

RAIDER SOFTBALL

SUMMER 2009 LIFT BLOCK #1

TUESDAY

EXERCISE	SETSxREPS	DATE				
		19-May	26-May	2-Jun	9-Jun	16-Jun
Back Squat	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
Barbell RDL	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
Barbell Bench Press	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
Barbell Bent Over Row	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
Manual Internal Rotation	2x10					
Manual External Rotation	2x10					
Leg Lift Behind the Head	3x20					

RAIDER SOFTBALL SUMMER 2009 LIFT BLOCK #1 THURSDAY

EXERCISE	SETSxREPS	DATE				
		21-May	28-May	4-Jun	11-Jun	18-Jun
DB Single Leg Squat	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
DB Single Leg RDL	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
DB 35^ Incline Press	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
DB Single Arm Row	x10					
<i>warm-up, then use chart</i>	x10					
<i>max+0 last set</i>	x10					
Manual Lateral Raise	x10					
Manual Front Raise	x10					
Weighted Crunch	2x50					
Superwoman's	2x25 L/R					