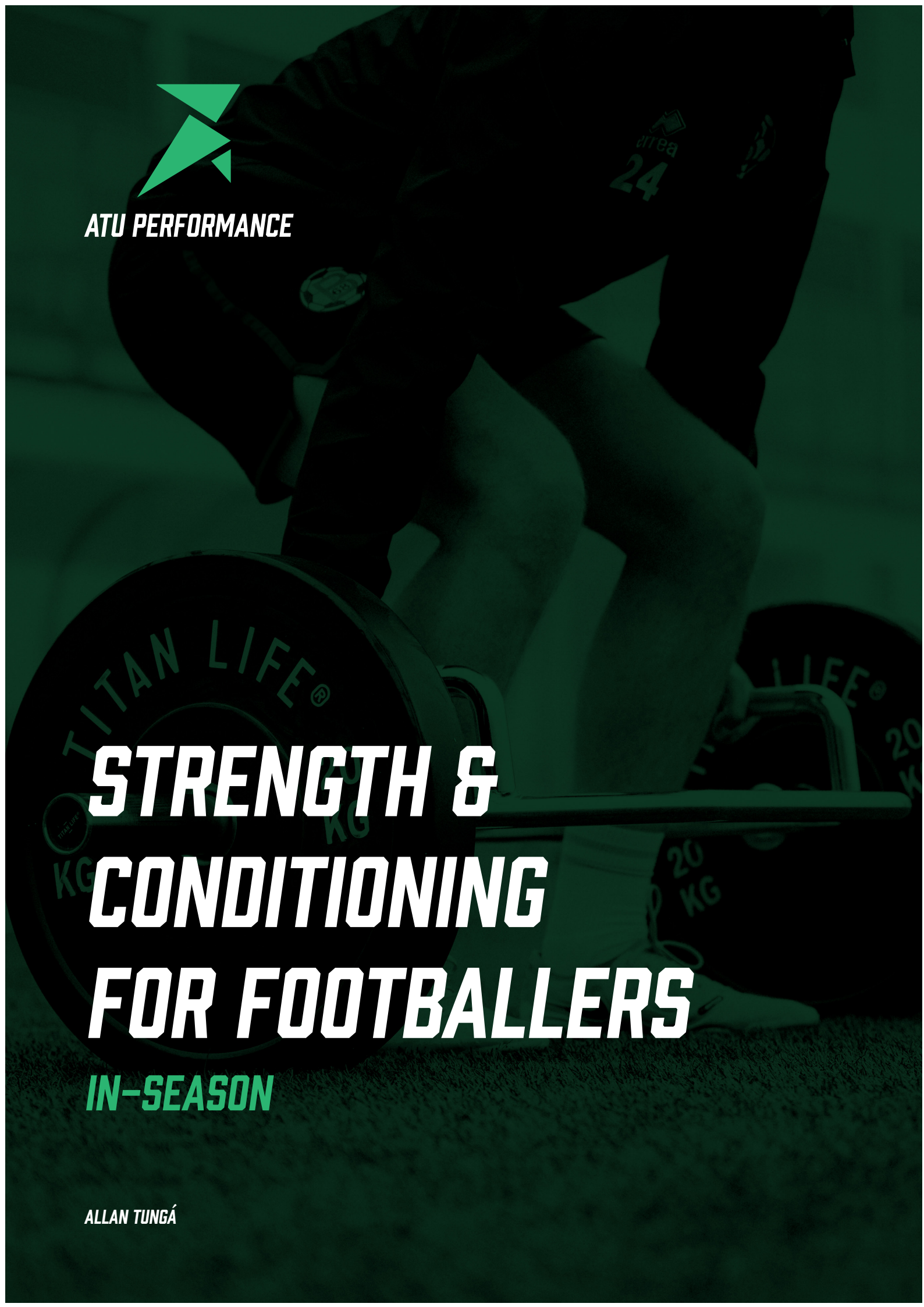

ATU PERFORMANCE

STRENGTH & CONDITIONING FOR FOOTBALLERS

IN-SEASON

ALLAN TUNGÁ

Warm Up

I recommend that you do a thorough warm up before starting the workout.

With this program there is a 5-10 min lower body warmup program that you could do before your workout.

Preactivation

I will highly recommend that you go through the preactivation schedule on the next page before every session to reduce the chance of injury and to optimize your performance on the pitch.

Superset

Some of the exercises is an approach to maximize efficiency and intensity.

Supersets involves pairing two exercises back-to-back with minimal rest in between. With Superset you will optimize your time in the gym.

Superset will look like this:

A1 A2

B1 B2

Etc.

ATU Performance

Lowerbody Strength

Focus: Strength maintenance + Power Development + Movement Quality Focus

	Exercise	Sets/Reps
A1	Box Squat	3x6
B1	Trapbar Deadlift Jump	3x3
B1	SL RDL	2x8/8
C1	Bulgarian Split Squat	2x8/8
D1	DB Vertical Jump	2x5
E1	Nordic Hamstring	2x6
E1	Side Plank Banded Adduction	2x6/6

Core

	Exercise	Sets/Reps
A1	V-Sit Ups	2x30 sec
B1	Shoulder Taps	2x30 sec
C1	Dead Bug	2x30 sec

ATU Performance

Strength - Upperbody

Focus: Strength maintenance + Power Development + Movement Quality Focus

	Exercise	Sets/Reps
A1	Inverted Row	2x10
B1	DB SA Bench Press	2x8/8
C1	Med.Ball Split Rotational Slam	2x8/8
D1	Kneeling Landmine Press	2x10/10
E1	Battle Ropes	2x20 sec
E1	Floor Seated DB Shoulder Press	2x6/6

Core

	Exercise	Sets/Reps
A1	OH Plate Sit Ups	2x12
B1	Bird Dog Row	2x8/8
C1	Swissball Plank	2x20 sec

ATU Performance

Strength – Fullbody

Focus: Strength maintenance + Movement Quality Focus

	Exercise	Sets/Reps
A1	Box Squat	2x8
A2	DB Vertical Jump	2x6
B1	DB SA Incline Bench Press	2x6/6
C1	Lateral Plate Jump	2x30 sec
D1	Plate SL RDL	2x6/6
E1	Bird Dog Row	2x6/6

Core

	Exercise	Sets/Reps
A1	Side Plank Banded Adduction	2x15/15 sec
B1	High Plank Low Plank	2x30 sec
C1	Flutter kicks	2x20 sec