

One On One Kicking Workouts and Nutrition

“Greatness comes to those who are willing to dare the sweat, dare the strain, and dare the pain.”

Chest Workout

Cable Flys

Do four sets at increasing weights

First set

Do the first rep and hold the contraction at the hands together position for 10 seconds, for the second rep hold it for 9 sec all the way to the 10th rep, held for just a sec. For the second set put the weight up 10-20lbs and start at 9 reps.

**The key is to feel the contraction in your chest and not to let your shoulders do the work. Really focus on the muscles that are supposed to be doing all the work.*

The placement of the cables is not that important (Bottom or top), but try to move it around frequently to constantly shock the muscle and keep development of the muscle even.

Dumbbell Incline Press

Your chest should already be full of blood so it should be easy to feel it work

Do one warm up set of manageable weight, then 3 sets 15, 12, 8-10 with a weight that is the most you can do 15 times (the first time you do the work out you should not even be able to get 15). Separate the sets with 15 breaths so it shouldn't take long. Breaths are better than seconds because it forces you to breathe deep.

Dumbbell Pull Overs

Lay on a bench perpendicular, hold the dumbbell over your face and slowly let it down to the floor over your head. It is crucial to make sure the chest muscles are being used it is very easy to do this incorrectly and work your arms or lats. Because of the complexity, do 4 straight sets of 15.

Lastly, like to finish with a cable or plate loaded press machine of some kind. By now your support muscles should be shot making controlling free weights very difficult, so using the machines let you target on the muscle you are training. This applies to all muscle groups, making the last sets on a machine much safer. Have 2 set packages and use either four independent sets decreasing in weight (i.e. 4 plates 3 plates 2 plates one plate) or a drop set where you go from 4 plates to 2 plates but DO NOT rest in between. This depends how you feel. As always, on your last exercise make sure you leave it all on that machine.

Leg Workout

Having strong legs is what separates the men from the boys. Those who can embrace the pain can look forward to being bigger and more explosive in almost any athletic endeavor.

Stretching and Warm Up

You need to remember your first priority is to stay healthy and stay flexible. No matter how great a work out is, if you injure yourself and miss weeks of training or even worse have a nagging injury, it can be a huge setback to trying to reach your goals.

Before exercise, studies show that a proper muscle specific warm up is more important to preventing injury than stretching. Make sure you get a good 10-20 min on the bike or treadmill to get blood into the legs. Then get a light stretch save your deep stretching routine for after your work out.

Leg extension

1x30 reps

1x20 reps

Very light weight used as a warm up for the knees and quads

Leg press Centuries

Start with one plate per side and do 10 reps, then rest 30sec go to 2 plates and do 20 reps, 3 plates 30 reps etc. Until you get to 10 plates for 100 reps

For this torture test you can try moving your feet around from set to set to prolong failure. This is not meant for a full knees to chest rep. Start with knees slightly bent and come down to the point the gluts start to feel tension. Don't feel bad if you can't finish the set, but if your quads are not on fire by the time you give up you didn't push hard enough.

Squats

4X10 reps

These are buttocks to ankles, full deep squats, head up chest out, no locking out at the top. These sets should get progressively heavier.

Leg Curls

4X10

Ascending weight, explode to the top and super slow on the way down.

Leg Extension

1x10

This is the end of the work out so make it count. Pick a weight you can do barely 10 times. Then when you cannot do anymore, drop the weight in half and keep going until you can't move.

Stretch thoroughly, protein shake, lots of water, and lots of good food (post workout).

This leg workout is meant to be a shock to the system, not an every week plan. Stressing the system by doing a workout as extreme as this one too often can lead to over training.

Nutrition

You should never lift weights on an empty stomach. I suggest oatmeal and protein powder 1hr before training and a 50g protein shake right after.

Wraps

Whole wheat low carb wraps 80 calories

Fake crab meat (really they should just call it fish)

1 cup 12 grams of protein 70 calories

Avocados

Hass .25 cup 92 calories

FL (slimcados) .25 cup 69 calories

Total/ wrap $80+70+69=219$ calories

With 6 slices of turkey 18g of protein 12 calories

Nuts Contribute to weight loss

(Peanuts, Almonds, Chestnuts)

Nuts have a few great qualities, 1 fat suppresses appetite, they transport easily as a snack, they have protein, they contribute to fat loss.

The science for anyone who cares nuts linked to a 15% increase in adipose fecal loss (it is what it sounds like) and a 10% increase in energy expenditure.

Mattes RD Kris-Etherton PM, Foster GD. Impact of peanuts and tree nuts on body weight and healthy weight loss in Adults. 2008 sep

Pre and Post Workout Nutrition

Research found that consuming as little as 15 grams of whey protein before and after working out cause muscle growth increase of 10% over the control group. What this means to Athletes: the 10% is an increase of the control group the study does not mention how much strength the control group gained meaning the gains for proper nutrition could be even higher as a percentage. In practice buy a couple of protein shakers and put in 30g of dry whey protein isolate. Drink one before working out and one after, make sure you clean the shakers they start to stink in a hurry. *Don't wait till dinner at home to replenish you muscles after practice.*