



PREPARED FOR THE WORLD CUP

HOW TO TRAIN LIKE A FOOTBALL SUPERSTAR

The **20th FIFA World Cup** is here and if like us you can't avoid but feeling the vibe then let the spirit of fun competition take over and set the mood for your **best workouts ever**.

All around the world people enjoy football as passionate spectators as well as avid weekend players. **Football is, after all, a great way to keep active while having fun with the best possible team: our friends.** If you too enjoy the excitement of a good match, then look no further for we have prepared the **football-mania** workouts that will help you spruce up your game.

Football is usually a squad effort, but for these simple workout plans, you'll be on your **winning team**.

IN THIS GUIDE YOU'LL FIND

1. FOOTBALL WORKOUT FOR SPEED
2. FOOTBALL WORKOUT FOR STRENGTH
3. FOOTBALL WORKOUT FOR AGILITY
4. TRAIN LIKE A FOOTBALL SUPERSTAR

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**Workout
for speed.**

The Stamina boost.

Speed plays a tremendous part in modern football. With every little detail counting in a competition that, after the group stage, becomes a knockout competition, speed is your ally to getting quicker in attacking positions, to return to defence after your team loses the ball or even to correct any technical or tactical mistake.

It's fundamental on one-on-ones against your opponent; it's right there to help you after a successful or unsuccessful dribble and your last resort to leave a defender behind after a cross from your team-mate.

While speed in football comes in various forms, we'll focus mostly on sprint speed. In this World Cup, players like Raheem Sterling or Kyle Walker (among others) will deliver some of the most spectacular sprints you've ever seen.

It's time to catch up with them and **improve your sprint speed.** Here are our recommended exercises to speed things up:





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IN OUR
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RESISTANCE BAND SPRINT

Football is a collective sport. This exercise can be performed alone, of course, but like what happens on the pitch, **having a teammate helping you out might be a good idea.** In this case, he would be your anchor. Both would have the resistance band around your waist. Sprint forward and try to move your partner with your pace.

It's essential that, if you can't move him, he allows you to have a gap. It's also a good idea to have a goal at the end: touch a wall, kick a ball or try to shoot a ball.

Our recommendation: 3 sets, 6 reps.

BODYWEIGHT WALKING LUNGE

All the extra effort will increase your speed once you hit the green. **Your legs will pull all your body weight.** Here's how to perform this exercise: hands on your hips and with your feet shoulder-width apart. Step forward with one leg and flex the knees to drop your hips. It's now time to descend until your rear knee almost touches the ground. **Make sure your posture is upright and that your front knee is above the front foot.**

Step forward with your rear foot and repeat for the other leg. That's one rep for each leg. Perform 3 sets, 10 reps.

MOUNTAIN-CLIMBER SLIDERS

Use towels, paper plates or specially designed disks to perform this exercise. Your starting position is the classic straight-arm plank position with a **towel or paper plates under your feet**. Emulate the normal mountain-climbers movement but faster: **like you were actually running**. Three sets, 1 minute each and you're good to go.

SQUAT JUMPS

Here's **another classic exercise** to work your lower body fast. You start by standing with your feet shoulder-width apart. Perform a regular squat, engage your core and jump up as high as you can. After landing, lower your body back to squat position to complete one rep. **Landing is critical** here: you should do it smoothly and prepare your body for the impact. If you're performing this exercise indoors, an easy way to control this is to try to avoid making any sound on landing.

Speed is a key attribute for football among others. We'll see two others, starting now with **strength**.



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**Holmes Place
classes for
strength.**

