

BRIDGTON LACROSSE SUMMER WORKOUT								PHASE 1				
Week 1												
MON	sets	reps	wt.	TUE	sets	reps	wt.	WED	sets	reps	wt.	
A1-Flat Bench Press	4	10/8/6/4		A1-Chinups	4	exhaust		A1-Front Squats	4	10/8/6/4		
A2-Reverse Crunches	3	20		A2-Supine Draw In	3	10 sec.		A2-Front Raise	4	10/8/6/4		
B1-Incline Bench Press	4	10/8/6/4		B1-One Arm Row	4	10/8/6/4		B1-RDL	4	10/8/6/4		
B2-Med Ball Twist	3	20		B2-Reverse Hypers	3	20		B2-Side Raise	4	10/8/6/4		
C1-Cable Flys	4	10/8/6/4		C1-Seated Row	4	10/8/6/4		C1-Lunges	4	10/8/6/4		
C2-Crunches	3	20		C2-Back Extension	3	20		C2-Rear Raise	4	10/8/6/4		
D-Dips	4	exhaust		D-Upright Row	4	10/8/6/4		D-Seated Calf Raise	4	10/8/6/4		
Week 2												
MON	sets	reps	wt.	TUE	sets	reps	wt.	WED	sets	reps	wt.	
A1-Flat Bench Press	4	7		A1-Chinups	4	exhaust		A1-Front Squats	4	7		
A2-Reverse Crunches	3	20		A2-Supine Draw In	3	10 sec.		A2-Front Raise	4	7		
B1-Incline Bench Press	4	7		B1-One Arm Row	4	7		B1-RDL	4	7		
B2-Med Ball Twist	3	20		B2-Reverse Hypers	3	20		B2-Side Raise	4	7		
C1-Cable Flys	4	7		C1-Seated Row	4	7		C1-Lunges	4	7		
C2-Crunches	3	20		C2-Back Extension	3	20		C2-Rear Raise	4	7		
D-Dips	4	exhaust		D-Upright Row	4	7		D-Seated Calf Raise	4	7		
Week 3												
MON	sets	reps	wt.	TUE	sets	reps	wt.	WED	sets	reps	wt.	
A1-Flat Bench Press	4	7		A1-Chinups	4	exhaust		A1-Front Squats	4	7		
A2-Reverse Crunches	3	20		A2-Supine Draw In	5	10 sec.		A2-Front Raise	4	7		
B1-Incline Bench Press	4	7		B1-One Arm Row	4	7		B1-RDL	4	7		
B2-Med Ball Twist	3	20		B2-Reverse Hypers	3	20		B2-Side Raise	4	7		
C1-Cable Flys	4	7		C1-Seated Row	4	7		C1-Lunges	4	7		
C2-Crunches	3	20		C2-Back Extension	3	20		C2-Rear Raise	4	7		
D-Dips	4	exhaust		D-Upright Row	4	7		D-Seated Calf Raise	4	7		
Week 4												
MON	sets	reps	wt.	TUE	sets	reps	wt.	WED	sets	reps	wt.	
A1-Flat Bench Press	4	5		A1-Chinups	4	exhaust		A1-Front Squats	4	5		
A2-Reverse Crunches	3	20		A2-Supine Draw In	3	5x10sec		A2-Front Raise	4	5		
B1-Incline Bench Press	4	5		B1-One Arm Row	4	5		B1-RDL	4	5		
B2-Med Ball Twist	3	20		B2-Reverse Hypers	3	20		B2-Side Raise	4	5		
C1-Cable Flys	4	5		C1-Seated Row	4	5		C1-Lunges	4	5		
C2-Crunches	3	20		C2-Back Extension	3	20		C2-Rear Raise	4	5		
D-Dips	4	exhaust		D-Upright Row	4	5		D-Seated Calf Raise	4	5		

PHASE 1							
THU	sets	reps	wt.	FRI	sets	reps	wt.
A1-Pullovers	4	10/8/6/4		A1-Straight Bar Curls	4	10/8/6/4	
A2-Leg Throwdowns	3	20		A2-Supine Draw In	5	10 sec.	
B1-Triceps Kickbacks	4	10/8/6/4		B1-DB Hammer Curls	4	10/8/6/4	
B2-DB Woodchop	3	20		B2-Reverse Hypers	3	20	
C1-Cable Triceps Ext.	4	10/8/6/4		C1-Incline DB Curls	4	10/8/6/4	
C2-Situps	3	20		C2-Back Extension	3	20	
D-Bench Dips	4	exhaust		D-EZ Bar Preacher	4	10/8/6/4	
THU	sets	reps	wt.	FRI	sets	reps	wt.
A1-Pullovers	4	7		A1-Straight Bar Curls	4	7	
A2-Leg Throwdowns	3	20		A2-Supine Draw In	5	10 sec.	
B1-Triceps Kickbacks	4	7		B1-DB Hammer Curls	4	7	
B2-DB Woodchop	3	20		B2-Reverse Hypers	3	20	
C1-Triceps Cable Ext.	4	7		C1-Incline DB Curls	4	7	
C2-Situps	3	20		C2-Back Extension	3	20	
D-Bench Dips	4	exhaust		D-EZ Bar Preacher	4	7	
THU	sets	reps	wt.	FRI	sets	reps	wt.
A1-Pullovers	4	7		A1-Straight Bar Curls	4	7	
A2-Leg Throwdowns	3	20		A2-Supine Draw In	5	10 sec.	
B1-Triceps Kickbacks	4	7		B1-DB Hammer Curls	4	7	
B2-DB Woodchop	3	20		B2-Reverse Hypers	3	20	
C1-Triceps Cable Ext.	4	7		C1-Incline DB Curls	4	7	
C2-Situps	3	20		C2-Back Extension	3	20	
D-Bench Dips	4	exhaust		D-EZ Bar Preacher	4	7	
THU	sets	reps	wt.	FRI	sets	reps	wt.
A1-Pullovers	4	5		A1-Straight Bar Curls	4	5	
A2-Leg Throwdowns	3	20		A2-Supine Draw In	3	5x10sec	
B1-Triceps Kickbacks	4	5		B1-DB Hammer Curls	4	5	
B2-DB Woodchop	3	20		B2-Reverse Hypers	3	20	
C1-Triceps Cable Ext.	4	5		C1-Incline DB Curls	4	5	
C2-Situps	3	20		C2-Back Extension	3	20	
D-Bench Dips	4	exhaust		D-EZ Bar Preacher	4	5	

PHASE 4							
THU	sets	reps	wt.	FRI	sets	reps	wt.
A-Power Cleans	4	4		<i>Plyometric Progression Week 11</i>			
B-Push Press	4	4		<i>Conditioning Progression Week 11</i>			
C1-Pullups	4	4					
C2-Reverse Crunches	3	20					
D1-Step Ups	4	4					
D2-DB Twist	3	20					
E1-Pullovers	4	4					
E2-Situps	3	20					
F-Triceps Extension	4	4					
THU	sets	reps	wt.	FRI	sets	reps	wt.
A-Power Cleans	4	4		<i>Plyometric Progression Week 12</i>			
B-Push Press	4	4		<i>Conditioning Progression Week 12</i>			
C1-Pullups	4	4					
C2-Reverse Crunches	3	20					
D1-Step Ups	4	4					
D2-DB Twist	3	20					
E1-Pullovers	4	4					
E2-Situps	3	20					
F-Triceps Extension	4	4					