



FAT BURN

LET'S GET STARTED

Bodyweight training goes back thousands of years to the Ancient Greeks, Romans and Egyptians. It's any form of training which uses the human body as resistance against gravity. There are two main types of bodyweight training: plyometrics and calisthenics.

Plyometrics involve stretching and then rapidly contracting muscles around the ankle and calf in order to build strength, speed and power. Examples of true plyometric exercises include: sprinting, knee-tuck jumps, skipping with a jump rope.

Other exercises which are commonly described as plyometric include: squat jumps, lateral jumps and box jumps for example. The reason that these exercises are not "true" plyometrics is because the ground contact time is longer than 0.2 seconds.

Calisthenics are body-weight exercises, which aim to increase strength, cardiovascular fitness and flexibility. Examples of calisthenic exercises are bodyweight squats, lunges and planks.

Performing calisthenics and plyometrics is a great option when you're on the road or don't have access to a gym, in this programme we've combined elements of each in a specific way to increase your athleticism on the pitch whilst creating a fat-burning effect.

FUNCTIONAL MOVEMENT

A functional movement or exercise is one which has a strong transfer over to the sport you are training for. Many bodyweight exercises are highly functional for football as we can:

- Easily work in different planes of movement
- Challenge appropriate energy systems and muscle groups
- Perform isometric, eccentric and concentric muscular contractions
- Mimic many positions which you'll perform on the pitch.

There are 3 different planes of movement your body can work in:

1. Sagittal - movement forwards and backwards
2. Frontal - movement from side to side
3. Transverse - rotational movement

Becoming efficient at performing exercise in all of these 3 different planes of movement is key to maximising your performance as a footballer, boosting your athleticism on the pitch as well as resilience to injury. You'll see that many of the exercises included in this programme mimic the movements that you'll see on the pitch or at least aid key movements and actions in some way.

BREAKDOWN OF BENEFITS

POWER

Incorporating loaded and unloaded jumps in both on/off field training are proven to increase both jumping performance and your power/speed ability. The mechanics involved in jumping while training also serve to boost maximum speed and acceleration.

One thing that will give you a real edge over any opponent, is the ability to accelerate that much quicker. By performing more horizontal jump practice, you'll make positive gains in your acceleration skills and force production rates. For players who need to capitalize on their acceleration abilities, horizontal jumps are an imperative addition to their training program.

STRENGTH & AGILITY

Out on the pitch, you need good lower-body eccentric strength to be able to slow yourself down from running at speed. Without it, you're going to struggle to decelerate and make quick changes of direction, it's all about training your body to absorb force efficiently.

Concentric strength on the other hand gives you the explosive power required to accelerate quickly. So, when combined with eccentric strength, you're able to sprint, stop, turn, and sprint away more effectively. Isometric strength also plays a key role in enabling you to remain stable in more static positions as well as being stronger at holding up the ball.



Cold or hot water immersion, sports massage and whole-body vibration are some popular options here. It's best to try-out a range of strategies to find out which is most effective for you. You'll likely find that it's a combination of methods which have the best effect on your recovery rather than one alone.

However, there is no getting away from the fact that the two most important things in your recovery are great nutrition and sleep. Cold water immersion isn't going to do anything if you're not sleeping or refuelling yourself adequately first and foremost.

SPRINTING ABILITY

Vertical jumps help you to increase your top speed whilst sprinting. Numerous studies have been performed that show a correlation between vertical jumps and the maximum speed a player can obtain. Both unloaded vertical jumps as well as countermovement jumps can aid in your ability to run faster following the initial acceleration phase. The great news about this type of training is that because you are largely conditioning your neuromuscular system, you should notice improvements within just a few days. This includes foot speed, reaction speed and actual running speed.

