

**PRESTON LACROSSE**  
**Kyle Harrison Lacrosse Workout**  
<https://www.youtube.com/watch?v=EU5exVL2Nmw>  
**WEIGHT ROOM SCHEDULE**

**UPPER BODY - STATION 1 – Monday & Wednesday**

**BENCH PRESS – 135 LBS. - 8-10 REPS – 3 SETS**  
**(add weight 2-3 sets 1-2 reps)**

**STATION 2 - OVER HAND PULL UPS - 12 REPS – 5 SETS**

**STATION 3 - SHOULDER SHRUGS – 15 REPS - 5 SETS**

**STATION 4 - STANDING SIDE CRUNCHES w/weight – 20 REPS – 4 SETS**

**STATION 5 - FOREARM CURLS – 15 REPS – 4 SETS**

**STATION 6 – PUSHUPS – 3 SETS – 60 REPS**

**STATION 7 - ELBOWS & TOES – 3 SETS – 1 MIN. 30 SEC.**

**LOWER BODY - STATION 1 – Tuesday & Thursday**

**SQUATS – 135 LBS. - 10-12 REPS – 5-6 SETS**

**CALF RAISES – 50**

**JUMP ROPE – 3 SETS – 2 min.**

**STEP UP – 3 SETS – 15**

**JUMP ROPE – 3 SETS – 2 min.**

**CALF RAISES – 50**

**RUN**