



Voorhees Lacrosse

In-Season Weight Training Program



Cycle A

- 1) Goblet Squats: 3 Sets of 5
Or Heavy Sled Push: 3 Sets
- 2) Box Jumps: 3 Sets of 5

- 1) Barbell Bench: 5 x 3 x 2 x 1
- 2) One Arm Dumbbell Row:
3 Sets of 8 Each Side

- 1) Standing Landmine Press: 3 Sets of 8
- 2) Lateral Pull Downs: 3 Sets of 10

- 1) Palov Press with Band or Cable: 3 Sets
- 2) Weighted Oblique Side Bends: 3 Sets
- 3) Fire Hydrants: 3 Sets
(90 degrees, extension, rotation)

Cycle C

- 1) Medicine Ball Squat Toss: 3 Sets of 10
- 2) Hex Bar Deadlift: 5 x 3 x 2 x 1

- 1) Dumbbell Bench: 10x8x6
- 2) Upright Rows: 3 Sets of 10

- 1) Barbell Military Press: 3 Sets of 8
- 2) Pull Ups: 3 Sets AMRAP

- 1) Bosu Ball Roman Chair Sit-ups 3 Sets
- 2) Dead Bugs: 3 sets
- 3) Banded Lateral Steps: 3 Sets Up and Back

Cycle B

- 1) Tire Hits with Sledge/ Flips: 3 Sets of 10
- 2) Split Squats or Weighted Lunges: 3 Sets of 5

- 1) Cable or Dumbbell Flies: 3 Sets of 10
- 2) Cable Rows: 3 Sets of 10

- 1) Incline Dumbbell Bench Press: 3 Sets of 5
- 2) Barbell Shrugs: 15x12x10

- 1) Half Kneeling Scoop Throw:
3 Sets of 10 Each Side
- 2) Partner Leg Lift Throwdowns: 3 Sets
- 3) Dips 3 Sets: Until Fatigue

Cycle D

- 1) Farmer Walk: 3 Sets Up and Back
- 2) Unilateral SLDL: 3 Sets of 8 Each Side

- 1) Medicine Ball One Side Push Ups: 3 Sets
AMRAP
- 2) Chest Supported Barbell Row: 3 Sets of 10

- 1) Half Kneeling Dumbbell Press: 3 Sets of 10
- 2) Narrow Grip Pull Downs: 3 Sets of 10

- 1) Half Kneeling Core Rotation:
3 Sets of 10 Each Side
- 2) Bicycles: 3 Sets Until Fatigue
- 3) Lumber Jack Tricep Extensions: 3 Sets of 10