<u>Dakota Lacrosse</u> Monday Total Body or Lift Day 1

			T	1	l	I	1	T	1	1
#		Lifts/Exercise	Week	1	2	3	4	5	6	7
		TOTAL BODY	Intense	3x 12	3 x 12	3 x 10	3 x 10	3 x 8	4 x 6	4 x 6
Station		TOTAL BODY	%	75%	75%	80%	80%	85%	60%	60%
at			Rep	A	Achieve b	etter pei	formanc	e from p	orevious	lift
St			Range							
		Seated Rows	0.13	Recor	ı weigili	iii Top Ce	ens, Reps	Complet	ed In Bot	
		Seated Nows	8-12							
		Pulldown -undergrip	8-12							
		Seated Rows	8-12							
		Pulldown -undergrip	8-12							
		Bench	Refer to Calendar							
		Bench Bench	Refer to Calendar Refer to							
		Dench	Calendar							
	A	Squat	Refer to Calendar							
	Total Body	Squat	Refer to Calendar Refer to							
	tal I	Squat Hong Cloops	Calendar Refer to							
	$\overline{\Gamma_0}$	Hang Cleans Hang Cleans	Calendar Refer to							
		Hang Cleans	Calendar Refer to							
		S.L.D.L	Calendar Refer to Calendar							
		S.L.D.L	Refer to Calendar							
		S.L.D.L	Refer to Calendar							
	7.0									
	Arms	External Rotation	2 x 10-12 2 x 10-12							
	A	DB Curls	2 x 10-12 2 x 10-12							
		Pull-ups	2 X 10-12							
	Abs	Hanging Leg Raises	3 x 25							
		Low Back Extension								

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