

## HDvHS Girls Soccer Weight Lifting Program

## Upper Body:

- 1. Runners – 2x 20**  
Hold weight in each hand, move arms in a running motion.
- 2. Shoulder Shrugs – 2x20**  
Hold weight in each hand. Shrug shoulders up & down, slowly and controlled.
- 3. Bench Press – 2x 10**
- 4. Bicep Curls – 2x15**  
Place weight in hands with palms facing up. Bring weight to shoulder and back down in a smooth, controlled motion.
- 5. Tricep Dips – 2 x 10**  
Rest your palms, fingers forward, on a table or chair, your heels on the ground, and bend your elbows until they're bent 90 degrees.

## Lower Body:

- 6. Squats – 2x20**
- 7. Overhead Press Lunges – 2x10 each leg**  
Stand with feet shoulder width apart. Hold free weight with two hands on either end of the dumbbell, and hold straight out (arms parallel to the floor). Step forward with right foot as far as possible while maintaining balance. Left knee should almost touch the floor. Left toes should remain planted. At the same time you step, raise the weight above your head to achieve full arm extension. Return to starting position. Alternate starting foot.
- 8. Calf Raises – 2x20 each leg**
- 9. Single Leg Squats – 2x10 each leg**
- 10. Wall Sits – 3 x 30 seconds**

## Back/Full Body:

- 11. Reverse Snow Angels – 3x 5**  
Lay flat on the ground, face first. Lift arms 6 inches off the ground and slowly bring them around to the top of your head, thumbs touching, as if you were making a snow angel in the air. Bring arms back to starting position. Do not let arms touch the ground until the set is over.
- 12. Dolphin Kicks – 3x5**  
Lay on a bench, face first. Hips should be just off the bench. Contract your back to raise your legs off of the floor, straight in line with your body and above your head like a dolphin. Repeat 5 times without touching your feet to the floor.
- 13. Superman – 2x10 (hold the last one for 15 seconds)**
- 14. Bird Dogs – 2x10 on each side**  
Start in a table top position with knees and hands on the floor. Make sure your back is straight, not arched up or caved in. Head should be neutral, eyes looking at the floor. Slowly & simultaneously raise your right hand forward and extend your left leg back until they are parallel with the floor. Slowly set them back down, and proceed with the other side.
- 15. Table Push-ups – 2x10**  
Start in a seated spider position, feet flat and hands behind shoulders. Press hands and feet into ground, lifting core upwards until your back/core is as flat as possible, in a table top position. Repeat without sitting all the way back down.

