



March 2023

23

Tue

24

Wed

25

Thu

26

Fri

27

Sat

Workouts

Dumbbell Squat to a bench

Lying Hamstring

On your side Quad stretch

One arm flat bench dumbbell flye

Calories

857 Calories Consumed

Soccer

Goalkeeper training

Team training





Calories



Peanut Butter Sandwich

Peanut Butter Sandwich
478 cal



Peanut Butter Sandwich
Cookie
478 cal

Peanut Butter Cream-Filled
Sandwich Cookie
478 cal

Cookies, Peanut Butter
Sandwich, Regular
478 cal

Peanut Butter Sandwich
Cookies
520 cal

Calories Summary

Calories Summary

Peanut Butter Sandwich

478 cal

Minestrone Soup

61 cal

Lettuce Salad

13 cal

Beef Steak

228 cal

High Protein Milk Shake

77 cal

857 Calories Consumed





Workout



Squat

Barbell Full Squat

Barbell Hack Squat

Barbell Squat

Bodyweight Squat

Box Squat

Box Squat with bands

Box Squat with chains

Chair Squat

Dumbbell Squat

Dumbbell Squat to a bench



Frankenstein Squat

Freehand Jump Squat

Workouts Summary



Workouts Summary

Dumbbell Squat to a bench

Lying Hamstring

On your side Quad stretch

One arm flat bench dumbbell flye



Dumbbell Squat to a bench

− 2 **+**
Sets

− 15 **+**
Reps

− 70 **+**
Weight



Soccer Training

Soccer Game

Goalkeeper training



Scrimmage

Team training



Personal training

Soccer Summary



Soccer Summary

Goalkeeper training

Team training