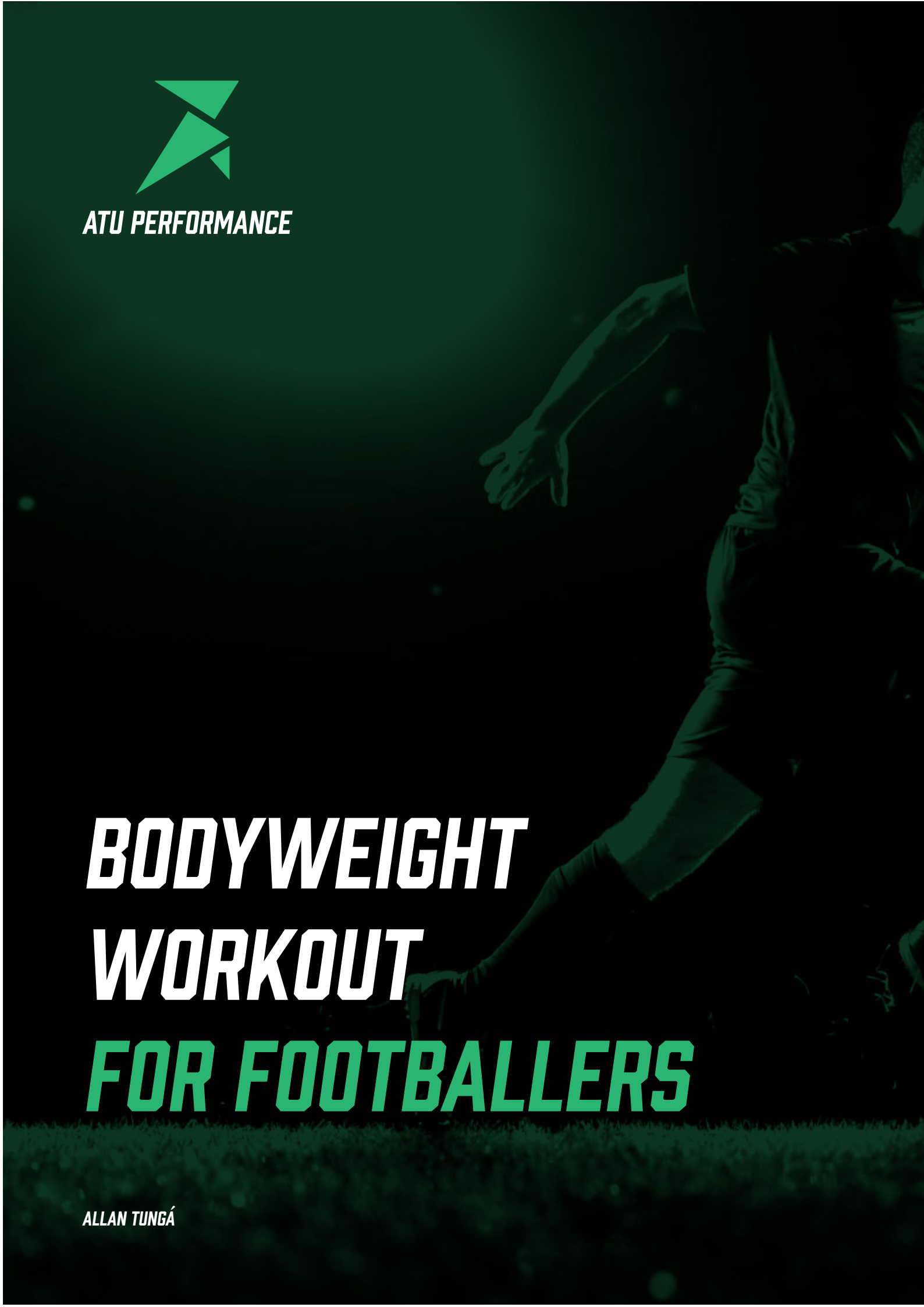
ATU PERFORMANCE



# BODYWEIGHT WORKOUT FOR FOOTBALLERS

ALLAN TUNGÁ

# Warm Up

Mobility, Plyometrics & Acceleration

| | Exercise | Sets/Reps |
|---|---|---|
| **A1** | Hip Opener | 1x12 |
| **A2** | Leg Swing | 1x8/8 |
| **A1** | Pogo Jumps | 1x10 |
| **B1** | Jumping Jacks | 1x10 |
| **C1** | Lateral Pogo Jumps | 1x10 |
| **D1** | Jump Squat | 1x10 |
| **E1** | Power Skips | 1x10/10 |
| **F1** | Acceleration & Deceleration | 5x1 (10 m acc –10 m dec) |

