

**Dakota Lacrosse**  
**Wednesday Total Body Lift or Day 2**

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	<b><u>Achieve better performance from previous lift</u></b> Record Weight In Top Cells, Reps Completed In Bottom						
<b><u>Neck</u></b>	Lateral Raise Front Raise Combo	8-12	/	/	/	/	/	/	/
	Lateral Raise Front Raise Combo	8-12	/	/	/	/	/	/	/
	Lateral Raise Front Raise Combo	8-12	/	/	/	/	/	/	/
	Shrugs	8-12	/	/	/	/	/	/	/
<b><u>Total Body</u></b>	Incline Bench	Refer to Calendar	/	/	/	/	/	/	/
	Incline Bench	Refer to Calendar	/	/	/	/	/	/	/
	Incline Bench	Refer to Calendar	/	/	/	/	/	/	/
	Front Squat	Refer to Calendar	/	/	/	/	/	/	/
	Front Squat	Refer to Calendar	/	/	/	/	/	/	/
	Front Squat	Refer to Calendar	/	/	/	/	/	/	/
	Dead Lift – straight bar	Refer to Calendar	/	/	/	/	/	/	/
	Dead Lift	Refer to Calendar	/	/	/	/	/	/	/
	Dead Lift	Refer to Calendar	/	/	/	/	/	/	/
	Bent Over Rows or DB Rows	Refer to Calendar	/	/	/	/	/	/	/
Bent Over Rows or DB Rows	Refer to Calendar	/	/	/	/	/	/	/	
Bent Over Rows or DB Rows	Refer to Calendar	/	/	/	/	/	/	/	
<b><u>Arms</u></b>	DB Curl to Press	2 x 10-12	/	/	/	/	/	/	/
	JAMMER	2 x 10-12	/	/	/	/	/	/	/
	Wrist Curls	2 x 10-12	/	/	/	/	/	/	/
<b><u>Abs</u></b>	Hallows	3 x 1 min.	/	/	/	/	/	/	/
	Low back Extension	3 x 25	/	/	/	/	/	/	/

**Dakota Lacrosse**  
**Wednesday Total Body Lift or Day 2**