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The Top 10 Gym Exercises for Footballers: Book a Call with Me Here to Get Your Own Personalized Gym Plan & Nutrition Program Football is a very dynamic sport that requires a combination of technique on the ball, tactical knowledge of the game, mental focus/concentration and a very strong physical body to allow you to endure 90 minutes of a grueling game (fight) to earn the 3 points. If you are a footballer reading this article, I think you know the most important thing for your development and rise to the top is your match on the weekend. Top 10 Gym Exercises for Footballers If you are a non-footballer reading this article (and trust me you are more than welcome with open arms), I want to create an analogy for you.. Let's think back to the school days, or even if you are still in the classroom.. During the week in your class, you spend time learning new subjects and going over new topics, which will generally prepare you for a test at the end of the week (hopefully no pop quizzes these days anymore ;)).. A match in football can be looked at in the same light. Your match on the weekend is your test and it will show how well you have prepared yourself in training during the week. It brings out the best and the worst in teams and in players. If you did not prepare well during the week, you will be found out immediately. There is nowhere to hide on the football pitch. As I said, the best way to prepare for yourself for a match is to make sure you are physically, emotionally and mentally prepared. This is where the great place that we call the gym comes into play! The gym is a tool to make you a better player on the pitch! When you step foot into the gym, you should have an idea of what you want to work on. Every exercise that you do in the gym needs to have a purpose and needs to aim to help you be a better footballer player when you step onto the pitch. Yes, yes I know, the gym can help you look better for the girls at the beach and at the pool, but your main focus when going into the gym should be to become a better player when you step over that white line. Like I talk about all the time, if you have a well-constructed plan/blueprint in the gym that is focused on your long-term development, durability and efficacy as a footballer; the looks/aesthetics you want will eventually come as a by-product. As I tell all on my online coaching clients, if they trust in the process and the plan and they are focused on sleeping well, eating well and training smart & hard, the looks will come. I'm glad that I got all of the fluff out of the way, now it's time to delve into the main topic of the article and probably why you are taking the time to read this article.. I understand there is so much information out there right now circulating the internet about how to approach fitness, and it might be driving you crazy. Trust me, I used to be there. I used to overthink everything (still do) and think through every detail. But this does you no good. Most of the time, it is better to go back to the basics, and just start doing! When you start doing (of course with the right technique), you will start to see results over time, and you can make tweaks along the way. Just like with anything, developing your ultimate football physique will not come easy and it will take a lot of time, effort, consistency, persistence and work! There will be ups and there will be downs, and trust me, there will be many downs, but if you just stick to doing and trust the process, you will get there eventually! Strength is one of the most important qualities as a football player and as a human in general. If you have a proper strength base, you can become faster, more explosive, more agile, and more powerful. Properly timed strength training sessions will keep you strong, powerful and injury free. They will also help boost your stamina, power, agility and speed! I wanted to make this as simple as possible by giving you the top gym exercise for football players. Start with these, and I promise you that you will build a great base! Finally, what you've been waiting for… Here are the Top 10 Gym Exercises for Football Players: 1. Barbell Back Squats Why should you do them: 1. Squats will help you build strength in your whole body, with a main focus on your lower body. Squats do an excellent job to hit your hamstrings, quads, glutes, and calves. 2. Squats will increase your overall functional mobility; specifically, in the hips. 3. Squats will strengthen your core to help prevent lower back pain and injury. 4. Squats will help you become faster in short distances due to increasing your rate of force development. How to do them: 1. Start with your feet shoulder-width apart trying to keep your toes facing forwards. Please note; it is absolutely okay to have your feet turn out a little bit. 2. Go up to the bar with confidence and poise that you will lift some heavy weight powerfully and explosively. 3. Rest the bar on your shoulders, NOT on your neck (beginners can use a squat pad if needed). 4. Keep your chest up and head up creating a long tall and powerful posture. 5. Keep your knees soft and don't lock them out. 6. Take a big inhale through your nose, drop your hips back and butt back until about 50 degrees. 7. Pull your lower legs back along with the hamstrings. 8. Try to keep your lower legs as vertical as possible. 9. When your hips are just below your knees, exhale explosively out of your mouth and drive back up with power! Squeeze your glutes at the top! 10. Repeat. Reps & Sets: -I don't like to prescribe a general rep and sets scheme for everyone because every individual is different. -The most important thing is your technique and execution of the exercise, not the weight you use. -With this being said; my general rep scheme would be to start with 3-4 sets of 6-12 reps. Video: 2. Trap Bar Deadlifts Why should you do them: 1. This is basically a squat and deadlift combined into one exercise. As Mike Boyle says, "the nice thing about Trap Bar Deadlifts is that you can get Squat mechanics with Deadlift benefits." 