

Lacrosse Pre-Season Workout

Weights	Reps	Running
Barbell bench press	10	Stretch
Crunches	25	Run 1 mile in 8 min or less
Barbell bench press	10	Stretch/rest 4 min
Crunches	25	Run 1 mile--sprint the straight away; jog the curve
Barbell bench press	10	Stretch/rest 4 min
Crunches	25	Sprints--sprint 25; jog 25; repeat
Shoulder Press	10	[repeat for 3 lengths of football field]
Barbell Squat	10	
Shoulder Press	10	
Barbell Squat	10	
Shoulder Press	10	
Barbell Squat	10	
Dumbbell Standing triceps extension	10	
Airbike	25	
Dumbbell Standing triceps extension	10	
Airbike	25	
Dumbbell Standing triceps extension	10	
Airbike	25	
Dumbbell 1-arm row	10	
Leg press	10	
Dumbbell 1-arm row	10	
Leg press	10	
Dumbbell 1-arm row	10	
Leg press	10	
Bicep Curls	10	
Leg lifts	25	
Bicep Curls	10	
Leg lifts	25	
Bicep Curls	10	
Leg lifts	25	