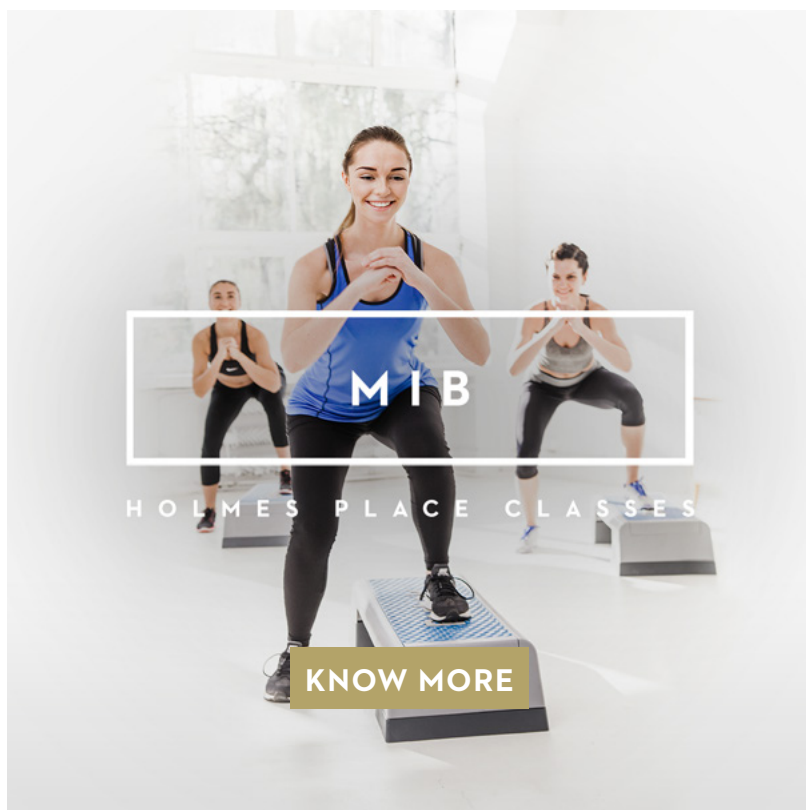
A Clash of rivals.

Football is a contact sport. Although in the recent years this **definition** became less clear, it's still possible to touch your opponent without being considered a fault per se. Think about set pieces, for instance. When you're trying to get higher than your opponent after a corner kick, it's vital that you have the **speed** to leave your marker behind, the **jumping reach** to be the first one to deliver the header and the **strength to stand still** if someone jumps with you.

By forcing your body to practice with the increased challenges of weights, such as kettlebells or dumbbells you'll fool the body to the perception of reasonable effort. Once you practice without the added loads, it will feel more comfortable.

Here are our recommendations to become stronger:



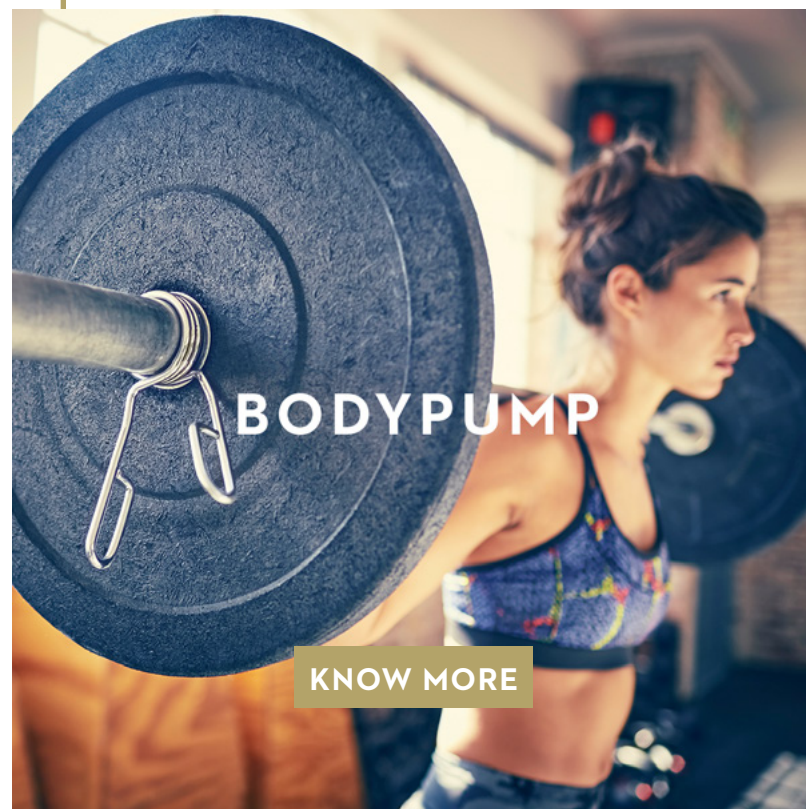


Holmes Place Made in Brazil is not just for women. **Strap the weights on your ankles and increase the challenge as you go.** This class is guaranteed to get the job done quickly and build leg and glute muscles that will drive your football game.

This Les Mills favourite is **perfect to burn calories, increase core strength and sculpt your body.**

A whole body barbell workout that will push the major muscle groups to the limit; even working those that you didn't know you had.

