

Dakota Lacrosse
Friday Total Body Lift or Day 3

Station #	Lifts/Exercise TOTAL BODY	Week	1	2	3	4	5	6	7
		Intense %	3x 12 75%	3 x 12 75%	3 x 10 80%	3 x 10 80%	3 x 8 85%	4 x 6 60%	4 x 6 60%
		Rep Range	<u>Achieve better performance from previous lift</u>						
		Record Weight In Top Cells, Reps Completed In Bottom							
	Shoulder Shocker	8-12	/	/	/	/	/	/	/
	Shoulder Shocker	8-12	/	/	/	/	/	/	/
	Shoulder Shocker	8-12	/	/	/	/	/	/	/
	Shrugs	8-12	/	/	/	/	/	/	/
	Bench	Refer to Calendar	/	/	/	/	/	/	/
	Bench	Refer to Calendar	/	/	/	/	/	/	/
	Bench	Refer to Calendar	/	/	/	/	/	/	/
	Squat	Refer to Calendar	/	/	/	/	/	/	/
	Squat	Refer to Calendar	/	/	/	/	/	/	/
	Squat	Refer to Calendar	/	/	/	/	/	/	/
	Push Press	Refer to Calendar	/	/	/	/	/	/	/
	Push Press	Refer to Calendar	/	/	/	/	/	/	/
	Push Press	Refer to Calendar	/	/	/	/	/	/	/
	Split Squats	Refer to Calendar	/	/	/	/	/	/	/
	Split Squats	Refer to Calendar	/	/	/	/	/	/	/
	Split Squats	Refer to Calendar	/	/	/	/	/	/	/
	Lateral Raise	2 x 10-12	/	/	/	/	/	/	/
	Triceps Dips	2 x 10-12	/	/	/	/	/	/	/
	Pulldowns/Pull-ups	2 x 10-12	/	/	/	/	/	/	/
	Med Ball Rotations	3 x 25	/	/	/	/	/	/	/
	Hip Airplanes		/	/	/	/	/	/	/

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