<u>Dakota Lacrosse</u> Wednesday Total Body Lift or Day 2

# 1		Lifts/Exercise	Week Intense	1 3x 12	2 3 x 12	3 3 x 10	4 3 x 10	5 3 x 8	6 4 x 6	7 4 x 6
OD		TOTAL BODY	%	75%	75%	80%	80%	85%	60%	60%
Station			Rep	I			0	C	•	1.64
ta			Range Achieve better performance from previous in							
\mathbf{S}	Record Weight In Top Cells, Reps Co								ed In Bot	tom
		Lateral Raise	8-12							1 /
		Front Raise Combo	0 1-							
		Lateral Raise	8-12							
		Front Raise Combo	0 1-							
-	Y	Lateral Raise	8-12							
	SC	Front Raise Combo	0 1-							
	Neck	Shrugs	8-12							
		5	0 1-							
					2	ř.	ř		Υ	
		Incline Bench	Refer to							
			Calendar							
		Incline Bench	Refer to							
		Incline Bench	Calendar Refer to	\leftarrow		$\langle - \rangle$	$\langle - \rangle$	$\langle - \rangle$		\leftarrow
		Incline Belich	Calendar							
		Front Squat	Refer to							
		•	Calendar							
		Front Squat	Refer to							1 /
		F 4 G 4	Calendar				$\langle -$			
	λ	Front Squat	Refer to Calendar							
	Body	Dead Lift – straight bar	Refer to							
	B	Doud Effe straight but	Calendar							
		Dead Lift	Refer to							
	otal		Calendar							
	\mathbf{T}_{0}	Dead Lift	Refer to Calendar							
		Bent Over Rows or DB	Refer to Calendar							
		Rows								
		Bent Over Rows or DB	Refer to Calendar							
		Rows								
		Bent Over Rows or DB	Refer to Calendar							
		Rows	Culciluur							
						1	1	1	1	1
	IS	DB Curl to Press	2 x 10-12							
	Arms	JAMMER	2 x 10-12	\vdash		$\langle - \rangle$	\leftarrow	\vdash	\leftarrow	\vdash
	A	JAWWILK	2 X 10-12							
		Wrist Curls	2 x 10-12	\vdash	/ /	\sim	\leftarrow	\vdash	\sim	\vdash
		vv 1131 UU113	<u>~ A 10-14</u>							
	Abs									
		Hallows	3 x 1 min.							
				\vdash				$ \leftarrow$		
		Low back Extension	3 x 25							
			•	*	~	*	*	*	*	*

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