



AUBURNDALE SOCCER CLUB

Core Workout from the Directors of Coaching Mike Megaloudis and Chris Megaloudis
MOTIVATIONAL MONDAY

RUSSIAN TWISTS

WORK FOR 1 MINUTE USING
15 SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN

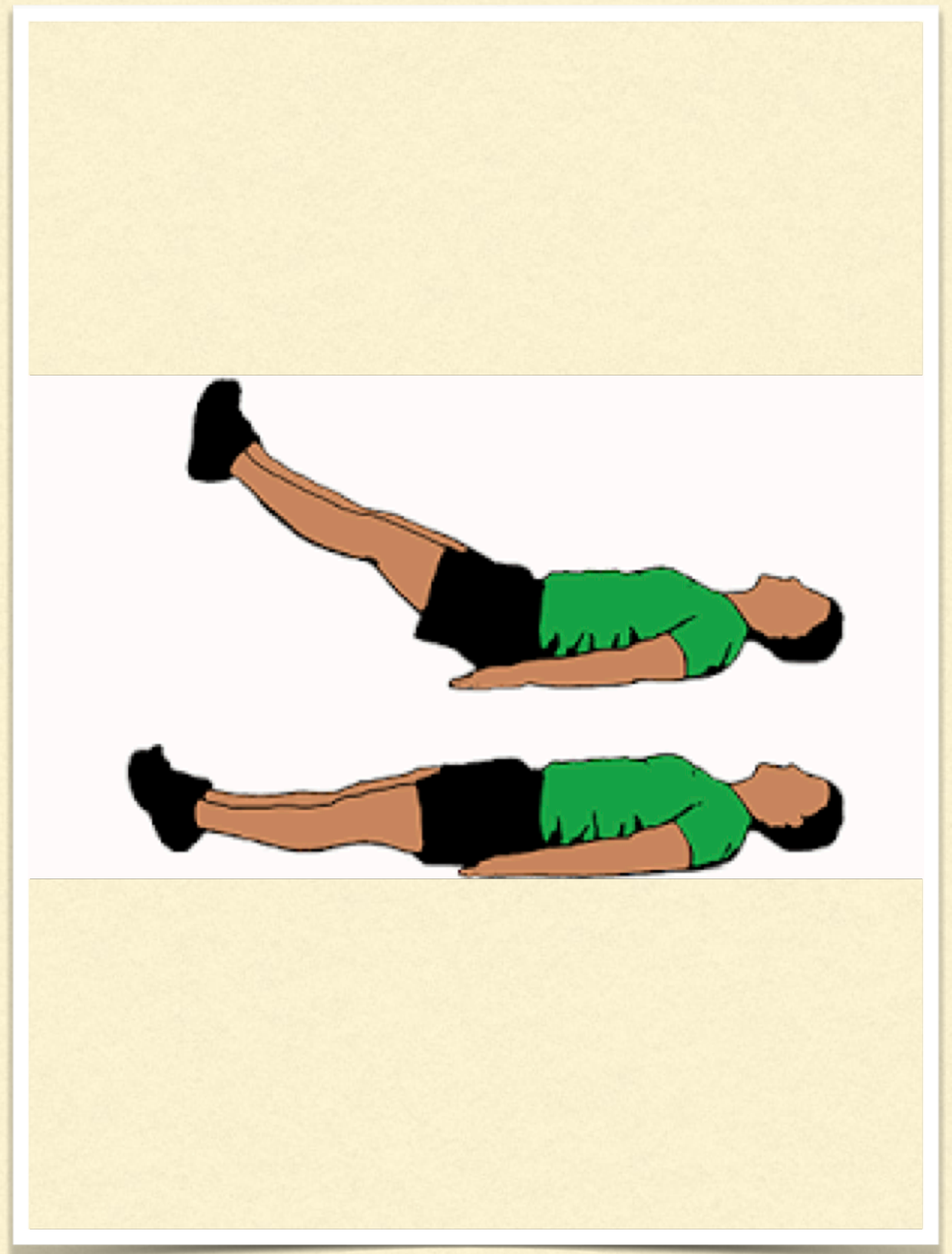


LEG RAISES

WORK FOR 1 MINUTE USING
15 SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN

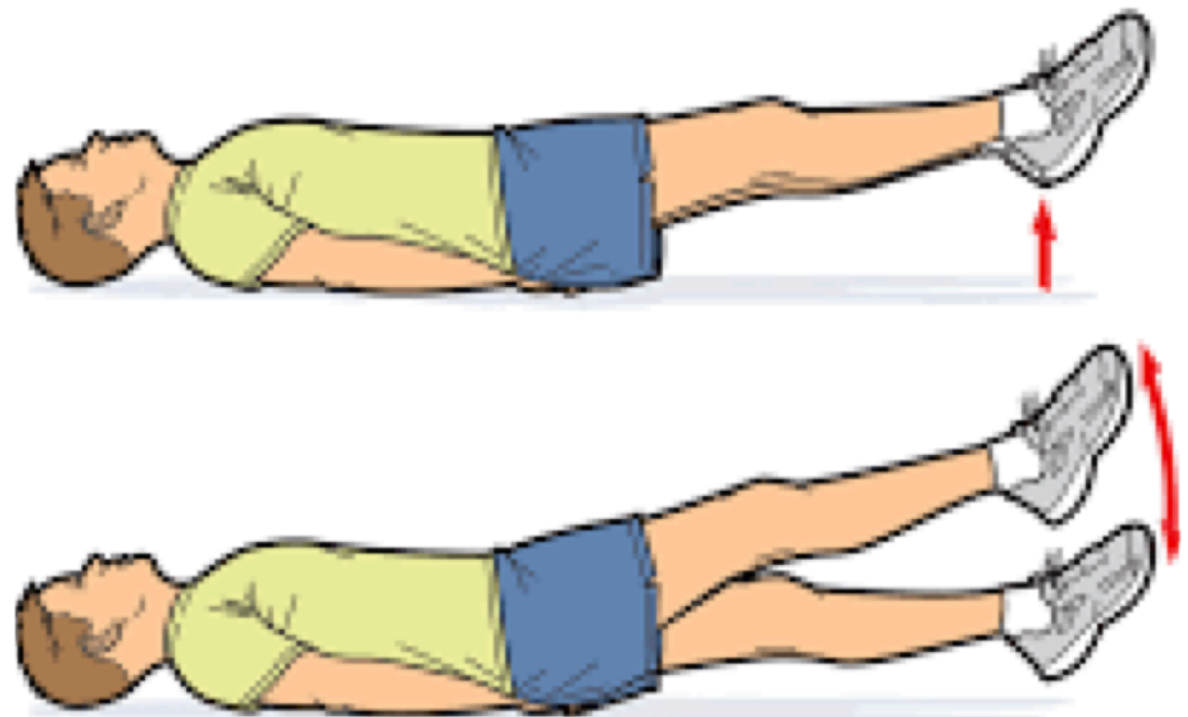


FLUTTER KICKS

WORK FOR 1 MINUTE USING
15 SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN



HIGH KNEES

WORK FOR 1 MINUTE USING
15 SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN

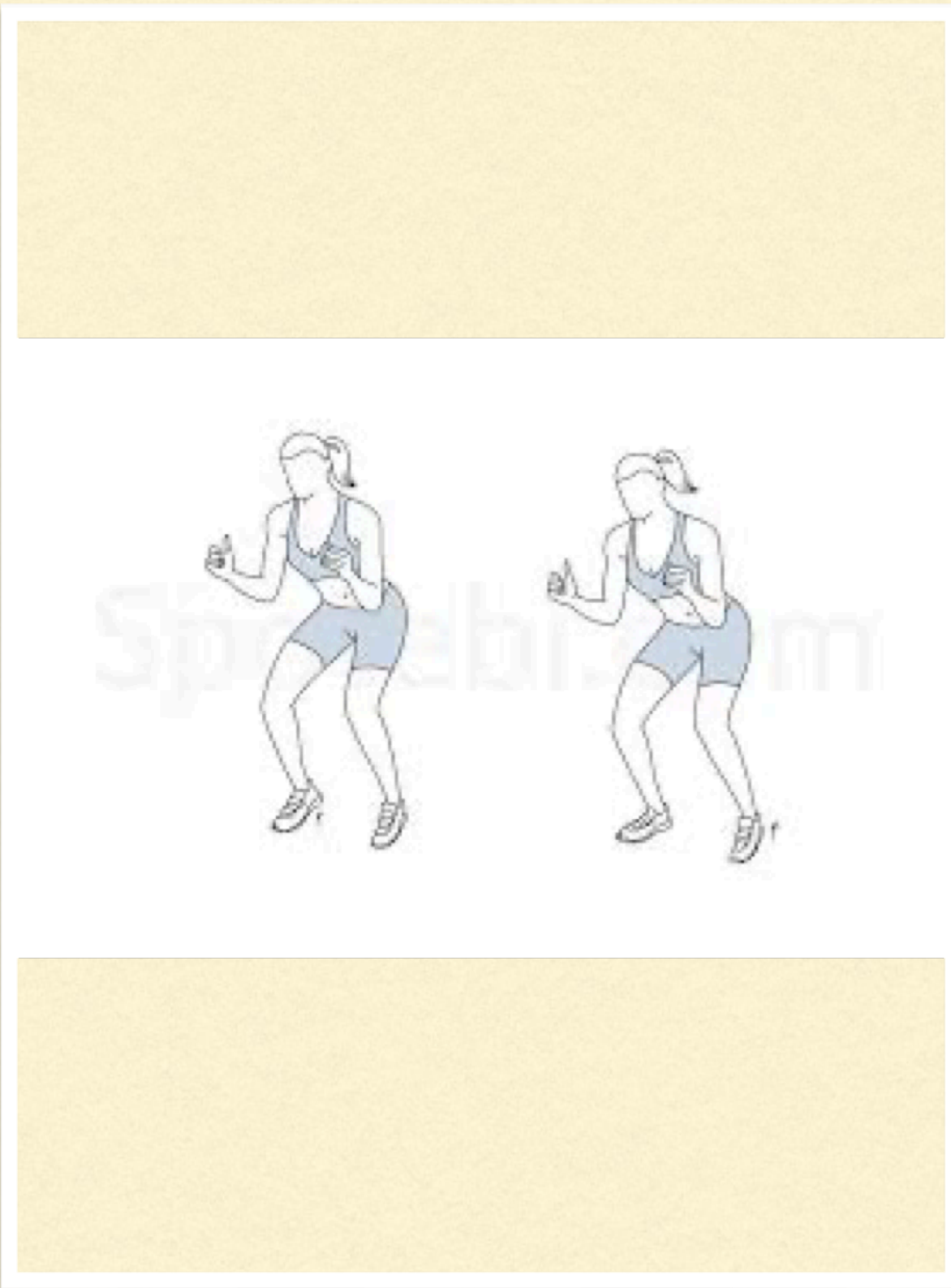


QUICK FEET

WORK FOR 1 MINUTE IN 15
SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN



SIT UPS

WORK FOR 1 MINUTE USING
15 SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN



CRUNCHES

WORK FOR 1 MINUTE USING
15 SECOND INTERVALS

REPEAT 4X FOR A TOTAL OF
4 MINUTES

GET AS MUCH REPS IN AS
YOU CAN