# Week 1

## Day 1

### Strength - Upperbody

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups | 2x10-20 | 45-60 sec |
| **B1** | Bear Crawl | 2x15 m | 45-60 sec |
| **C1** | Back extension | 2x15 | 45-60 sec |
| **D1** | Burbees | 2x12 | 45-60 sec |

### Core

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Dead Bug | 2x10/10 | 30 sec |
| **B1** | Russian Twist | 2x15/15 | 30 sec |
| **C1** | V-Sit Ups | 2x20 | 30 sec |
| **D1** | Bicycle Crunches | 2x15/15 | 30 sec |

# Day 2

## Strength - Lowerbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Squat | 3x15 | 30 sec |
| **B1** | Bulgarian Split Squat | 3x6/6 | 30 sec |
| **C1** | Alternating Step Ups | 2x10/10 | 60 sec |
| **D1** | Forward Skates | 2x15 m | 60 sec |
| **E1** | SL Pistols to Bench | 2x8/8 | 60-90 sec |
| **F1** | Nordic Hamstring | 2x6 | 45–60 sec |
| **F2** | Reversed Nordic Hamstring | 2x6 | 45–60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Starfish crunches | 2x30 sec | 30 sec |
| **B1** | Plank | 2x30 sec | 30 sec |
| **C1** | Side Plank | 2x20/20 sec | 30 sec |

# Day 3

## Strength – Fullbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Wall Sit | 2x45 sec | 60-90 sec |
| **B1** | Decline Push Ups | 2x10 | 60-90 sec |
| **B2** | SL Box Jump | 2x5/5 | 60-90 sec |
| **C1** | Alternating Lunges | 2x20 m | 60-90 sec |
| **C2** | Mountain Climbers | 2x30 sec | 45 sec |
| **D1** | CPH Adductor | 2x6/6 | 30 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Hollow Hold | 2x20 sec | 30 sec |
| **A2** | Arch Hold | 2x20 sec | 30 sec |
| **B1** | Side Plank | 2x20/20 sec | 30 sec |

# Week 2

## Day 1

### Strength - Lowerbody

| | Exercise | Sets /Reps | Pause |
|---|---|---|---|
| **A1** | Squat | 3x15 | 60-90sec |
| **A2** | Box Jump | 3x5 | |
| **B1** | SL Hip Thrust | 2x10/10 | 60-90 sec |
| **C1** | Jumping Lunges | 2x12/12 | 60-90 sec |
| **D1** | Nordic Hamstring | 2x6 | 60-90sec |
| **D2** | CPH Adductor | 2x6/6 | |
| **E1** | Knee Drive | 2x10/10 | 30 sec |

### Core

| | Exercise | Sets/Reps | |
|---|---|---|---|
| **A1** | Hanging Knee Raise Hold | 2x20 sec | 30 sec |
| **B1** | Bird Dog | 2x20 sec | 30 sec |
| **C1** | Criss Cross | 2x20 sec | 30 sec |

# Day 2

## Strength - Upperbody

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups with Shoulder Taps | 2x30 sec | 60 sec |
| **B1** | Mountain Climbers | 2x30 sec | 30 sec |
| **C1** | Bear Crawl | 2x15 m | 60 sec |
| **D1** | Wall Walks | 2x3 | 60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | V-Sit Ups | 2x20 sec | 40 sec |
| **B1** | Back Extension | 2x20 sec | 40 sec |
| **C1** | Cork Screw | 2x20 sec | 40 sec |
| **D1** | Leg Raises | 2x20 sec | 40 sec |

# Day 3

## Strength - Fullbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups with Shoulder Taps | 2x12 | 60 sec |
| **B1** | Side Jumps | 2x30 sec | 60 sec |
| **C1** | SL Pistol to Bench | 2x6/6 | 60 sec |
| **D1** | One Leg Deadlift Jump | 2x15/15 | 60 sec |
| **E1** | SL Tuck Jump | 2x4/4 | 30 sec |
| **F1** | Burbees | 2x30 sec | 60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Criss Cross | 2x20 sec | 30 sec |
| **B1** | Dead Bug | 2x20 sec | 30 sec |
| **C1** | Flutter Kicks | 2x20 sec | 30 sec |
| **D1** | Bicycle Crunches | 2x20 sec | 30 sec |