2. The trap bar deadlift strengthens the glutes, quads and hamstrings, as well as developing a strong back, core and traps. 3. The trap bar more effectively recruits the quads. 4. You can move weight faster with a trap bar than a barbell. 5. Will help you increase speed and explosiveness by developing a strong foundation. How to do them: 1. Stand in the center of the trap bar with your feet about shoulder-width apart. 2. Lower your hips down, grab both handles with a solid-powerful grip, take a big inhale through your nose. 3. Keep your head forward and chest up with a strong powerful posture. 4. Drive your feet through the floor, explosively blow out of your mouth and drive up through your feet! 5. Push your hips forward and squeeze your glutes at the top. 6. Repeat. Reps & Sets: -Do 3-4 sets of 5-10 reps. Video: 3. Dumbbell Lunge Why you should do them: 1. The lunge will make your entire lower body strong. 2. The lunge will increase your core strength and stability. 3. The lunge will increase your lower body mobility. 4. The lunge will prepare you for what is to happen on the field; as you are generally on one foot throughout a soccer match. How to do them: 1. Grab two dumbbells in your hands. 2. Get into a split stance position with one foot in front of the other. 3. Keep your hips facing forwards. 4. Your back foot should be dorsi flexed (toes driving into the ground). 5. Keep your chest up and head up with a strong posture. 6. Keep your core tight. 7. Slowly lower both of your legs simultaneously. 8. The front leg should stop at 90 degrees; try not to allow the knee to come over the toes. 9. The back leg can slightly touch the ground if needed. 10. Take a deep inhale through your nose, drive through your front foot and explosively blow out of your mouth to rise back up. Reps & Sets: -Do 3-4 sets of 8-10 reps on each leg. Video: 4. Dumbbell Lateral Lunge Why you should do them: 1. Lateral lunges will improve the strength of your leg muscles; especially your adductors (groin), which is heavily taxed during football training and matches. 2. Will work your small stabilizer muscles (stabilizers of the hip joints). 3. They will aid in your overall change of direction and agility. 4. Hits your legs from different angles. 5. Replicates a football-specific movement; lunging out to win the ball or change direction quickly. How to do them: 1. Stand with your feet together and two dumbbells in your hands. 2. Inhale deeply through your nose, take a large step out to the right, lower into a lunge. 3. Sink the hips back and bend your right knee to track directly in line with your right foot. 4. Keep your other leg straight, but don't lock it out. 5. Keep both feet pointing forward at all times. 6. Exhale powerfully out of your mouth and push off the right foot to straighten the right leg and return to the start. Reps & Sets: -3 sets of 8-12 reps on each leg. Video: As Promised, Here Is the Trick To Improve Your Confidence: Become an elite player on the pitch and learn how to build a 6 Figure side hustle off the pitch within Our Exclusive Academy: Have you ever felt alone, anxious, discouraged or depressed on your journey to becoming a better footballer? I'm sure you have, because I have… That's why my team and I have built A FREE COMMUNITY for you to come to learn from people who have been where you want to be and to connect with like-minded ambitious footballers to achieve your ultimate goals: We never want you to feel alone on this journey and we want you to feel apart of a tribe. Come join us on this adventure: 5. Front Squat Why you should do them: 1. Front Squats activate the core musculature and your overall total stability more than traditional back squats. 2. I am not saying one is better than the other, but it is nice to do both. 3. Focuses more on the anterior (front side) of the body. 4. Front Squats will expose weaknesses in your strength and flexibility. You may ask why you would want to do that? Because it shows where you are weak, and you can easily correct it all 5. Help maintain a strong upright posture. How to do them: 1. Step up to a barbell and grip the bar slightly with your hands. 2. Tighten your core and pull your shoulder blades down and back. 3. Drive your elbows up as high as you can while maintaining a strong posture. 4. Take a deep inhale through your nose, sit your hips down and back, bend your knees as you push your knees out to lower into the squat. 5. Keep your chest and elbows up throughout the entire rep. 6. Continue to bend your hips and knees until your thighs are about parallel to the ground. 7. Exhale through your mouth, and drive through your midfoot to stand up out of the squat envisioning that you are pushing the ground away from you. 8. You should feel your quads and glutes doing most of the work. 9. Squeeze your glutes to fully extend your hips at the top of the squat. Reps & Sets: -3-4 sets of 6-12 reps Video: 6. Pull-Ups Why You Should Do Them: 1. Improve Your Posture. 2. Strengthen Your Grip. 3. Build Upper Body Strength. 4. Build Core Strength. 5. Improve your Speed. 6. Improve force transfer. How to do Them: 1. Grab the pullup bar with your palms facing away from you (shoulder-width grip). 2. Hang onto the bar with straight arms and not allowing your legs to touch the floor. 3. Drive your shoulder blades down and back to create tension in your back. 4. Take a large inhale with your nose and simultaneously, pull your elbows down and back as hard as you can towards your pockets while you exhale explosively out of your mouth. 5. Try to pull your head above the bar. 6. Lower yourself back down again until your arms are straight. Reps & Sets: -3-4 sets of MAXIMUM REPS! Video: 7. Bench Press Why You Should Do It: 1. Will help you build a strong chest and shoulders. 2. Increase your pushing strength. 3. Improve your posture. 