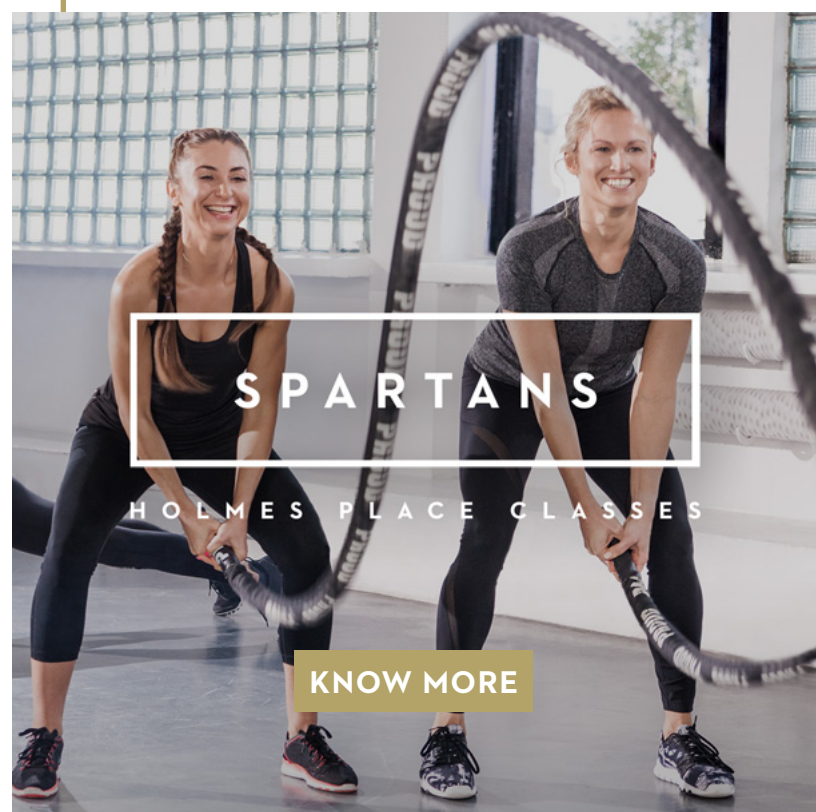
Throughout the class you'll repetitively use lightweights to achieve a toned body without any unwanted bulky muscles, burning up to 590 calories in just one hour. Not to mention a motivational playlist to help you stay focused.





Holmes Place way to **float on water**. It sounds fun (and it is fun), but this is a **high-intensity class**. The advantage is that it's also a low impact one, due to being carried out in the water. It lasts 30 minutes and associates the common planks, squats and more active movements to the balancing challenge on the platform. Perfect for working your core and keep the composure while playing.

If Zlatan Ibrahimovic can take advantage of his martial arts skills and applied them to his football skills, why can't you? **Spartans is perfect to push your body beyond its limits:** crunching, lifting, jumping, pressing and pulling your way to a football player figure. This class takes 45 minutes - the same time of a half in football. It's meant to be!





**Workout for
agility.**

This is not a drill

What is, after all, agility? Well, it's the ability to change the body's position efficiently, using a combination of balance, coordination, speed, reflexes and endurance. **An agile person will have the ability to change the direction of the body efficiently and effectively.**

Why is agility so important in football? **Every position, from goalkeepers to forwards, benefits from being agiler.** Agility increases the player's ability to maintain balance, speed, strength and coordination. Thus, improving the quality of their game. It also plays a significant role in reducing injury risk.

But how can one become agiler? Don't stress, we have some tips for you:



LADDER DRILLS

Agility ladders are a great way to improve and to keep you motivated to go to the gym. **There are a lot of variations you can perform**, like the high-knee march, side shuffles or single-leg forward hop. If you're creative enough, you can even do a full-body workout using just an agility ladder and your bodyweight.

HURDLE DRILLS

Easy, we're not talking about those high and professional Hurdles from Athletics. Small hurdles with 15 or 30cm are more than enough. If you can't find them, you can use cones or side steps. Place them sequentially on the floor, and you can perform a lot of different exercises. **Lateral high-knee is a terrific way to start.**

CONE DRILLS

Cone Drills are challenging and fun. **You can choose what pattern you want to set up and adapt each challenge, as you get better.** You can also select different exercises and goals: for example, touch the top of the cones or running around them are both good for your physique.