FLEXIBILITY & MOBILITY

Both are which are essential to maximising your performance as a footballer and for preventing injury. To maximise your progress, it's important to perform each exercise in the programme using a full range of motion as much as possible. Improvements in flexibility and mobility will enable you to better reach and intercept passes, as well as move your legs into awkward positions to make tackles or control the ball. You'll notice significant increases in hip mobility especially after you perform the split-legged climbers.

STABILITY & INJURY RISK

Thanks to heightened levels of muscle activation, a number of bodyweight exercises included in this programme will aid functional joint stability in the lower body (ankles, knees, hips). This means less chance of rolling your ankle when landing from headers for example and gives you the ability to apply greater levels of force into the ground to then propel you in various directions at a greater speed when sprinting.

INSULIN SENSITIVITY & GLYCAEMIC CONTROL

As a footballer, it's essential that your body is able to utilise carbohydrates effectively and maintain stable blood sugar levels. This is important to keep energy levels stable, ensure that your muscles have enough fuel and to maximise your performance on the pitch.



When you eat carbohydrates, your body releases insulin into the bloodstream. Ideally, your body will release just the right amount of insulin, which is known as insulin sensitivity. This would mean that your blood sugar levels remain stable, which is known as glycaemic control.

Bodyweight training has been shown to improve both insulin sensitivity and glycaemic control. This means that regular bodyweight training will help to ensure that you can keep performing at your best throughout both training and matches.

AEROBIC & ANAEROBIC CONDITIONING

Both are essential to optimise your performance as a footballer and you'll be conditioning both in this programme thanks to the varied ratios of work to rest, exercise selection and alternating between high and low intensity bouts. Training using high intensity intervals and rest periods in this way has been shown to improve fat oxidation (meaning your body becomes more efficient at using fat as a source of fuel). This gives a sparing effect on your carbohydrate stores, allowing you to have more energy available at the end of matches and being better able to maintain muscle glycogen stores,

TIME EFFICIENT

Perhaps the best thing about this type of training is how little time they take to produce the array of benefits outlined above. Time -efficiency is crucial because it allows you to schedule your own training in around your team commitments, whilst still allowing enough time for recovery.

NO EQUIPMENT NEEDED

There're no excuses, you can literally train anywhere at any time. Bodyweight training is therefore the most accessible and versatile form of training possible for you as a footballer.

SUITABLE FOR ALL LEVELS

Because each exercise can be easily scaled and made easier or harder, this programme is suitable for players with a range of abilities when it comes to fitness training. This means a player with 10 years of fitness training history can be challenged just as much as an absolute beginner.

YOGA

Yoga is an incredibly powerful type of training that every footballer can reap the rewards of. Not only does it offer considerable physical benefits to your level of mobility and flexibility, the psychological benefits are also well documented,

Becoming efficient at performing exercise in all of these 3 different planes of movement is key to maximising your performance as a footballer, boosting your athleticism on the pitch as well as resilience to injury. You'll see that many of the exercises included in this programme mimic the movements that you'll see on the pitch or at least aid key movements and actions in some way.

helping you to: relax, focus and have more confidence in your body as you begin to move with greater freedom.

We've teamed up with JOGA (specialists in sports yoga), to bring you a series of football yoga workouts which can be used in combination with the main part of this programme.

The JOGA sessions will compliment your training and further boost your results through increased: muscle flexibility, muscle torque and overall stability. The workouts involve a combination of postures, poses, regulated breathing and meditation, which will help to produce further improvements in:

- Muscular strength
- Muscle endurance
- Movement efficiency (coordination)
- Mindfulness

You may be shocked to discover that if you're completely new to yoga, you'll likely notice considerable improvements after just one session. You will need to continue to maintain these improvements however, we recommend every footballer to perform at least 2 x yoga-based sessions per week. In this programme, we've provided sessions 4 that you can continue to repeat throughout the season at key times during the week (outlined further down in this guide).

The yoga sessions included are low intensity, time efficient and can further reduce injury risk thanks to correcting muscular imbalances and improving posture and joint stability.