4. Make you stronger in 1 v 1 battles and challenges. How to Do It: 1. Lie down on the flat bench with the bar resting on the rack directly above your eyes. 2. Grab the bar with both hands at about a shoulder width grip 3. Take a deep inhale through your nose and un rack the bar. 4. Lower the bar down towards your chest keeping your forearms vertical. 5. Exhale explosively out of your mouth driving the bar away from your chest straight into the air. 6. It is okay to lock out your elbows at the top of the movement. Reps & Sets: -3-4 sets of 8-10 reps. Video: 8. Dumbbell Shoulder Press Why You Should Do Them: 1. Requires tons of core stability (rectus abominis, erector spinae and external oblique). 2. Become more explosive! Yup , you read that right. Becoming more explosive requires your whole body to work in unison to produce the transfer of force. 3. Helps improve running performance due to the anti-extension quality of the exercise. 4. Will improve your posture. 5. Will improve your sprint speed by improving your vertical arm drive. 6. Increase your starting strength by requiring you to quickly generate force with little or no motion/momentum prior to the movement; which is essential in cutting and being quick in your first step. How To Do Them: 1. Sit on a secure bench with dumbbells in your hands. 2. Your palms should be facing forwards. 3. Feet are shoulder-width, with your feet driving into the ground to create a stable position. 4. Keep your torso right and rigid and slowly lift the dumbbells to your shoulder position. 5. If you want, rest them on your shoulders and keep your elbows at about 90 degrees. 6. When ready, bring the dumbbells towards your ears, and open your chest, take a deep inhale through your nose. 7. Exhale as hard as you can through your mouth and press the dumbbells explosively over your head. 8. Slowly lower them down. As you lower them down, focus on retracting your shoulder blades like you are squeezing a pencil in between them. 9. Think about pressing the dumbbells through the roof Video: 9. Barbell Bodyweight Row Why You Should Do Them: 1. Help with total body control. 2. Increase core stability. 3. Increase upper body strength. 4. Increase activation of total body musculature. How to Do Them: 1. Get under a bar (squat bar on a secure rack or a bar on a smith machine) 2. Hands slightly wider than shoulder width 3. Feet about shoulder width apart 4. As with every exercise I prescribe; back neutral position; glutes and quads right and feet Dorsi Flexed. 5. Chest in line with bar, take a deep inhale through your nose, and pull yourself to the bar by driving your elbows towards your pockets while exhaling explosively through your mouth, and making sure to use your lats and mid back, not your biceps! 6. Slowly lower yourself to the bar, and REPEAT! Video: 10. Turkish Get Up Why You Should Do Them: 1. Will increase your lower body stability and core strength. 2. Will help increase hip mobility. 3. Will help you change directions and speed on the pitch. How to Do Them: 1. Using a kettlebell or a dumbbell, start by lying flat on your back on the ground. 2. With your right knee bent, and foot flat on the floor. 3. Keep the left leg extended straight out. 4. Hold the dumbbell in your right hand, and have your left arm extended straight out to the side at a diagonal angle with your palm down on the floor. 5. Inhale through your nose and extend your right arm with the weight and press it straight up, directly above your shoulder. 6. Push your hips up and bend your left, bringing the leg directly behind you. 7. Put the knee down on the floor directly under your hip. 8. Your right knee should remain bent and out in front of your with your foot flat on the floor. 9. Lift your upper body into a lunge position and stand up. 10. Reverse these movements as you lower back down into the starting position. Reps & Sets: -2-3 sets of 6-10 reps on each arm. Video: 11. Front Rack Barbell Reverse Lunges Why you should do them: 1. Front Rack Barbell Reverse Lunges activate the core musculature and your overall total stability more than due to the nature of the rack position. 2. They will improve your single leg strength and stability. 3. Focuses more on the anterior (front side) of the body. 4. You will work on your ability to "push off" of one leg which is key for overall acceleration and speed! 5. Helps maintain a strong upright posture. How to Do Them: 1. Grab a barbell and put it at about shoulder height with secure rack clips. 2. Walk up to the bar head on, take a deep breath, grab the bar and let the bar rest on your shoulders. 3. Drive your elbows up up and keep your spine as erect and vertical as possible. 4. Make sure your core is locked in and engaged by acting like someone is about to punch you in the stomach. 5. With both legs in line, breathe in and take a step behind you, drive through the ground with the front leg to push and drive yourself back to the line. 6. Repeat on both sides. Reps & Sets: -2-5 sets of 3-8 reps on each leg. Video: 12. Dumbbell Soleus Calf Raise: Why you should do them: Helps Your Acceleration & Ability to Generate Force The soleus covers a large area of your calf muscle. If you add these into your program, you could generate a lot of extra strength and power! The soleus contributes to 50% of your vertical support force during running This calf muscle pulls against the force of gravity to keep your body upright and prevent you from falling forwards which can also help your vertical jump when leaping for headers! -If your soleus is strong, you will be very stable and possibly jump as high as Ronaldo. It assists with BLOOD FLOW to your heart -The soleus acts on venous return from the muscles to the heart. If you train this muscle well, you will have more blood flow that passes back to the heart, which will keep you going when the game gets tough! -This will help increase oxygen and essential nutrients to the body, which will directly increase your body's performance. How to Do Them: 1. Grab 2 dumbbells (heavier than you think) & sit on a bench. 