

VERNON HILLS HIGH SCHOOL BOY'S LACROSSE WORKOUT PLAN (CORE)

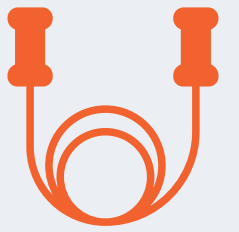


PLANK

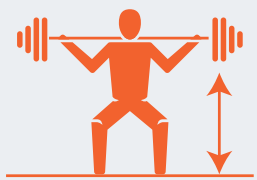
START BY DOING 5 PLANKS FOR 30 SECONDS EACH. WORK YOUR WAY UP TO 10 PLANKS FOR 2 MINUTES EACH, SIDE AND 3 POINT VARIATIONS MIXED IN



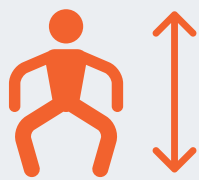
JUMP ROPE



BOXING ROUND INTERVAL CIRCUIT: 10 ROUNDS OF 2 MINUTES EACH WITH 1 MINUTE OF REST IN BETWEEN, THEN A BONUS ROUND WHERE YOU JUMP UNTIL FAILURE.



SQUATS



THE SQUAT PROGRESSION SEQUENCE

1. WALL SQUAT
2. COUNTERBALANCE SQUAT
3. BODYWEIGHT/PRISONER SQUAT
4. GOBLET SQUAT
5. DOUBLE KETTLEBELL FRONT SQUAT
6. BARBELL FRONT SQUAT
7. BARBELL BACK SQUAT

PERFORM FIVE SETS OF FIVE REPS ON A 3-3-* TEMPO (THREE SECOND NEGATIVE, THREE SECOND ISOMETRIC PAUSE, MAX SPEED CONCENTRIC)



LUNGES



PROGRESSION SEQUENCE:

1. BODY WEIGHT LUNGES 10X LENGTHS OF THE ROOM (APPROX. 100 YDS)
2. SPLIT SQUAT
3. LUNGES WITH PUSH BACK TO STARTING POSITION (BAR ONLY)
4. WALKING LUNGES
5. HIP DOMINATED LUNGE INITIATION (NO WEIGHT)
6. HIP DOMINATED LUNGE (HORIZONTAL RESISTANCE)
7. EXPLOSIVE HIP DOMINATED LUNGE



MAT WORK

1. PANTHER SHOULDER TAP
2. RUSSIAN TWIST (WITH WEIGHTS)
3. DEAD BUG
4. HALF KNEELING WOOD CHOP (WITH WEIGHTS)
5. HIGH BOAT, LOW BOAT
6. JACKKNIFE
7. LEG RAISE

VERNON HILLS HIGH SCHOOL

BOY'S LACROSSE WORKOUT

PLAN (LOWER BODY)



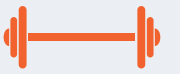
BARBELL STEP UP (LOADED)



USING 18-22" INCH BOX SO WE CAN GET DECENT HIP FLEXION. DRIVE WITH THE QUAD THE GLUTE. WE WANT TO HAVE A MINIMAL DRIVE FROM THE LEG ON THE GROUND. THE FRONT LEG IS FULLY ON THE BOX AND DRIVES HARD UNTIL THE KNEE LOCKS OUT. ONCE THE KNEE IS LOCKED OUT THE BACK FOOT CAN GET ONTO THE BOX.



SNATCH AND CLEAN/POWER CLEAN/FULL CLEAN



TWO-BOX POWER CLEAN FOLLOWED BY A FULL CLEAN IT IS A COMBINATION. WE WANT TO SEE A RAPID CATCH AND THEN A RAPID CATCH INTO THE HOLE TO HELP IMPROVE MOBILITY. EACH BOX TO BE SEVEN TO EIGHT INCHES IN HEIGHT, PLACING THE BAR JUST ABOVE THE KNEE. PERFORM THE MOVEMENT BY DOING A HIGH HANG POWER CLEAN INTO A HIGH HANG FULL CLEAN. THE KEY IS GOOD STRONG HIP EXTENSION, GOOD STRONG UPPER BODY SHRUG, AND THEN RAPIDLY ABSORB THE ENERGY THROUGH THE TRUNK, BACK, AND LEGS.



STATIONARY BIKE



START OFF PEDALING AT A LOW INTENSITY FOR 10 MINUTES. SWITCH TO MEDIUM INTENSITY FOR 10 MINUTES, FOLLOWED BY:

- HIGH INTENSITY FOR 2 MINUTES
- LOW INTENSITY FOR 2 MINUTES
- HIGH INTENSITY FOR 2 MINUTES
- LOW INTENSITY FOR 2 MINUTES
- HIGH INTENSITY FOR 2 MINUTES

COOL DOWN BY PEDALING AT LOW INTENSITY FOR 5-10 MINUTES. OVER TIME, YOU CAN INCREASE YOUR INTERVALS ONE MINUTE AT A TIME.