For more JOGA workouts head to: <https://www.jogaworld.com/>



THE PROGRAMME

PART 1: BODYWEIGHT & FAT BURN WORKOUTS

There are 4 workouts each lasting a maximum of 30 minutes. You should complete each of the workouts once per week, totalling 4 workouts per week. You will then complete this cycle for the full 4 weeks.

These workouts will form ALL strength-based training during your week, do not do any of your own strength-based sessions alongside these workouts. This will ensure maximum results, minimise interference and avoid over-training.

There are two important times these workouts can be scheduled:

1. Early in the morning/ as far away from team training as possible
2. Straight after your team training session

This way you can ensure you're not fatigued for your team training sessions and still allow sufficient time for your body to recover, adapt and grow. Please ensure you schedule a complete rest day the day before your match to avoid and DOMS (delayed onset of muscle soreness) on match days.

If you feel you are over-training, simply do 3 workouts that week instead of 4 or adjust the number of sets for each workout. Each workout should be performed like a circuit, completing one set of each exercise before moving onto the next and then repeating the circuit until the workout is complete. For single leg exercises simply do 2 sets on each leg (not 4 sets on both).

PART 2: YOGA WORKOUTS

There are also 4 yoga workouts, these are very low intensity and so will not risk over-training. As detailed on each of the yoga videos, there are 4 key times to schedule each yoga session:

1. Just before training
2. Before your match
3. Straight after training/matches
4. On your active recovery day

EACH WEEK YOU WILL DO:

- 4 x Bodyweight Conditioning & Fat Burn Workouts (high intensity)
- 4 x Yoga Workouts (low intensity)
- Repeat for 4 weeks



PROGRAMME SCHEDULE

EXAMPLE WEEKLY SCHEDULE

DAY	1	2	3	4	5	6	7
YOGA WORKOUT	✓	✓	REST	✓	✓	REST	REST
BODYWEIGHT & FAT BURN WORKOUT	✓	✓		✓	✓		
INSTRUCTIONS:	<ul style="list-style-type: none"> IF YOU ARE NOT CURRENTLY TRAINING WITH A TEAM, FOR MAXIMAL RESULTS WE RECOMMEND ALWAYS PERFORMING THE YOGA WORKOUTS BEFORE YOUR BODYWEIGHT AND FAT BURN WORKOUT. IF YOU ARE, SCHEDULE THE YOGA WORKOUTS AS OUTLINED ON THE PREVIOUS PAGE. REPEAT THIS SCHEDULE FOR 4 WEEKS. 						

BOYWEIGHT & FAT BURN WORKOUTS

BODYWEIGHT & FAT BURN WORKOUT 1

EXERCISE	WEEK	TIME ON	TIME OFF	ROUNDS
1. PRESS UP WALKS	1	30 SECS	20 SECS	4
2. OPEN CLOSE JUMPS				
3. LATERAL ROCK	2	30 SECS	10 SECS	4
4. OBLIQUE MOUNTAIN CLIMBER	3	35 SECS	15 SECS	4
5. STAR JUMPS				
6. RDL'S	4	35 SECS	10 SECS	4
7. ELBOW TO KNEE SKIP				

INSTRUCTIONS:

- REPEAT REPS OF EACH EXERCISE FOR GIVEN "TIME ON" THEN REST FOR "TIME OFF" BEFORE MOVING ONTO THE NEXT EXERCISE.
- PERFORM THE EXERCISES IN A CIRCUIT, ONCE ALL EXERCISES HAVE BEEN PERFORMED ONCE YOU HAVE COMPLETED 1 ROUND.
- THERE IS NO ADDITIONAL REST TIME BETWEEN ROUNDS, REST FOR THE NORMAL "TIME OFF" AND THEN MOVE STRAIGHT ONTO THE NEXT ROUND UNTIL ALL ROUNDS HAVE BEEN COMPLETED.



