

LIONEL MESSI

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Lionel Messi

Workout Routine:

Training Volume:

5+ days per week

Explanation:

There are two workout routines. Alternate between the two on different days, and you can also utilize training methods programmed for both [Neymar](#) and [Ronaldo](#) if you'd also like some strength training like a soccer star as well.

WORKOUT 1 — LINEAR SPEED

	MOVEMENT	SET S	REPS
Movement Preparation	Pillar bridge – front	2	30 seconds
	Knee hug lunge	1	4 each side
	Inverted hamstring stretch	1	4 each side
	Pillar skip – linear	1	15 yards
	Rapid response 2-foot – linear	2	5 seconds
Plyometrics	Hurdle hop	2-3	5 hurdles each
	Split squat jump	2-3	4 each side

Movement Skills	Acceleration wall drill – marching	2	5 each side
	Acceleration wall drill – single exchange	2	5 each side
	Acceleration wall drill – triple exchange	2	5 each side
	Acceleration – split stance	3-5	10 yards
	Acceleration to base	3-5	10 yards

WORKOUT 2 — MULTIDIRECTIONAL SPEED

	MOVEMENT	SETS	REPS
Movement Preparation	Pillar bridge – lateral	2	30 seconds
	Lateral lunge	1	4 each side
	Rotational lunge stretch	1	4 each side
	Pillar skip – lateral	1	10 yards each side
	Rapid response 1-foot lateral base	2	5 seconds
Plyometrics	Hurdle hop – lateral	2-3	5 hurdles each
	Lateral bound	2-3	4 each side
Movement Skills	Lateral shuffle to cut	2-3	4 each side
	3-hurdle drill – stabilization	2	3
	3-hurdle drill – continuous	2	3
	3-hurdle drill to dropstep	2	3 each side
	Mirror drill	3-4	5-10 seconds