LEG PRESS/CALF PRESS



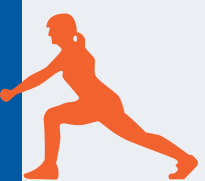
SLOWLY BEND AT YOUR KNEES BRING THE WEIGHT AS FAR AS POSSIBLE TOWARDS YOUR CHEST.

TIP : DO NOT LOCK YOUR KNEES AT THE TOP AS THIS CAN RESULT IN INJURY.

CALF PRESS:

SLIDE YOUR FEET DOWN SO THAT THE BALLS OF YOUR FEET ARE PRESSING AGAINST THE RACK (WITH YOUR HEELS HANGING FREE), KEEPING THE HANDLES LOCKED, PRESS UP AND FLEX YOUR TOES AND THEN SLOWLY BRING YOUR TOES BACK TOWARDS YOUR BODY (DORSIFLEX). PERFORM THESE MOVEMENTS SLOWLY FOR MAXIMUM BENEFIT.

TIPS : USE LIGHTER WEIGHT ON THIS EXERCISE THAN YOU ARE ABLE TO LIFT WITH A LEG PRESS UNTIL YOU ARE FAMILIAR WITH THE MOVEMENTS.



HIP ADDUCTORS/HIP ABDUCTORS



THE HIP ABDUCTION MACHINE WORKS YOUR OUTER HIPS, WHILE THE HIP ADDUCTION MACHINE WORKS YOUR INNER THIGHS/HIPS. 4 SETS OF 10 REPETITIONS. TRY TO DO A 3 COUNT WHILE DOING THE REPS. A THREE COUNT IS WHEN YOU COUNT TO THREE SLOWLY WHILE PUSHING THE WEIGHT AND COUNTING TO THREE WHILE RETURNING THE WEIGHT BACK TO ITS STARTING PLACE

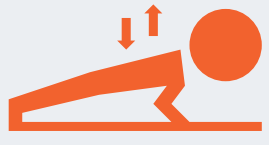


LOWER BACK EXTENSIONS

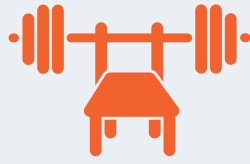


GRAB A PLATE (25, 35, 45 LBS, ETC.) AND GO TO THE GYM EQUIPMENT THAT HOLDS YOUR LEGS IN PLACE, BUT ALLOWS YOU TO MOVE YOUR TORSO UP AND DOWN. THEN, WHEN IN PLACE, GRAB THE PLATE AND HOLD IT TO YOUR CHEST. START WITH YOUR BODY FACING DOWN, USE YOUR LOWER BACK TO PULL YOURSELF IN THE AIR, THEN LOWER YOURSELF BACK DOWN. DO THIS SLOWLY. REPEAT THIS 10 TIMES FOR 3 TO 4 SETS

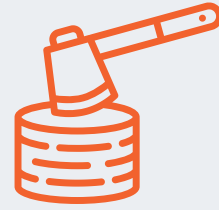
VERNON HILLS HIGH SCHOOL BOY'S LACROSSE WORKOUT PLAN (UPPER BODY)



BENCH PRESS/PUSH UPS



START WITH PUSHUPS, TRYING TO WORK UP TO 5 SETS OF 20 EACH. ONCE YOU CAN DO THIS, START USING A BARBELL TO BENCH THE WEIGHT. JUST REMEMBER, BE CAREFUL!



CABLE CHOPS



OBLIQUE TWISTS

- RAISE CABLES TO HIP LEVEL, INTERLOCKING FINGERS KEEPING ARMS STRAIGHT AND AWAY FROM BODY.



FOREARM CURLS



ONE OF THE MOST UNDERRATED AREAS OF LACROSSE IS WRIST/FOREARM STRENGTH. WRIST STRENGTH ALSO HELPS YOUR PASSING AND SHOOTING.



TRICEP EXTENSIONS



START OUT BY DOING BODYWEIGHT DIPS BEFORE YOU DO THE WEIGHTLIFTING EXERCISE



KETTLEBELL WORKOUT



1. KETTLEBELL SWING (90 SEC)
2. THRUSTERS
3. SNATCH
4. FARMERS WALK
5. HIGH PULL (RDL)



550 ROW



YOU'LL DO 5X 550 YD (1,650FT, 500M) ROUNDS ON THE ROW MACHINE; RESTING 5 MIN BETWEEN EACH ROUND. TIME YOUR PACE TARGETING 1 MIN 45 SEC PER ROUND