

LACROSSE OFF-SEASON PROGRAM

Weeks 1 - 4 : Strength Training

Days 1 & 3	Muscle Group	Exercise		Reps
	Chest	Barbell Bench Press	5	8, 6, 4, 2, 1
	Shoulders	Barbell Military Press	5	8, 6, 4, 2, 1
	Chest	Incline Barbell Bench Press	5	8, 6, 4, 2, 1
	Legs	Legs Curls	5	10, 8, 6, 4, 2
	Triceps	Close-Grip Bench Press	4	10, 10, 8, 8
	Legs/Low Back	Good Mornings	4	15, 15, 15, 15

Days 2 & 4	Muscle Group	Exercise		Reps
	Back	Wide-Grip Lat Pull Downs	4	8, 8, 8, 8
	BI's/Forearms	Hammer Curls	4	12, 10, 8, 6
	Legs	Squats	5	10, 8, 6, 4, 2
	Legs	Leg Extensions	4	8, 8, 6, 6
	Back	Bent-Over Barbell Rows	4	8, 8, 8, 8
	Legs	Lunges	4	10, 8, 8, 6

Weeks 5- 8 : Power Training

Days 1 & 3	Muscle Group	Exercise		Reps
	Chest	Dumbbell Bench Press	3	10, 10, 10
	Shoulders	Push Press	3	12, 12, 12
	Chest	Incline Dumbbell Bench Press	3	12, 12, 12
	Legs	Legs Curls	3	12, 12, 12
	Chest/Shoulders	Dips	2	Failure
	Legs	Calf Raises	3	20, 20, 20

Days 2 & 4	Muscle Group	Exercise		Reps
	Back	Wide-Grip Pull Ups	2	Failure
	BI's/Forearms	Reverse Curls	3	12, 12, 12
	Legs	Squats	4	10, 10, 10
	Legs	Box Steps	3	12, 12, 12
	Back	T-Bar Rows	3	12, 12, 12
	Legs	Power Cleans	3	10, 10, 10

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Weeks 9 - 12 : Strength Training

Days 1 & 3	Muscle Group	Exercise		Reps
	Chest	Barbell Bench Press	5	8, 6, 4, 2, 1
	Back	Close-Grip Lat Pull Downs	4	8, 8, 8, 8
	Shoulders	Barbell Military Press	5	8, 6, 4, 2, 1
	Legs	Leg Curls	5	10, 8, 6, 4, 2
	Legs/Low Back	Good Mornings	4	15, 15, 15, 15
	Chest	Incline Barbell Bench	5	8, 6, 4, 2, 1

Days 2 & 4	Muscle Group	Exercise		Reps
	Legs	Squats	5	10, 8, 6, 4, 2
	Legs	Dead Lift	5	10, 8, 6, 4, 2
	Biceps	Preacher Curls	4	12, 10, 8, 6
	Triceps	Triceps Push Downs	4	12, 10, 8, 6
	Bi's/Forearms	Reverse Curls	4	12, 10, 8, 6
	Triceps	Triceps Kick Backs	4	12, 10, 8, 6
	Bi's/Forearms	Hammer Curls	4	8, 8, 6, 6

Weeks 13- 16 : Power Training

Days 1 & 3	Muscle Group	Exercise		Reps
	Chest	Dumbbell Bench Press	3	12, 12, 12
	Back	Close-Grip Pull ups	3	Failure
	Shoulders	Push Press	3	12, 12, 12
	Legs	Leg Curls	3	15, 15, 15
	Legs	Calf Raises	3	20, 20, 20
	Chest/Shoulders	Dips	3	Failure

Days 2 & 4	Muscle Group	Exercise		Reps
	Legs	Power Cleans	3	10, 10, 10
	Legs	Box Steps	3	12, 12, 12
	Biceps	Concentration Curls	4	15, 15, 15, 15
	Triceps	Tricep Curls	4	15, 15, 15, 15
	Triceps	Bench Dips	3	Failure
	Bi's/Forearms	Hammer Curls	3	12, 12, 12