

## 2016 RHS Girls XC

Name: \_\_\_\_\_

3 Sets each exercise

GRP	Exercise	Reps	26-Jun		3-Jul		10-Jul		17-Jul		24-Jul		31-Jul	
	Squat	8												
	Single Leg RDL	6 / 12												
A	Lunge	6												
	Side Lunge	6												
	Dumbbell-Deadlift	8		28-Jun		5-Jul		12-Jul		19-Jul		26-Jul		2-Aug
	Bench Press	6												
	Goblet Squat	8												
B	Thruster Press	6												
	BO Dumbbell Row	8 / 16												
	Glute Bridges	10	30-Jun		7-Jul		14-Jul		21-Jul		28-Jul		4-Aug	
	Reverse Lunge	6 / 12												
	Split Squat	6 / 12												
C	Roman Chair	20												
	Lateral Step Up	6 / 12												
	Kneeling Press	10												