

STRENGTH WORK OUT CARD

Sport: Lacrosse

DAY 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Exercise / Date								
Warm Up								
Chinups (palms facing you) weighted if possible	6X	6X	7X	8X	8X	9X	10X	10X
	6X	6X	5X	8X	8X	4X	10X	6X
	-----	6X	7X	-----	8X	9X	-----	10X
Dumb Bell Squat Jumps	6X	6X	6X	8X	8X	8X	10X	10X
	6X	6X	6X	8X	8X	8X	10X	10X
Squat 15 jack knives >> 15 back extension >> 75 jump rope >>	-----				5X	5X	5X	5X
	8X	8X	10X	10X	8X	8X	8X	8X
	8X	10X	10X	10X	10X	10X	8X	8X
	8X	10X	10X	10X	10X	10X	8X	8X
	8X	10X	10X	10X	10X	10X	8X	8X
2 DB Squat & push	10X	10X	10X	10X	10X	8X	8X	6X
Bench Press 15 jack knives >> 15 back extension >> 75 jump rope >>	5X	5X	5X	5X	5X	5X	5X	5X
	12X	12X	12X	9X	10X	7X	7X	8X
	12X	12X	12X	9X	10X	7X	7X	8X
	12X	12X	12X	9X	10+	7X	7X	8X
	-----			9X		7X	7X	8X
DB Lunge	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg
2 DB lunge and curl	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg
Standing DB Shoulder Press	10X	12X	10X	9X	8X	8X	7X	6X
	10X	12X	10X	9X	8X	8X	7X	6X
	10X	12X	10X	9X	8X	8X	7X	6X
DB Lateral Raises	12X	12X	12X	12X	12X	12X	12X	12X

WARMUP

should be a minimum of
10 minutes

7 min Jog
25 Jumping Jacks
100 Jump Rope
5 Pushup Claps
5 fingertip Pushups
5 triangle pushups

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DAY 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Exercise / Date								
Warm Up								
Dips	15X	6X	7X	8X	8X	9X	10X	10X
All the way down!	15X	6X	5X	8X	8X	4X	10X	6X
weighted if possible	-----	6X	7X	-----	8X	9X	-----	10X
Barbell Squat Jumps	6X	6X	6X	8X	8X	8X	10X	10X
(bar on back no weight)	6X	6X	6X	8X	8X	8X	10X	10X
Barbell Lunge	per leg	per leg	per leg	per leg	per leg	per leg	per leg	per leg
15 jack knives >>	8X	8X	10X	10X	5X	5X	5X	5X
15 back extension >>	8X	10X	10X	10X	8X	8X	8X	8X
					10X	10X	8X	8X
2 DB side lunge and push	4/leg	4/leg	4/leg	4/leg	4/leg	4/leg	4/leg	4/leg
Plate Squat & push	10X	10X	10X	10X	10X	8X	8X	6X
DB Incline Bench	----	----	5X	5X	5X	5X	5X	5X
15 jack knives >>	12X	12X	12X	9X	10X	7X	7X	8X
15 back extension w twist	12X	12X	12X	9X	10X	7X	7X	8X
75 jump rope >>	12X	12X	12X	9X	10+	7X	7X	8X
DB curl and press	10/arm	10/arm	10/arm	8/arm	8/arm	8/arm	7/arm	7/arm
	10/arm	10/arm	10/arm	8/arm	8/arm	8/arm	7/arm	7/arm
2 DB lunge and curl	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg	6/leg
Lat Pull Downs	10X	12X	12X	10X	10X	9X	9X	9X
(palms face you)	10X	12X	12X	10X	10X	9X	9X	9X
		12X	12X	10X	10X	9X	9X	9X
jack knives w/ plate	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12

WARMUP

should be a minimum of
10 minutes

7 min Jog
25 Jumping Jacks
100 Jump Rope
5 squat jumps
5 side lunges / leg
5 lungers per leg
5 high knee pulls

nonstop pushup series

4 push up claps
3 fingertip pushups
3 triangle pushups
2 A-B-C pushups

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DAY 3

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Exercise / Date								
Warm Up								
Pull Ups	8x	6X	7X	7X	7X	9X	10X	10X
Palm Face Away	8x	8x	8x	8X	8X	9X	10X	10X
weighted if possible	-----	8x	8x	8X	8X	9X	-----	10X
Barbell Squat Jumps	6X	6X	6X	8X	8X	8X	10X	10X
(bar on back no weight)	6X	6X	6X	8X	8X	8X	10X	10X
Front Squat	6x Bar	6x Bar	6x Bar	6x Bar	6x Bar	6x Bar	6x Bar	6x Bar
15 jack knives >>	8X	8X	10X	10X	5X	5X	5X	5X
15 back extension >>	8X	10X	10X	10X	8X	8X	8X	8X
	8X	10X	10X	10X	10X	10X	8X	8X
Plate Squat & push	10X	10X	10X	10X	10X	8X	8X	6X
DB Bench Press	----	-----	12X	9x	9x	9X	6X	6X
15 jack knives >>	12X	12X	12X	9X	9X	9X	6X	6X
15 back extension w twist	12X	12X	9X	9X	9X	6X	6X	6X
75 jump rope >>	12X	12X	9X	9X	9X	6X	6X	6X
Bar Lunge and press	5/leg	5/leg	5/leg	5/leg	6/leg	6/leg	6/leg	6/leg
Bar on Front	5/leg	5/leg	5/leg	5/leg	6/leg	6/leg	6/leg	6/leg
DB Lat raise w/ hold	6 + 3 sec	6 + 3 sec	6 + 3 sec	4 + 5 sec	4 + 5 sec	4 + 5 sec	3 + 7 sec	3 + 7 sec
Hammer Curls	10X	12X	12X	10X	10X	9X	9X	9X
	10X	12X	12X	10X	10X	9X	9X	9X
		12X	12X	10X	10X	9X	9X	9X
Jack knives w/ plate	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12

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