2. Put the dumbbells on the tips of your knees so you have the weight directly over your foot. 3. Breathe in and lift your heels by driving the balls of your feet into the ground. 4. Mix up your movements by going quickly and slowly (this will obviously depend on what you're working on for the session). Reps & Sets: -2-5 sets of 20-50 Reps Video: I hope this gives you an idea of what exercises to start doing in the gym to make yourself a better footballer and a better human on and off the pitch. Remember, I made these the "Top 10 Gym Exercises for Footballers" because of the overload of information out there in the industry. I just wanted to make it plain and simple! The most important thing is ACTION. You need to get into the gym and do something. Something is ALWAYS better than nothing! Check This Video Out If You Would Like Me to Walk You Through the Top Ten Gym Exercises for Exercises For Footballers: Fully Translated in Spanish: I am grateful to have a large audience who speaks Spanish, so I went ahead and translated the entire article into Spanish to help you feel more comfortable. I hope it helps: Los 10 mejores ejercicios en el gimnasio para futbolistas Do you lack confidence on the football pitch? Do you wish your technical ability was as good as Joshua Kimmich? I got your answer! I just released my app that I have been working on for 3 Years now. You can start your 7 Day Free Trial Here: If you want to be the best player on every single pitch you step on, this is for you. 1Sets and reps: 4 sets of 8 repsRest: 90 seconds in between setsTempo: 3 seconds eccentric, 1 second pause, 1 second concentric, 1 second pause at the top, so 3-1-1-1Why: 'When it comes to building functional double leg strength for football, the back squat is the king exercise. It builds vertical pushing strength in the quads while also hitting the glutes and hamstrings. This will help to translate into jumping power on the field. The barbell front squat is a more knee dominant exercise so will focus more on the quads but requires a lot more technical proficiency so the back squat is the safe choice to start with,' says Fazakerley.2Sets and reps: 3 sets of 10 to 12 repsRest: 60 seconds in between sets and 30 seconds rest between legs if needed.Tempo: 3-1-1-1Why: 'You spend quite a lot of time on one leg in football,' explains Fazakerley, 'so it's important to improve your single leg strength as well. This is also a more knee dominant exercise so will target the quads more while still also working the hamstrings and glutes very well too.'Advertisement - Continue Reading Below3Sets and reps: 3 sets of 10 to 12 repsRest: 60 seconds in between sets and 30 seconds rest between legs if needed.Tempo: 3-1-1-1Why: 'The hamstrings are one of the most injured muscle groups in football so it's important to work on getting them stronger as well. This exercise is a hip dominant movement so will help to strengthen the hamstrings ability to extend the hip. It's also a challenging exercise for your balance as it's performed on one leg so will help to build stability around your hip, knee and ankle joints,' says Fazakerley.4Sets and reps: 3 sets of 10 to 12 repsRest: 60 seconds in between sets and 30 seconds rest between legs if needed.Tempo: 2-1-1-1Why: 'Football is a multi directional sport so it's important to build strength in different planes of motion. This exercise will build strength in the lateral plane which helps with side to side movements. Groin strains are also quite common in football so this will help to strengthen the adductors and reduce your risk of injury,' says Fazakerley.Advertisement - Continue Reading Below5Sets and reps: 3 sets of 10 to 12 repsRest: 60 seconds in between sets and 30 seconds rest between legs if needed.Tempo: 3-1-1-1Why: 'Your calves are responsible for plantar flexing the foot (pushing into the floor to raise up onto your toes) so it's important to strengthen them to help improve your running and jumping ability,' says Fazakerley. 'They also play a massive role in stabilising your ankle so will help to reduce non impact injuries at the ankle and knee.'Watch Next Advertisement - Continue Reading Below Everyone knows that a football player must have a strong tackle, a fast running speed, and a powerful build. However, a lot of people don't consider the nuts and bolts of that last part. In today's article, we will attempt to do just that. A football player needs to have total-body strength, because of all the different kinds of movement that might be required of them. Since most movement begins at the core, it's no surprise that these muscles play such a crucial role in football performance. You don't take our word for it, though: We did find some proof of this fact. The Six Best Ab Exercises For Football Players Since the abdominals are some of the most important core muscles, you will need to find the best ways of strengthening them. There are tons of different exercises out there, and we certainly don't have time to cover them all. So, here are the six ab exercises recommended by the National Football League. 1. Inverted Sit-Ups We're going to start with a difficult one: Sit-ups that are performed while hanging upside down! You will need an inversion bar or something similar, and you will need to begin by hanging your legs over the bar. Lean back and hang on your knees, placing your hands behind your head. Now, perform some sit-ups as normal. You will find that these are much harder than normal sit-ups, but that is the point. Remember to control your momentum so that you don't end up swinging like a pendulum. Once that happens, gravity and momentum are doing some of the work for you, and that is cheating! 2. Sprint Sit-Ups These are a specialized kind of sit-up that is meant to simulate the motion of running. Lay flat on your back with your hands on the ground. Raise one leg, keeping it bent as if you were taking a step. At the same time, raise your torso so that it becomes a crunch. One arm should be forward while the other arm is behind you. Keep going, alternating sides to simulate the motion of a brisk walk. The arm that is swung forward should always be the opposite of the leg that is raised. In other words: When you raise your right leg, your left arm swings forward and vice versa. 