BODYWEIGHT & FAT BURN WORKOUT 2

EXERCISE	WEEK	TIME ON	TIME OFF	ROUNDS
1. PRESS UP EXTENSION	1	30 SECS	20 SECS	4
2. FORWARD BACKWARDS JUMPS				
3. PULSING WIDE SQUAT	2	30 SECS	10 SECS	4
4. INVERTED PRESS UP	3	35 SECS	15 SECS	4
5. SKATER HOPS				
6. SPLIT SQUAT	4	35 SECS	10 SECS	4
7. SQUAT THRUSTS				

INSTRUCTIONS:

- REPEAT REPS OF EACH EXERCISE FOR GIVEN "TIME ON" THEN REST FOR "TIME OFF" BEFORE MOVING ONTO THE NEXT EXERCISE.
- PERFORM THE EXERCISES IN A CIRCUIT, ONCE ALL EXERCISES HAVE BEEN PERFORMED ONCE YOU HAVE COMPLETED 1 ROUND.
- THERE IS NO ADDITIONAL REST TIME BETWEEN ROUNDS, REST FOR THE NORMAL "TIME OFF" AND THEN MOVE STRAIGHT ONTO THE NEXT ROUND UNTIL ALL ROUNDS HAVE BEEN COMPLETED.

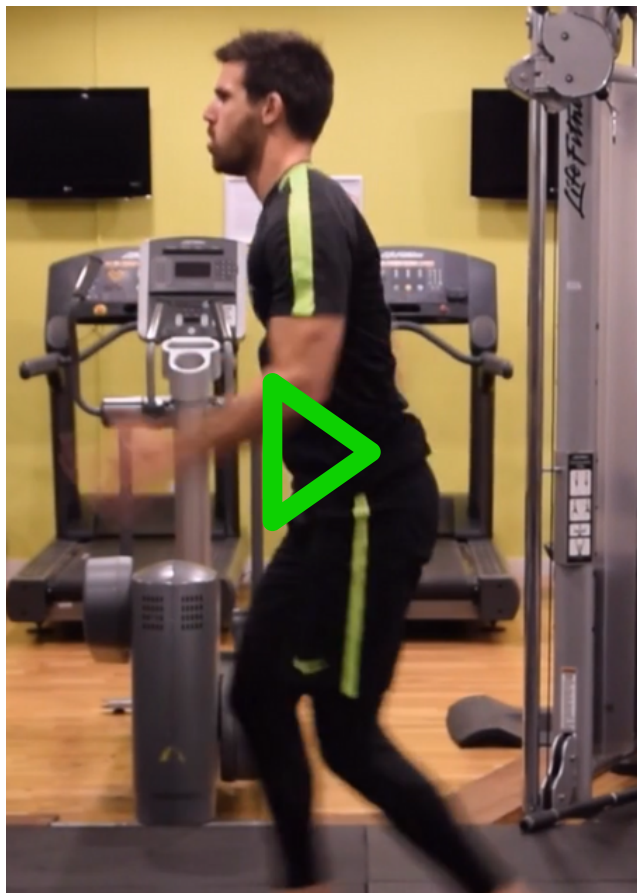


BODYWEIGHT & FAT BURN WORKOUT 3

EXERCISE	WEEK	TIME ON	TIME OFF	ROUNDS
1. SPIDERMAN CRAWL	1	30 SECS	20 SECS	4
2. HIGH KNEE JOG				
3. GLUTE RAISES	2	30 SECS	10 SECS	4
4. TRICEP EXTENSION	3	35 SECS	15 SECS	4
5. RUNNING STRADDLE				
6. DIAGONAL LUNGES	4	35 SECS	10 SECS	4
7. REBOUND KNEE-TUCK JUMPS				

INSTRUCTIONS:

