



WeightLoss & Training.com

Soccer Training Workout Routine

Exercise	Set 1	Set 2	Set 3
3sets, 12-14 reps:			
Leg Press			
Dumbbell Step Ups			
Smith Machine Squats			
Dumbbell Reverse Lunge			
Barbell Deadlift			
Seated Calf Raise			
Calf Press on Leg Press Machine			

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)