

Dakota Lacrosse
Monday Total Body or Lift Day 1

| 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 | | | | | | |
| | Seated Rows | 8-12 | / | / | / | / | / | / | / |
| | Pulldown -undergrip | 8-12 | / | / | / | / | / | / | / |
| | Seated Rows | 8-12 | / | / | / | / | / | / | / |
| | Pulldown -undergrip | 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 | / | / | / | / | / | / | / |
| | Hang Cleans | Refer to Calendar | / | / | / | / | / | / | / |
| | Hang Cleans | Refer to Calendar | / | / | / | / | / | / | / |
| | Hang Cleans | Refer to Calendar | / | / | / | / | / | / | / |
| | S.L.D.L | Refer to Calendar | / | / | / | / | / | / | / |
| | S.L.D.L | Refer to Calendar | / | / | / | / | / | / | / |
| | S.L.D.L | Refer to Calendar | / | / | / | / | / | / | / |
| | External Rotation | 2 x 10-12 | / | / | / | / | / | / | / |
| | DB Curls | 2 x 10-12 | / | / | / | / | / | / | / |
| | Pull-ups | 2 x 10-12 | / | / | / | / | / | / | / |
| | Hanging Leg Raises | 3 x 25 | / | / | / | / | / | / | / |
| | Low Back Extension | | / | / | / | / | / | / | / |

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