



## The Studio 5 Soccer Mom Workout

*Personal Trainer Jeni Nielsen is giving out her secrets to toning up with a soccer ball. No need to waste precious time sitting and watching everyone else get in a sweat session, you can get up and join in the fun of feeling healthy and toned.*

Set your interval timers for 20 seconds recovery and 50 seconds of work. This will be a 12 minute interval training workout with a soccer focus.

5 exercises using the soccer ball with all 5 exercises using our stabilizer muscles of the trunk (core activation and balance).

In between each exercise we do a cardiovascular soccer drill using the cones.

#1- push up with pike. (one foot or both feet on soccer ball) 50 sec.

recovery 20 sec.

Then jump up and run ladders from cone to cone. 50 sec.

#2- single leg squat (one foot on the soccer ball), do 4 squats on one side and then switch sides.

50 sec.

recovery 20 sec.

Agility run from cone to cone.

#3- 1x tricep push up, 1x plank jack (one hand on the soccer ball, then roll the soccer ball to the other hand and repeat) 50 sec.

recovery 20 sec.

Side shuffle cone to cone 50 sec.

#4- abdominal crunch using the soccer ball (switching the ball between legs and hands). 50 sec.

recovery 20 sec.

Commando roll 4x mountain climbers cone to cone. 50 sec.

#5- alternating soccer ball push up with spider knee (one hand on soccer ball, then roll the ball to the other side and repeat) 50 sec.

recovery 20 sec.

Agility soccer skater cone to cone.

*For questions about the Soccer Mom workout you can find Jeni Nielsen on Facebook or email her at [jen.fungirl@gmail.com](mailto:jen.fungirl@gmail.com)*