PROJECT FUNCTION
MORGAN HILL

Assigned In-Season Homework - Toros MLS Next

CLASS FOCUS & GOALS

DATE: 10.8.26 - 11.16.26

Objectives

1. **Establish what athletes should be doing for homework during the season**
2. **Preparation for off-season training; Improve strength & conditioning during winter break**
3. **Reach out with any questions regarding this program or off-season training camps and memberships**

MYOFASCIAL RELEASE (MFR) (25-35 MIN)

Muscle / Area	Tool	Time	Notes
Serratus Anterior	3” FP Black Ball or Lacrosse Ball	2-5 minutes per side	Lie down on side
Lats	FP Roller or 5” FP Red Ball or Softball	2-5 minutes per side	Lie down on side
Infraspinatus	3” FP Black Ball or Lacrosse Ball	2-5 minutes per side	Lie down with chest facing 45 degrees up
T-spine Mobilization	FP Roller	2-5 minutes	Lay down on back
Rectus Femoris	FP Roller or 5” FP Red Ball or Softball	2-5 minutes per side	Lie down on stomach, bring other leg out to side with knee bent
Adductors	5” FP Red Ball or Softball	2-5 minutes per side	Lie down on side, bend leg to 90 degrees
Anterior 45’s	FP Roller 3” FP Black Ball or Lacrosse Ball	2-5 minutes per side	Lie down with chest facing 45 degrees down
Posterior 45’s	FP Roller or 3” FP Black Ball or Lacrosse Ball	2-5 minutes per side	Lie down with chest facing 45 degrees up
Calves	5” FP Red Ball 3” FP Black Ball or Lacrosse Ball	2-5 minutes per side	Sitting on the ground, knees extended, one leg on top of leg being released
Anterior Tibialis	3” FP Black Ball or Lacrosse Ball	2-5 minutes per side	Start on all fours with knees on the ground; lean forward and put ball under the shin. Shift body back to put weight on leg.

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MAIN WORKOUT (45-60 MIN)

Circuit 1

Exercise	Equipment	Sets	Reps	Intensity	Tempo	Rest	Cues/Modifications
Horizontal Row	Cable machine/ Bands	2-3	12-20	-2 RR	2-1-2	30-60s between each set	Stand in an upright position, start with arm reaching forward, and row arm until elbow is bent at 90°
Horizontal Press	Cable machine/ Bands	2-3	12-20	-2 RR	2-1-2	30-60s	Stand at a ready position, start with elbows at 90° and press handle until elbow is very slightly bent
Lat Pulldown	Cable machine/ Bands	2-3	12-20	-2 RR	2-1-2	30-60s	Only pull down to 90° at the elbows; face elbows not to the side, but to a 45° angle
Pec Fly	Cable machine/ Bands	2-3	12-20	-2 RR	2-1-2	30-60s	Elbows bent, curl wrists when bringing arms together, extend wrists when bringing arms back to start
Transverse Twist	Cable machine/ Bands	2-3	12-20	-2 RR	2-1-2	30-60s	Use core and glute muscles to prevent pelvis from rotating
Bicep Curls + Partial Spine Lateral Flexion	Dumbbells	2-3	12-20	-2 RR	2-1-2	30-60s	Curl one dumbbell in front of that same shoulder and bend & rotate the spine towards that same curling arm; keep lumbar vertical and bend from the T-spine
Bilateral Stance Single Arm Shoulder Press	Dumbbell	2-3	12-20	-2 RR	2-1-2	30-60s	Start with dumbbell curled in front of shoulder and spine bent & rotated toward that arm, then press dumbbell upwards and bend spine away from dumbbell
FP Squat	BW/ Dumbbells	2-3	12-20	-2 RR	2-1-2	30-60s	Stand with feet underneath hips, knees and feet facing straight forward, and squat until knees are at 95°, and spine is parallel to shin bones
Sit-up Extensions	Dumbbells	2-3	12-20	-2 RR	2-1-2	30-60s	Lie on your back with knees bent and feet on the ground; do an abdominal crunch and then extend your spine so that your spine is roughly 45° relative to the ground

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