3. Seated Overhead Medicine Ball Toss This is yet another sit-up variation, and it's a good one. You lay back and get in a ready position, except that you are holding a medicine ball over your head. As you raise your body and do the crunch, throw the ball against the wall. If no wall is present, you did not prepare properly. Try again! After the ball hits the wall, it should bounce back, and you should catch it so that the exercise can be repeated. A lot of people find this exercise to be both effective and fun. You might say that this exercise is really "balls to the wall!" 4. Sit-Up With A Punch There is no need to explain what a sit-up is, so let's just skip that part. This exercise is just like any other sit-up, except for one thing. When you reach the peak of the exercise, you stop and perform two punches. This will usually take the form of a 1-2 combination, alternating between hands. One important thing to remember is the need to keep your knees together. They don't have to touch, but they should be pretty close. Resist the urge to spread the knees apart as you come up from the ground, as this makes the exercise too easy and defeats its entire purpose. 5. Hanging Leg Lifts This one also requires a pull-up bar (or some reasonable substitute). Start by taking hold of the bar with both hands. You can use an overhanded grip or an underhanded grip, as both will give you a good ab burn. You want your arms to be kind of wide, wider than shoulder-width at least. Hang from both hands and bring your knees up to your chest. That's one rep, so keep going. This is one of the very best ab exercises around, but it's not for the faint of heart. Make sure you keep your feet together at all times, or else the pressure on your abs will be reduced. 6. Burpee Pull-Up This is one of the most clever and exerting combination exercises that we have ever seen. You combine a burpee and a pull-up so that you get the benefits of both. You start by doing as you normally would when performing a burpee. Drop down to a push-up position, do a push-up, and use that upward motion to propel yourself back to your feet. The final step of the burpee is a quick vertical jump. This time, however, you need to grab your pull-up bar at the height of the jump and turn the motion into a pull-up. A little hard to perfect, but a wonderful exercise for full-body strength and coordination. Conclusion It's hard to argue with the NFL when it comes to football, so we tend to think that these six exercises are going to be your best bet. However, it should be remembered that most destinations have more than one road. You don't necessarily need to stick to the routine above 100%, but you would be foolish to discount these excellent exercises. You may have noticed that we did not recommend a specific range of sets or reps. We feel that this matter should be decided by the individual, based on their level of personal development. Each of these exercises is just one ingredient that can be used to create a workout blend that is perfect for you. In the end, results are all that matter. If you agree, and if you have enjoyed this article, please follow us on Facebook using the link below. The post The Best Ab Workout For Football Players appeared first on Gaspari Nutrition. If you want to get in peak physical condition, pro football players are the guys to emulate! These impressive athletes spend hours perfecting the ideal physique–plenty of muscle mass for grappling and tackling, incredible stamina for running with the ball, and strong arms! Whether or not you're a football player, training with the best football workouts is a great way to get your whole body in shape. In this article, we'll share the best weekly workout plan to get you training like a top athlete.Key Takeaways:The best football workouts include upper body, lower body, full body, and speed and agility workouts. You'll need great equipment to train like a football player–barbells and dumbbells are must-have items. Don't neglect nutrition and stretching in your football training plan; they play essential roles in your fitness!Before we break down the ins and outs of each exercise, here's an overview that will help you incorporate the best football workouts into your week.Day 1: Upper body. Today, you'll focus on your arms, shoulders, chest, and back. You'll use weights and presses to bulk up your muscles and prepare you for grinding days on the gridiron.Day 2: Lower body. The best football players don't just have jacked biceps–they also have strong legs that give extra oomph to their tackles. On Day 2, you'll focus on your legs and lower body to build and tone muscles and give you explosive strength to rival any pro athlete.Day 3: Full body. On Day 3, you'll focus on explosive strength–a hallmark of hard-working athletes. Great football players can go from 0 to 60 in a few seconds due to their hours of training in full-body explosive strength.Day 4: Speed and agility. Despite their impressive bulk, football players must be quick and agile to run with the ball, dodge opponents, and fall just right to get that first down. You'll want to include a day of speed and agility training to train like a football player.Why is our plan only four days long? The workouts that football players complete are grueling and strenuous. To avoid muscle fatigue, it's essential to get plenty of rest. We recommend that you complete days 1 and 2, take a rest day, and then complete days 3 and 4, giving yourself two days of rest before you start the cycle again. However, you can organize your schedule differently depending on your available time. Just remember not to pack all your days together without rest time–you might find yourself experiencing injury and burnout!On Day 1, complete the following exercises for the number of sets and reps indicated. If you can't do that many at