

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Football Power Program

Warm-up

- 5 minutes of light cardio, such as jogging or jumping jacks
- 5-10 minutes of dynamic stretching, such as arm circles, leg swings, and torso twists

Workout

- Squats with resistance bands
 - 3 sets of 10-12 repetitions
 - Use a resistance band that is challenging but allows you to maintain good form
- Power cleans
 - 3 sets of 5-8 repetitions
 - Use a weight that is challenging but allows you to maintain good form
- Vertical jumps
 - 3 sets of 10-12 repetitions
 - Use a resistance band to help you jump higher
- Weighted or unweighted box jumps
 - 3 sets of 5-8 repetitions
 - Use a box that is the height of your knee or thigh
- Sprints
 - 3 sets of 20-30 yards
 - Sprint as fast as you can

Cool-down

- 5 minutes of light cardio
- 5-10 minutes of static stretching, such as holding each stretch for 30 seconds

Notes

- You can adjust the number of sets and repetitions to fit your fitness level.
- You can also add or remove exercises from the workout depending on your goals.
- Be sure to listen to your body and take breaks when needed.

Here are some additional tips for increasing explosive power in football:

- Focus on compound exercises that work multiple muscle groups.
- Use a moderate weight and focus on generating power with each repetition.
- Perform plyometric exercises to train your body to produce more force in a short period of time.
- Sprint regularly to improve your speed and agility.
- Get enough rest and recovery to allow your body to adapt to the training.