

Voorhees Lacrosse Advanced Workout 2019-2020						
Warmup		Daily Cardio Warmup		Finish - Core Exercises (Choose 3)		
Stretch	Roll Out	Run	Walk	Planks (Side/Reaches)	One Sided Sit Ups	Weighted Side Bends
Ladders	Jump Rope	Bike	Jumping Jacks	Ab Wheel	Bicycles	Swiss Ball Knee Tucks
		Incline Walk	High Knees	Sit Ups	Swiss Ball Sit Ups	Leg Lifts (Flutter Kicks)
		Frankensteins	Butt Kickers	Elbow to Opposite Knee Sit Up	Swiss Ball Jack Knives	Dead Bugs
				Alternating Knee Sit Ups	Hanging Knee Raises	Straight Leg Sit Up
Day 1	Upper Body Horizontal Push	Strength		HIIT- Circuit		Core
		Exercise	Sets/Reps	Superset	3 Times Through	Exercise
		Bench Press (Dumbbell or Barbell)	3 x 8-12	Medicine Ball Push Throws	30 second AMRAP	Choice From Above
		Incline Bench Press (Dumbbell or Barbell)	3 x 8-12	Push Ups	60 second AMRAP	
		Decline Bench Press (Dumbbell or Barbell)	3 x 8-12	Burpees	30 second AMRAP	
		Chest Fly (Dumbbell or Cable / Incline or Flat)	3 x 8-12			
		Heavy Sled Push	3 Sets			
Day 2	Lower Body Push  Upper Body Pull	Strength		HIIT- Circuit		Core
		Exercise	Sets/Reps	Superset	3 Times Through	Exercise
		Front Squat (Or Goblet Squat)	3 x 8-12	Kettle Swings	30 second AMRAP	Choice From Above
		Rear Elevated Split Squat	3 x 8 Each Leg	Banded Glute Bridge	30 second AMRAP	
		Single Arm Dumbbell Row	3 x 8-12 Each Side	Air Squat Jumps	30 second AMRAP	
		Seated Cable Rows	3 x 10			
		Bent Over Barbell Rows	3 x 8-12			
		Weighted Step Ups	3 x 8 Each Side			
Day 3	Upper Body Vertical Push Pull	Strength		HIIT- Circuit		Core
		Exercise	Sets/Reps	Superset	3 Times Through	Exercise
		Military Press (Barbell or Dumbbell)	3 x 8-12	Box Jumps (Proper Height Box)	5-8 Reps	Choice From Above
		Half Kneeling Dumbbell Press (Or Landmine)	3 x 8-12 Each Side	Mountain Climbers	30 second AMRAP	
		Lat Pull Downs (Choice of Grip)	3 x 10	Lateral Skater Jumps	30 second AMRAP	
		Shrugs (Dumbbell or Barbell)	3 x 10-15			
		Farmer Walks (Dumbbell or Hex Bar)	3 x 30 Seconds			
		Single Arm Dumbbell Power Snatch	3 x 8-12 Each Side			
Day 4	Lower Body Pull  Triceps	Strength		HIIT- Circuit		Core
		Exercise	Sets/Reps	Superset	3 Times Through	Exercise
		Hex Bar Deadlift	3 x 8-12	Medicine Ball Scoop Throws	10 Each Side	Choice From Above
		Single Leg Deadlift	3 x 8 Each Leg	Swiss Ball Hamstring Curls	30 second AMRAP	
		Glute/Ham Raises	3 x AMRAP	Jump Lunges	30 second AMRAP	
		Overhead Dumbbell Tricep Extensions	3 x 8-12			
		Tricep Rope Wood Chops	3 x 8-12 Each Side			
		Dips	3 x AMRAP			

Voorhees Lacrosse Advanced Workout 2019-2020				
Ladder Exercises	Exercises			
	One foot in each	Skiier jumps	Scissor Jumps/Jumping Jacks (In-Out)	Lateral In-In-Out-Out
	Two feet in each	Lateral two foot in-outs	Forward In-In-Out-Out	
	One foot hops	Icky Shuffle	Lateral shuffle two foot in each	
	Two foot hops	Two forward, one back	Lateral scissor jumps	
Agility	Exercise	Description		
	Star Cone Drill	Set up cones in a 5-point star, start in middle, sprint to each cone knocking over each one in the process, cannot go to adjacent cones		
	Dot Drill	Set up cones in a small box and start in the middle, jump to each one in varying patterns, use two feet or one		
	Banded Lateral Lunges	Band around knees and lunge laterally		
	Singles, Doubles, Triples	Push hands against wall and run like your trying to push the wall, do 1 stride at a time, then 2 as fast as possible, then 3 in a row		
	4 Cone Change of Direction Drill	Set up 4 cones in a box 5 yards apart, vary movements, Ex: sprint-backpedal-sprint , sprint-shuffle-sprint, sprint-turn45-sprint		
	Pro Agility Drill	Set up 3 cones in a line, each 5 yards apart, start straddling the middle cone, sprint to one side and touch, then to the other and touch, and then back through th		
Explosiveness	Exercise	Description		
	Box Jumps	Use a box and jump up onto it with both feet, sink hips and explode above the box landing softly, step off of box, USE SHORTER BOX		
	Broad Jumps	Two feet on the ground and jump forward as far as possible, landing in a squat position, repeat		
	Lateral Stepovers	Use a box and stand on one side, step up laterally onto the box with both feed and come down with the opposite foot on the opposite side		
	Step Ups	Get a box and step up with one foot explosively bringing other knee to chest, repeat and alternate		
	Sled Push	Weighted sled pushes on the turf or in parking lot, drive legs		
	Tire Flips	Use a tire outside and flip it a specified duration by getting low and using legs		
	Jump Tucks	Jump in the air as high as possible and tuck knees to chest, repeat back to back		
Speed	Exercise	Description		
	Shuttle Run	300 yard shuttle run in different increments (10 yards-30 touches, 20 yards-15 touches, 30 yards-10 touches, 50 yards-6 touches, or 100 yards-3 touches)		
	40s	40 yard explosive sprint		
	20s	20 yard explosive sprint		
	10s	10 yard explosive sprint		
	Small Plyometric Hurdles	Use short green and orange hurdles to do same routines as ladders (Ex: 1 foot in each, 2 feet in each, etc.)		
Conditioning	Strength	Description		
	Tempo Run	Interval sprints and jogs (Ex: Sprint 30 seconds Jog 30 seconds , Sprint straightaway Jog curve)		
	110s	110 yard sprints		
	300s	300 yard sprints		
	Assault Bike Intervals	Ride the assault bike with varying intesity (30 seconds hard 30 seconds slow)		