first, don't worry! Focus on doing fewer reps but with good form. Don't push too hard and sacrifice form. You can work your way up to the recommended duration and sets. You'll be completing pro football athlete-style workouts in no time!Start on the bench with your feet flat on the floor. Tighten your core in preparation. Squeeze your shoulder blades together. Make a slight (not exaggerated!) arch in your lower back. Grab the bar tightly, as far down your palm as you can. Use a narrower grip. Breathe in, unrack your bar, and breathe out. Breathe in again, lower your bar, and breathe out as you drive it up. Bring the barbell down to touch your chest, then use your whole body (legs and feet, too!) to drive it up again.Go for 5 sets of 3 reps each.This press isolates your pecs and tris for targeted muscle building. You'll need a pair of dumbbells for this exercise.Grab a pair of dumbbells, one in each hand. Lay down on the ground, feet pulled in close and flat on the floor. Tuck your elbows in and press straight up with both hands at once. Bring them down, pause, and press again.Aim for 3 sets of these. Go for 8 reps in the first set, 6 in the second, and 5 in the 3rd. Give yourself 3 minutes of rest in between.For the dumbbell row, you'll need a dumbbell and a bench.Start next to your bench, with a dumbbell resting on the floor on the side you want to row. Place your stabilizing hand and knee on the bench with your other foot on the ground. Flatten your back and reach down to grab the dumbbell. Row it up, focusing on using arm and elbow strength rather than your shoulder. Lower the dumbbell back to the floor.Complete 2 sets of 8 reps each.Work your shoulders with this exercise, which uses a pair of dumbbells and a bench or chair.Sit down on your bench or chair with a dumbbell in each hand. Raise the dumbbells to your side at shoulder height. Lower and repeat.Go for 3 sets of 10 reps each.While working your traps, tris, and middle back, you'll target your shoulders here. Grab a pair of dumbbells for this football-player-worthy exercise. You'll also need a bench or a strong chair.Sit down on your bench or chair with a dumbbell in each hand. Lift the dumbbells to your shoulders, keeping your palms out and making a 90-degree angle with your elbows. Press the dumbbells above your head. Bring the dumbbells back to your side.Complete 3 sets of 10 reps each.Grow your biceps and forearms with this challenging exercise! You'll need a pair of dumbbells.Stand with a dumbbell in each hand, palms facing each other. Curl to your shoulders, turning your hands as you do so that your palm is facing out/upwards. Lower the weights very slowly to your starting position. Turn your palms so that they're facing each other again.Complete 3 sets of 8 reps.These exercises strengthen your glutes, calves, hamstrings, quads, and other muscles. The best football workouts incorporate lots of lower-body strength training, so don't miss Day 2 of your training regimen!For the box squat, you'll need a barbell and a box.Start in a wide stance. Get under the bar and position it in the groove of your upper back. Go for a wide-hand grip. Set and tighten your core, then lift the bar from the rack. Descend slowly down onto the box, keeping your head and chest high and your core tight. Ascend again, keeping everything engaged and tight.Do 4 sets of 2 reps each.**Optional Workout: Squats can also be done with resistance bands of various sizes and resistances.This challenging squat targets your quads, glutes, hamstrings, and more. You'll need a bench or a solid chair to get started.Stand in front of the chair, shoulders back and feet hip-distance apart. Pick up one foot and place it on the chair/bench behind you. Ensure your elevated foot is still hip-distance apart rather than directly behind your other foot. Bend your stabilizing knee into a squat, ensuring that most of your weight is in the front (not on your elevated leg/foot). Press back to standing.Do 2 sets of 6 reps on each side.This compound exercise engages hamstrings, glutes, and lower back muscles, helping you burn calories and build gridiron-worthy muscles. For the barbell back squat, you'll need a bar and plates. Stand with your feet shoulder-width apart. Take a deep breath in and unrack your barbell. Hold it on your upper back. Hinge your hips and knees to perform a squat, ensuring you keep your shoulders and chest open. Push out of the squat and return to a standing position.Go for 3 sets of 4 reps each. When doing barbell-based exercises like this squat, it's crucial to have the equipment you need to train at a pro level. That means using equipment that keeps you safe while allowing you to move forward in your fitness journey. Hampton Fitness offers the best bars and plates in the business, plus safety equipment like bar pads and lock collars that will get you training like a top football player.Weighted back extensions strengthen your spinal extensors and promote a strong back. This exercise requires a barbell or dumbbell and a glute-ham bench.Lay face down and use a lower leg brace and thigh pad to distribute your weight on the bench evenly. Starting with your whole body parallel to the bench, hold a weight above your shoulders at the neck. Bend your waist until fully flexed (aim to make a 90-degree angle with your body). Lift and repeat.Try 2 sets of 5 reps each.Strengthen your core with this exercise, which requires a dumbbell.Stand with your feet shoulder-width apart and a dumbbell in one hand. Your knees should be slightly bent, with good posture. Place your free hand behind your head, keeping your chin tucked. Using just your spine, slowly bend, letting the dumbbell move down the outside of your leg to just above your knee. Squeeze your muscles on the engaged side as if performing a crunch. Slowly raise back to a starting position.Do 2 sets of 10 reps.This body-weight activity will give you a core worthy of any football player!Sit down on the floor, knees bent and feet flat. Slowly lean your torso back to a 45-degree