

Lady Elks Volleyball

2009 Spring/Summer Weight Room

Bench	2 sets of 8
Squat	2 sets of 8
Bicep curls	2 sets of 8
Tricep extension	2 sets of 8
Shoulder raises	2 sets of 8
Back row	2 sets of 8
Straight-leg dead lift	2 sets of 8
Calf raises	2 sets of 30
Push ups (GOOD ONES)	4 sets of 5