GIRLS SOCCER LIFTING PROGRAM

LOWER BODY = 12-15 REPS

LEGS

		Date:	//	Date:	/ /	Date:	/ /	Date:	/ /
	Set	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squat/	1	15							
Leg Press	2								
	3								
Lunge/	1	12							
Walking	2								
Lunge	3								
Leg	1	12							
Extensions	2								
	3								
Leg Curl	1	12							
	2								
	3								
Calf	1	15							
Raise	2								
Abductions	1	15							
	2								
Adductions	1	15							
	2								

<u>ABS</u>

		Date: / /		Date: / /		Date: / /			Date: / /		
	Set	Reps	Weight	Reps	Weight	Reps	Weight		Reps	Weight	
Lying/Ball	1	15									
Crunch	2										
Leg Raises/	1	15									
Knee Raises	2										
Oblique	1	15									
Crunch	2			·					·		

UPPER BODY = 8-12 REPS

			UPPE	K BUD I	= 0 - 12 F	\L	<i>- - - - - - - - - -</i>					
Name:												
				_								
<u>CHEST</u>		5 4	, ,	D 4	, ,		5.4	, ,		5 4	, ,	
Ī	Set	Date: Reps	/ / Weight	Date:	/ / Weight		Date: Reps	/ / Weight		Date: Reps	/ / Weight	
Bench	1	12	Weight	Neps	weigni		Neps	weignt	H	Neps	weight	
Bonon	2	8										
	3	8										
	4	12										
Flys	1	12										
Walking	2			_					Ш			
Lunge	3											
BACK												
<u> </u>		Date:	Date:	Date: / /			Date: / /			Date: / /		
	Set	Reps	Weight	Reps	Weight		Reps	Weight		Reps	Weight	
Lat Pull	1	12										
Downs/	2											
Pull Ups	3		\vdash						Ш			
0: 1 1	4	40		_		H			Н			
Single Arm	1	12	-	_					Н			
Rows	3	12 8							Н			
Seated Rows	1	12							H			
ocatea Rows	2	12							П			
	3											
SHOULDE	<u>RS</u>			_								
Ī		Date:		Date:	/ /		Date:	/ /		Date:	/ /	
	Set	Reps	Weight	Reps	Weight		Reps	Weight	Ц	Reps	Weight	
Military	1	12							Н			
Press	3			_					Н			
Lateral	1	12							H			
Raises	2	12							П			
14	3											
BIC-EPS				_								
		Date:		Date:	/ /		Date:	/ /		Date:	/ /	
	Set	Reps	Weight	Reps	Weight	Ц	Reps	Weight	Ц	Reps	Weight	
Preacher	1	12	-	_					Н			
Curls	3		-	_					Н			
Standing	1	12		_					H			
Alternating	2	12							П			
Curls	3											
		-							_			
TRI-CEPS		_		_			_			_		
ī		Date:		Date:	/ /		Date:	/ /		Date:	/ /	
0	Set	Reps	Weight	Reps	Weight		Reps	Weight	H	Reps	Weight	
Overhead Extensions	1	12	 						H			

Kick

Backs

1

2

12