MEDICINE BALL DRILLS

Use a medicine ball suited to your fitness level and stand, facing a wall 1 meter or more away. The idea is to throw the medicine ball in a chest pass toward the wall. Now it's the part where you get creative: instead of maintaining your position, you can side shuffle as you're throwing the ball. **It will require you to be focused on your footwork and on your main goal: throwing the ball and collect it.**

Wrap it all up with our **Circuit Xpress classes**. In 15 minutes, you'll train with agility ladders, medicine balls, kettlebells and battling ropes. It blends **High-Intensity Interval Training** (HIIT), and Functional Training, which focuses on movement rather than muscles, and results in **improving your overall fitness**.



Xpress 15

H O L M E S P L A C E C L A S S E S

FAST, FUN, EFFECTIVE. TRY OUR NEW
XPRESS CLASSES AND JUST GET IN,
GET OUT AND GET GOING.

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PREPARED FOR THE WORLD CUP - HOW TO TRAIN LIKE A FOOTBALL SUPERSTAR



Train like a
Football superstar

If you're going to go for a complete workout, **aspire for something that can bring you closer to what the modern day's football superstars are doing.** Football continues to be a sport that is mostly played with your feet, of course. However, the demands of modern football, the exhausting game sequences and the proliferation of different competitions helped to transform the frequently **infamous and bohemian** players from the past **to physical machines of this new age.**

Yes, it's hard to imagine nowadays, but we're not that far from decades where the football players were active smokers, where drinking alcohol was acceptable and, even more recently, using all sorts of drugs, be it recreationally or to boost performance. **With modern football, everything became tightly monitored.** We're talking about the precise amount of calories intake or **GPS tracking devices in training:** every piece of data is now collected and treated to tailor and provide the right training, diet and any other parts of advice to each player individually.

The same happens with the physical workloads that the clubs provide. **On top of that, some players search outside from their clubs to complement their training.** That's how serious things got. And they're about to get even more serious. Studies like this **one** say that there is a lot more to explore in a football player's physical performance.

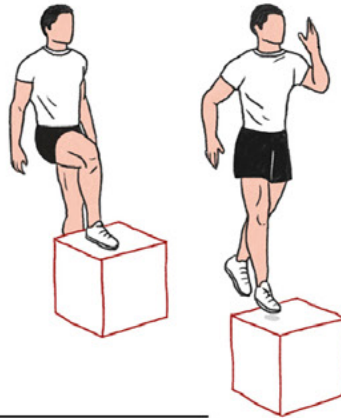
Now we can't promise you'll win a Ballon d'Or or that you became a renowned football superstar like Messi immediately - after all, as we said before, it's still mostly a sport played with your feet and your brain. What we can promise you is that this workout is for people searching for a **full-body training that emulates the ones football players are required to have.**

Lower Body



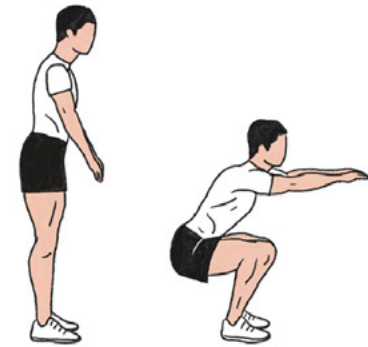
INTERVAL TRAINING

- Run for 2 minutes + sprint for 1 minute
- Continue for 15 minutes



POWER STEP-UP

- Elevate foot to the platform
- Bring body upward
- Repeat 5 times each leg + 3 sets