- REPEAT REPS OF EACH EXERCISE FOR GIVEN "TIME ON" THEN REST FOR "TIME OFF" BEFORE MOVING ONTO THE NEXT EXERCISE.
- PERFORM THE EXERCISES IN A CIRCUIT, ONCE ALL EXERCISES HAVE BEEN PERFORMED ONCE YOU HAVE COMPLETED 1 ROUND.
- THERE IS NO ADDITIONAL REST TIME BETWEEN ROUNDS, REST FOR THE NORMAL "TIME OFF" AND THEN MOVE STRAIGHT ONTO THE NEXT ROUND UNTIL ALL ROUNDS HAVE BEEN COMPLETED.



BODYWEIGHT & FAT BURN WORKOUT 4

EXERCISE	WEEK	TIME ON	TIME OFF	ROUNDS
1. SCORPION TWISTS	1	30 SECS	20 SECS	4
2. KNEE DRIVES				
3. SQUAT KICKS	2	30 SECS	10 SECS	4
4. EXPLOSIVE PRESS UPS	3	35 SECS	15 SECS	4
5. REVERSE LUNGE SQUAT JUMPS				
6. SPLIT-LEGGED CLIMBERS	4	35 SECS	10 SECS	4
7. SQUAT SPRINT				

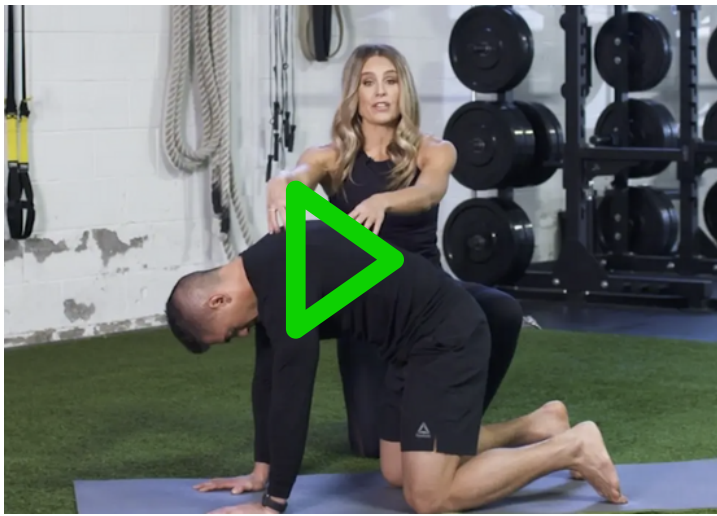
INSTRUCTIONS:

- REPEAT REPS OF EACH EXERCISE FOR GIVEN "TIME ON" THEN REST FOR "TIME OFF" BEFORE MOVING ON TO THE NEXT EXERCISE.
- PERFORM THE EXERCISES IN A CIRCUIT, ONCE ALL EXERCISES HAVE BEEN PERFORMED ONCE YOU HAVE COMPLETED 1 ROUND.
- THERE IS NO ADDITIONAL REST TIME BETWEEN ROUNDS, REST FOR THE NORMAL "TIME OFF" AND THEN MOVE STRAIGHT ON TO THE NEXT ROUND UNTIL ALL ROUNDS HAVE BEEN COMPLETED.