# Week 3

## Day 1

### Strength - Lowerbody

| | Exercise | Sets /Reps | Pause |
|---|---|---|---|
| **A1** | Squat | 4x15 | 60-90sec |
| **A2** | Broad Jump | 4x5 | |
| **B1** | Glute Bridge | 2x20 sec | 60-90 sec |
| **B2** | Glute Bridge Hold | 2x20 sec | |
| **C2** | Reversed Nordic Hamstring | 2x6 | |
| **D1** | Alternating Step Ups | 2x12/12 | 30 sec |

### Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Starfish Crunches | 2x25 sec | 30 sec |
| **B1** | Arch Hold | 2x25sec | 30 sec |
| **C1** | Side Plank | 2x25/25sec | 30 sec |

# Day 2

## Strength - Upperbody

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups with Shoulder Taps | 2x25 sec | 30 sec |
| **B1** | Mountain Climbers | 2x30 sec | 30 sec |
| **C1** | Wall Walks | 2x4 | 60 sec |
| **D1** | Burbees | 2x15 | 30 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Dead Bug | 2x30 sec | 30 sec |
| **B1** | Bird Dog | 2x30sec | 30 sec |
| **C1** | Criss Cross | 2x30sec | 30 sec |
| **D1** | Knees Up Crunch | 2x30sec | 30 sec |

# Day 3

## Strength - Fullbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Alternating Lunges | 3x10/10 | 60 sec |
| **B1** | Push Ups | 2x20 sec | 90sec |
| **C1** | Forward Skates | 2x20 m | 60 sec |
| **D1** | SL Hip Thrust | 2x12/12 | 60 sec |
| **E1** | SL Tuck Jumps | 2x5/5 | 60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Russian Twist | 2x30 sec | 30 sec |
| **B1** | Bird Dog | 2x30sec | 30 sec |
| **C1** | Cork Screw | 2x30sec | 30 sec |

# Week 4

## Day 1

### Strength - Lowerbody

| | Exercise | Sets /Reps | Pause |
|---|---|---|---|
| **A1** | Squat | 4x15 | 90sec |
| **A2** | Box Jump | 4x5 | |
| **B1** | Alternating Lunges | 2x30 sec | 90 sec |
| **C1** | SL Tuck Jumps | 2x6/6 | |
| **E1** | Nordic Hamstring | 2x6 | 90sec |
| **E2** | Reversed Nordic Hamstring | 2x6 | |

### Core

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Dead Bug | 2x30 sec | 30 sec |
| **B1** | Shoulder Taps | 2x30 sec | 30 sec |
| **C1** | Bicycle Crunches | 2x30 sec | 30 sec |

# Day 2

## Strength - Upperbody

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups | 4x10 | 60 sec |
| **B1** | Back Extension | 4x15 | 60 sec |
| **C1** | Mountain Climbers | 3x30 sec | 60 sec |
| **D1** | Wall walks | 2x5 | 60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Criss Cross | 2x30 sec | 30 sec |
| **B1** | Dead Bug | 2x30 sec | 30 sec |
| **C1** | Russian Twist | 2x30 sec | 30 sec |
| **D1** | Heel Touches | 2x30 sec | 30 sec |

# Day 3

## Strength – Fullbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Bulgarian Split Squat Jump | 4x5/5 | 60 sec |
| **B1** | Plyo Push Ups | 2x8 | 60 sec |
| **C1** | Jump Squat | 2x30 sec | 60 sec |
| **D1** | Tuck Jumps | 2x6 | 60 sec |
| **E1** | One Leg Deadlift Jump | 2x12/12 | 90 sec |
| **E2** | Wall walks | 2x5 | |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Starfish Crunches | 2x30 sec | 30 sec |
| **B1** | Bird Dog | 2x30sec | 30 sec |
| **C1** | Shoulder Taps | 2x30sec | 30 sec |
| **D1** | Hanging Knee Raise Hold | 2x30sec | 30 sec |

