

XF

GOALKEEPER CONDITIONING

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



4 lunge step-ups



20 side-to-side lunges



10 lunge step-ups



20 punches



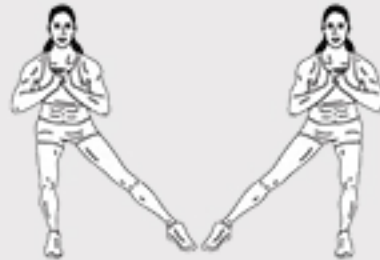
4 lunge step-ups



20 punches



4 lunge step-ups



4 side-to-side lunges



4 lunge step-ups