










# Cedar Rapids Kennedy Girls Track and Field - Strength Training Program






## 1. Core

Plank		
	<b>Reps / Time:</b> 30 Seconds	<b>Sets:</b> 1 Set
Russian Twist		
	<b>Reps / Time:</b> 10 Reps	<b>Sets:</b> 1 Set
Scorpion		
	<b>Reps / Time:</b> 5 Reps	<b>Sets:</b> 1 Set
Back Extensions		
	<b>Reps / Time:</b> 10 Reps	<b>Sets:</b> 1 Set
Push Up		
	<b>Reps / Time:</b> 15 Reps	<b>Sets:</b> 1 Set
Leg Raise		
	<b>Reps / Time:</b> 10 Reps	<b>Sets:</b> 1 Set
Single-Leg Bridge		
	<b>Reps / Time:</b> 15 Reps Each Leg	<b>Sets:</b> 1 Set



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### 2. Upper Body

Rotational Shoulder Press		
 <p><b>Rotational Shoulder Press</b> 6-8 reps</p>	<b>Reps / Time:</b> 6 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set
Alternating Rows		
 <p><b>Alternating Row</b> 10-12 reps</p>	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set
Bent-Over Rows		
 <p><b>Bent-Over Row</b> 12 reps</p>	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set
Reverse Fly		
 <p><b>Reverse Fly</b> 12 reps</p>	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set
Single Weighted Situp		
 <p><b>Single-Side Weighted Situp</b> 12 reps</p>	<b>Reps / Time:</b> 12 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set



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**3. Lower Body**

<b>Deadlift</b>		
	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set
<b>Lunge</b>		
	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1 Set
<b>Squat</b>		
	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1-Set
<b>Calf Raise</b>		
	<b>Reps / Time:</b> 10 Reps <b>Weight:</b> 10-lb Dumbbell	<b>Sets:</b> 1-Set