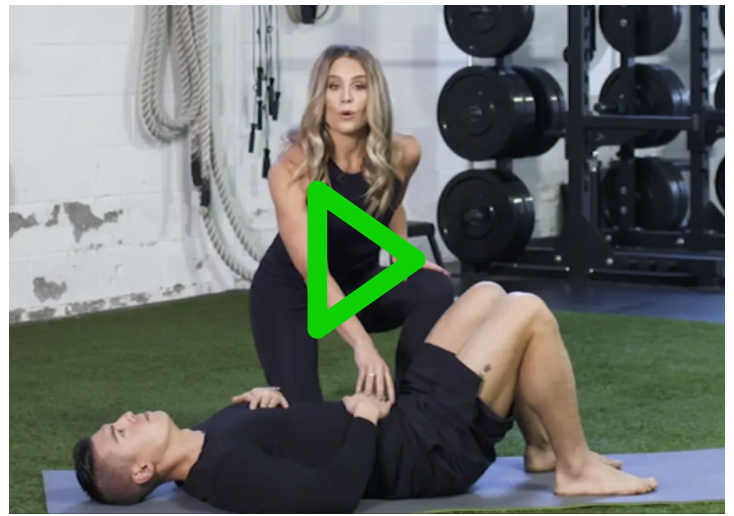


YOGA WORKOUTS

**PRE-TRAINING YOGA:
20 MINUTES**



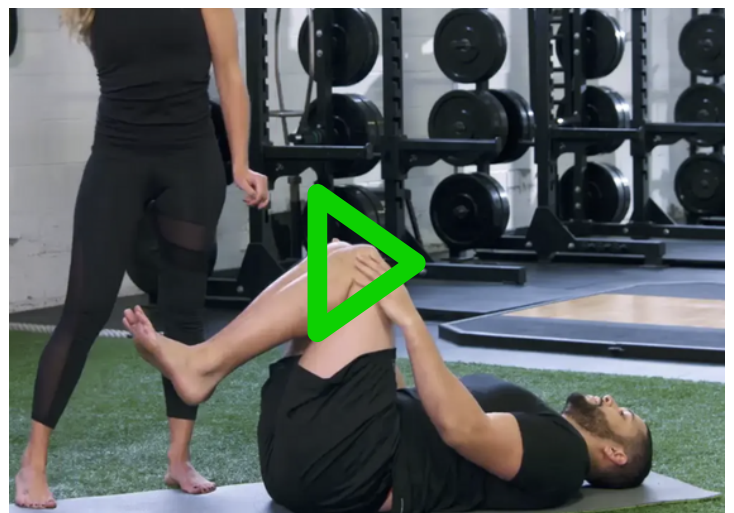
**PRE-MATCH YOGA:
5 MINUTES**



**POST-MATCH & TRAINING
YOGA: 10 MINUTES**



**RECOVERY DAY YOGA:
50 MINUTES**



AUDIO LESSONS

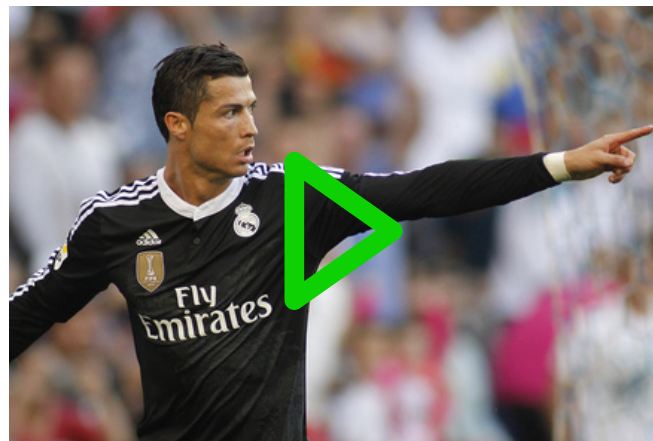
***WHAT'S THE IDEAL BODY
FAT % FOR A FOOTBALLER?***



***HOW TO LOSE FAT DURING
THE SEASON***



***SHOULD FOOTBALLERS DO
INTERMITTENT FASTING?***



***THE BENEFITS OF
TRAINING BAREFOOT***



A man with a beard and short hair is running on a treadmill in a gym. He is wearing a black t-shirt with 'MATCHFIT' and a Nike logo on it. The gym has yellow walls and various pieces of equipment like treadmills and weight machines. The text 'THANK YOU' is overlaid in large white letters.

THANK YOU

FOR TRAINING WITH

MATCHFIT™
CONDITIONING

MATCHFITCONDITIONING.COM