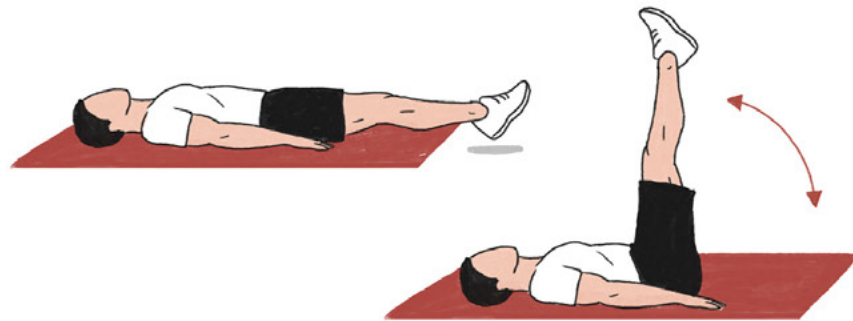
AIR SQUATS

- Low squat and hold for 2 sec.
- Stand up and repeat for 15 times + 2 sets

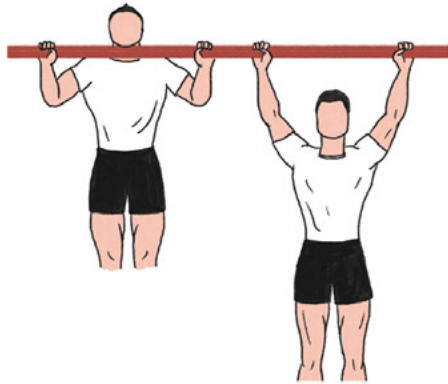
Core

LEG RAISES

- Keep the legs straight and tense.
- Controlled descent motion and hold in mid descent.
- Repeat 10 times + 3 sets

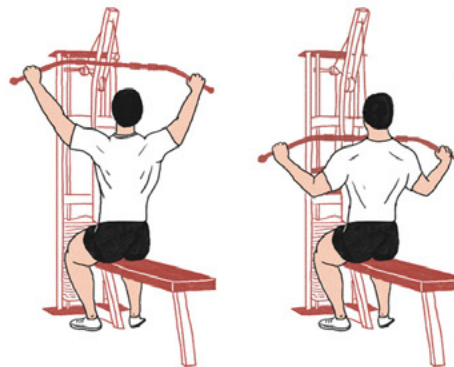


Upper Body



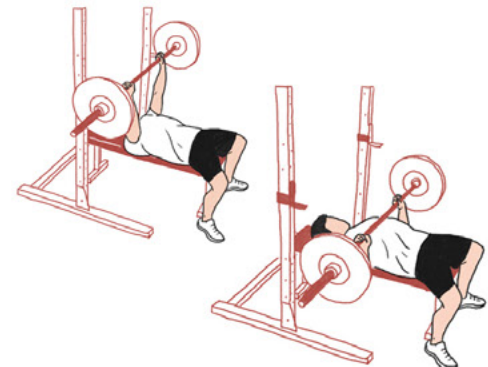
PULL-UP

- Wide grip on bar.
- Keep feet off the ground at all times. Chin over bar and hold.
- Repeat 15 times + 2 sets



BENCH-PRESS

- Wide grip.
- Controlled descent motion and slowing lift and hold.
- 12 repetitions + 3 set



LAT PULL-DOWN

- Wide grip.
- Controlled descent motion and slowing lift and hold.
- 12 repetitions + 3 set

The above-shown exercises would comprise a full workout and, when properly done, would be intense and hard to complete.

Nevertheless, this would not be the end of it. **Remember what we told you previously?** Football players want to be on the top of their game and in addition to the normal football training and the gym session that their club provides, **they also have their PTs and individual coaching.**

If you're aiming to have a nearly mint body like Cristiano Ronaldo, Alexis Sanchez or Sergio Ramos you have to double your efforts.

Below, you'll find a 5-day full body workout that will boost your boost your strength and make you feel some muscles you didn't even know existed.

Day 1 · Lower Body

EXERCISE	SETS	REPS
Barbell Squat	3	8
Box Jumps	3	10
Squat Thrusts	3	8
Jump Squat	3	8
Lateral Bound	3	10

Day 2 · Upper Body

EXERCISE	SETS	REPS
Pull-ups	3	10
Lying Triceps Extension	3	12
Bench Press	3	15
Rear Delt-Raise	3	15
Push press	3	10

Day 3 · Cardio & More

EXERCISE	SETS	REPS
Sprinting	8	100 meters
Bottoms-up front squat	5	5

Day 4 · Core

EXERCISE	SETS	REPS
Deadlift	3	10
Squat Jump	3	12
Overhead slam	3	10
Jefferson Squat	3	10
Hanging Leg Raises	3	10

Day 5 · Cardio & More

EXERCISE	SETS	REPS
Rope Jumping	10	1 min
Sprinting	8	100 meters

You can always change some of the exercises on this plan to simpler ones, in case you're just starting, **but keep in mind that you should respect the designated areas for each day.**

Nutrition, as you also know, plays a vital role in a footballer's form. It's crucial that you follow a Protein Rich Diet to repair your muscles. Football players also use recovery supplements. **They have 6 to 7 small meals a day and they avoid sugary foods and consume a lot of vegetables.**

With all these tips, exercises and workouts, it's time you kick-off this plan and you can start building a body like a professional footballer.



**FUEL YOUR WORKOUT WITH OUR
EXPERT NUTRITION TIPS AND
GUIDANCE.**

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