angle from the floor. Keep your core engaged. Lift one leg a few inches off the floor. Quickly lift your torso back to sitting, pulling your lifted leg towards your chest as you do so and pushing your opposite arm forward. Repeat with the opposite side.Try 3 rounds of 10 reps.You'll need a weight, like a loaded sled or bag, for this exercise. Using your weight of choice, complete short sprints.A versatile weight that's perfect for sprints is the HeroStrength "Rescue" Bag. Its handles make it easy to carry, and you can use it in various exercises that will help you get in football-ready shape.You'll focus on developing explosive strength for Day 3 of your football workout routine. Football players use these exercises to power short bursts of intense movement on the field.Work your chest, tris, and abs with this workout while developing explosive power.Start at the top of a standard pushup position. Lower yourself to the floor like you would in a standard pushup. Use enough force to lift your hands off the ground and clap when pushing yourself up. Land lightly and perform your next rep.Plyo pushups are challenging, so don't do more than your body can handle! Aim for 2 sets of 5-10 reps.You know how to do a standard chin-up. Add an explosive element to this basic move by briefly letting go of the bar at the top of your pull-up! Grab it again on your way down. This movement is challenging, so make sure you're a pro at regular chin-ups before trying it.Start with 2 sets of 5 reps.You'll need dumbbells and an incline bench for this exercise.Set your bench's incline to 45 degrees. Sit on the bench with a dumbbell in each hand. Keeping your dumbbells at chest level, lift them straight up above your head, doing a press. Lower to the starting position.Do 2 sets of 8 reps.Strengthen your deltoids with this exercise, which requires a cable pulley machine.Position the pulley system slightly above your head, using two hand holds. Grab the handles, palms facing in. Extend your arms, engage your core, and lean back slightly. Pull the rope towards you to lift the weights just slightly, engaging your shoulders. Pull the handles straight towards your forehead. Extend your arms to return to the starting position.Do 2 sets of 20 reps.You'll need a pair of dumbbells or two kettlebells for this exercise.Hold a dumbbell in each hand, standing with your feet shoulder-width apart. Breathe out and let your shoulders shrug up. Keep your torso and wrists straight. Breathe in, lowering the dumbbells back to the starting position.Do 3 sets of 8 reps.You'll need a dumbbell for this curl, which builds arm strength and explosiveness. Hammer curls are identical to regular bicep curls, except that you'll perform them with your palms facing in (towards each other). These curls develop your grip strength, something that's important for football players when holding or catching the ball or grappling with other players.Do 2 sets of 12 reps.Congratulations! You've made it to Day 4 of your football workout routine. On this day, you'll focus on speed and agility, allowing you to run, jump, turn, and fall like an expert football player.You'll need three hurdles for this drill, which improves your agility.Start outside of the hurdles. Shuffle over each hurdle, keeping your feet apart. Reverse directions at the end and go back through the hurdles.Do 3 sets of 2 reps.You'll need a Jump box for this exercise.Start with one foot up on the box, knee bent. Jump up, raising your arms above your head, and land lightly with your foot still on the box.Do 3 sets of 10 reps on each side.The HeroStrength "Jump" Box is the perfect tool for this football workout, providing stability with soft, high-density foam and an anti-slip surface. This box won't tip, no matter how much power you give it!For a simple but effective agility exercise, try the lateral bound.Start on one leg. Jump laterally to your other leg. As soon as you land, jump back. That's one rep.Rather than doing reps, set a timer for 30-60 seconds.Sneak some cardio in with this exercise, which requires no special equipment.Start with your knees bent, hips back, and feet shoulder-width apart. Keep your chest facing straight ahead as you jump, and rotate your hips to the right and your arms to the left. Immediately repeat on the other side after landing.Do 2 intervals of 40 seconds each.You'll need some hurdles to complete this exercise.Set up your hurdles about 20 inches apart. Stand in front of the first hurdle, using one leg to jump over it. Use the other leg to jump over the next hurdle. Repeat for the remaining hurdle.Do this exercise for intervals of 40 seconds, repeating three times.For this exercise, you'll need a bar or stabilizer of some sort that's about chest height.Grab onto your stabilizing bar and lean forward. Keep your legs straight, and use your calves to jump up.Do ankle jumps for 30-second intervals, repeating three times.While the proper workouts are an important component of football prep, they shouldn't be your only focus. In fact, prioritizing workouts over proper warmups, stretching, nutrition, and rest can lead to burnout, strained muscles, and possible injuries. Moving beyond drills and considering your overall health during football season is essential.Warming up before workouts and games is essential, whether you're a football player or another type of athlete. Start by walking or jogging to get your blood flowing, then move into a series of stretches to limber your muscles and reduce the risk of tears or other injuries from tight muscles. Medicine slam ball exercises are also a great addition to any warm-up routine.Warmups are also a great time to get yourself in the right headspace. If you're going into a demanding workout, picture yourself performing each exercise with maximum power and remind yourself of your fitness goals. If you're heading into a football game, free your mind of distractions and focus on the game ahead.Recovery after exercises is just as important as warming up! Give yourself time to wind down