

Ohio State Lacrosse Weightlifting

Monday	Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6	Week 7	Week 8
Warm-Up	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Upper-Body Stretch	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Crunches	2x50	2x50	2x50	2x50	2x50
Seated V-Twist Crunches	4x50	4x50	4x50	4x50	4x50
Toes-Up Crunches	4x50	4x50	4x50	4x50	4x50
Dumbbell Shrugs	3x8	3x8	3x8	3x6	3x6
Bench Press	3x10	3x8	4x6	4x5	4xMAX
Dumbbell Incline	3x10	3x8	4x6	4x5	4xMAX
Shoulder Press	2x10	2x10	2x10	2x10	2x10
Bicep Curls	3x10	3x10	3x10	3x10	3x10
Lying Tricep Extensions	3x10	3x10	3x10	3x10	3x10
Superman	2x15	2x15	2x15	2x15	2x15
Wrist Curls	2x20	2x20	2x20	2x20	2x20

Tuesday	Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6	Week 7	Week 8
Warm-Up	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Lower-Body Stretch	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Crunches	2x50	2x50	2x50	2x50	2x50
Seated V-Twist Crunches	4x50	4x50	4x50	4x50	4x50
Toes-Up Crunches	4x50	4x50	4x50	4x50	4x50
Squats	3x10	3x8	4x6	4x5	4xMAX
Lat Pulldowns	3x10	3x10	3x10	3x8	3x8
Leg Curls	3x10	3x10	3x10	3x10	3x10
Leg Extensions	2x10	2x10	2x10	2x10	2x10
Hypers	2x15	2x15	2x15	2x15	2x15

Thursday	Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6	Week 7	Week 8
Warm-Up	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Upper-Body Stretch	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Crunches	2x50	2x50	2x50	2x50	2x50
Seated V-Twist Crunches	4x50	4x50	4x50	4x50	4x50
Toes-Up Crunches	4x50	4x50	4x50	4x50	4x50
Dumbbell Shrugs	3x8	3x8	3x8	3x6	3x6
Dumbbell Bench	3x10	3x8	4x6	4x5	4xMAX
Dumbbell Military	3x10	3x8	4x6	4x5	4xMAX
Dumbbell Flat Flies	3x10	3x8	4x6	4x5	4xMAX
Bicep Curls	3x10	3x10	3x10	3x10	3x10
Dips	2x10	2x10	2x10	2x10	2x10
Superman	2x15	2x15	2x15	2x15	2x15
Wrist Curls	2x20	2x20	2x20	2x20	2x20

Friday	Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6	Week 7	Week 8
Warm-Up	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Lower-Body Stretch	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Crunches	2x50	2x50	2x50	2x50	2x50
Seated V-Twist Crunches	4x50	4x50	4x50	4x50	4x50
Toes-Up Crunches	4x50	4x50	4x50	4x50	4x50
Lunges	3x10	3x8	4x6	4x5	4xMAX
Lat Pulldown	3x10	3x10	3x10	3x10	3x10
Romanian Dead Lifts	2x10	2x10	2x10	2x10	2x10
Rows	2x10	2x10	2x10	2x10	2x10
Calf Raises Both	2x50	2x50	2x50	2x50	2x50
Calf Raises Left	2x25	2x25	2x25	2x25	2x25
Calf Raises Right	2x25	2x25	2x25	2x25	2x25