# Week 5

## Day 1

### Strength - Lowerbody

| | Exercise | Sets /Reps | Pause |
|---|---|---|---|
| **A1** | Squat | 4x15 | 90sec |
| **A2** | Box Jump | 4x5 | |
| **B1** | Alternating Lunges | 2x30 sec | 90 sec |
| **C1** | SL Tuck Jumps | 2x6/6 | |
| **E1** | Nordic Hamstring | 2x6 | 90sec |
| **E2** | Reversed Nordic Hamstring | 2x6 | |

### Core

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Dead Bug | 2x30 sec | 30 sec |
| **B1** | Shoulder Taps | 2x30 sec | 30 sec |
| **C1** | Hanging Knee Raise Hold | 2x30 sec | 30 sec |
| **D1** | Bicycle Crunches | 2x30 sec | 30 sec |

# Day 2

## Strength - Upperbody

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups | 4x10 | 60 sec |
| **B1** | Back Extension | 4x15 | 60 sec |
| **C1** | Mountain Climbers | 3x30 sec | 60 sec |
| **D1** | Wall walks | 2x5 | 60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Criss Cross | 2x30 sec | 30 sec |
| **B1** | Dead Bug | 2x30 sec | 30 sec |
| **C1** | Russian Twist | 2x30 sec | 30 sec |
| **D1** | Heel Touches | 2x30 sec | 30 sec |

# Day 3

## Strength – Fullbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Bulgarian Split Squat Jump | 4x5/5 | 60 sec |
| **B1** | Plyo Push Ups | 2x8 | 60 sec |
| **C1** | Jump Squat | 2x30 sec | 60 sec |
| **D1** | Tuck Jumps | 2x6 | 60 sec |
| **E1** | One Leg Deadlift Jump | 2x12/12 | 90 sec |
| **E2** | Wall walks | 2x5 | |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Starfish Crunches | 2x30 sec | 30 sec |
| **B1** | Bird Dog | 2x30sec | 30 sec |
| **C1** | Shoulder Taps | 2x30sec | 30 sec |

# Week 6

## Day 1

### Strength - Lowerbody

| | Exercise | Sets /Reps | Pause |
|---|---|---|---|
| **A1** | Squat | 4x20 | 90sec |
| **A2** | Box Jump | 4x5 | |
| **B1** | Alternating Lunges | 2x30 sec | 90 sec |
| **C1** | SL Tuck Jumps | 2x6/6 | |
| **E1** | Nordic Hamstring | 2x6 | 90sec |
| **E2** | Reversed Nordic Hamstring | 2x6 | |

### Core

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Dead Bug | 2x30 sec | 30 sec |
| **B1** | Shoulder Taps | 2x30 sec | 30 sec |
| **C1** | Hanging Knee Raise Hold | 2x30 sec | 30 sec |
| **D1** | Bicycle Crunches | 2x30 sec | 30 sec |

# Day 2

## Strength - Upperbody

| | Exercise | Sets/Reps | Pause |
|---|---|---|---|
| **A1** | Push Ups | 4x10 | 60 sec |
| **B1** | Back Extension | 4x15 | 60 sec |
| **C1** | Mountain Climbers | 3x30 sec | 60 sec |
| **D1** | Wall walks | 2x5 | 60 sec |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Criss Cross | 2x30 sec | 30 sec |
| **B1** | Dead Bug | 2x30 sec | 30 sec |
| **C1** | Russian Twist | 2x30 sec | 30 sec |
| **D1** | Heel Touches | 2x30 sec | 30 sec |

# Day 3

## Strength – Fullbody

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Bulgarian Split Squat Jump | 3x6/6 | 60 sec |
| **B1** | Plyo Push Ups | 2x8 | 60 sec |
| **C1** | Jump Squat | 2x30 sec | 60 sec |
| **D1** | Tuck Jumps | 2x6 | 60 sec |
| **E1** | One Leg Deadlift Jump | 2x10/10 | 90 sec |
| **E2** | Wall walks | 2x6 | |

## Core

| | Exercise | Sets / Reps | Pause |
|---|---|---|---|
| **A1** | Starfish Crunches | 2x30 sec | 30 sec |
| **B1** | Bird Dog | 2x30sec | 30 sec |
| **C1** | Shoulder Taps | 2x30sec | 30 sec |