from your workout or football game. Stretch your aching muscles, go for a brief cool-down jog, and give yourself the mental space to recap your performance and go back to regular life.After a game, there's no better way to soothe your muscles than to use a foam roller. The HeroStrength "HERO-LLER" Foam Roller gives you the feel of a sports therapist without the cost! The textured surface helps relieve muscle strain and pain after the most demanding workout or football game.Before football practice, it's essential to fuel your body with the proper nutrients for peak performance. Reach for healthy carb options like oatmeal at breakfast, and don't forget a good serving of fruit.Make it your goal to eat 2-4 hours before game time. Get a bit of protein in with chicken or tuna, but focus on carbs like potatoes, pasta, bread, and rice. Aim for at least 70 grams of carbs in your pre-game meal.Football is a challenging sport that demands peak physical conditioning. Whether you're a football player gearing up for games or just looking to improve your workout routine and strengthen your body, a well-balanced football workout routine is your best friend.Check out Hampton Fitness's bars and plates and "Rescue" bag to get the most out of your workout, and a "Jump" Box will give you the confidence to tackle explosive workouts safely. Pick up a "HERO-LLER" foam roller from Hampton for ideal post-workout and post-game recovery!Whatever your football fitness goals, you can be confident that Hampton Fitness products will stick with you at every step of your fitness journey. No spam – just thoughtful training adviceIn This ResourceBenefits Of Core Exercises For Soccer Players 1. Improved Performance and Strength2. Injury Prevention For Athletes3. Improved Recovery From Playing SoccerThe 6 Essential Core Exercises For Soccer PlayersSample Core Circuit For Soccer PlayersMore Exercises For Soccer PlayersDo Soccer Players Need A Strong Core?What Exercises Help A Soccer Player?Soccer is a sport that requires vast amounts of athleticism, but it also needs athletes that are in peak physical condition. It's no surprise that Cristiano Ronaldo, the player of the decade is in such good shape. Soccer performance can clearly be improved by improving physical conditioning and improving the core can be a large piece of that puzzle. Let's have a look at 6 exercises you can use to improve your soccer performance. The benefits of good strength and conditioning protocols within sports have been illustrated for decades now. Developing a strong and resilient core musculature is a huge part of these training protocols as they can be important in improving performance. Different disciplines require different types of adaptation, but all soccer players can feel the benefit from having a well rounded base. 2. Injury Prevention For AthletesWhen the full core musculature is taken into consideration and trained appropriately, it can have a large impact on mitigating injury for soccer players. Soccer requires vast amounts of impact, making joint stability in the hip joint, having a musculature lumbar spine and a body that can deal with a wide variety of compromised positions very important for an athletes developments. 3. Improved Recovery From Playing SoccerHaving a strong robust core can be the difference between being able to deal with physical contact without getting muscular soreness or not. If your body is strong it will mean the physical contact will have less of an impact and therefore improve both your recovery from training and match play. The A-Stance Pass through is a perfect example of a core exercise for soccer players. The core is a vast group of muscles, so much more than just the abdominals, and it needs to be trained as such. This exercise will work both the elements of the core musculature in the hip joint, the obliques and the erector-spinae. Candle stick lowers are on of the most challenging variations available in our exercise library, making them very effective at strengthening the abdominal muscles. These should only be performed if they can be done with control, if you feel as if you are just falling towards the bench then it is worth finding a core exercise that is easier as it will create better adaptations than performing this exercise poorly. Banded dead-bug holds are another very challenging core variation that are dynamic as the tension against the abdominals is constantly changing. For this exercise to be effective you need to make sure that the lower back is pressed into the floor and you remain in the extension position throughout. The bear crawl hold is a very athletic position that will not only improve the abdominals but also the ability to deal with organic positions on field. During this hold make sure that you are keeping your knees close to the floor, lifting them will put more pressure on the shoulders and make the exercise easier on the abdominals. The half kneeling DB crush grip cross chop will allow you to develop both your rotational strength and power. It involves both speed and control, with the upward portion of the exercise being fast and the eccentric portion being slow and controlled, this allows the exercise to work both rotation and resisting rotation making it a very effective core exercise. The inchworm to hollow is an excellent way for soccer players to push their core to higher levels due to the difficulty of the exercise. Make sure you only walk the hands out to where you feel comfortable, the final position can be extremely challenging so place close attention. Complete 3 roundsYes. A strong core can help you as a soccer player by improving flexibility, balance and coordination while reducing risk of injury. Soccer players who focus on strengthening their core have better game performance because they have more power to throw into shots,

matter. If you agree, and if you have enjoyed this article, please follow us on Facebook using the link below. The post The Best Ab Workout For Football Players appeared first on Gaspari Nutrition.