

# LACROSSE OFF SEASON WORKOUTS

***JANUARY 2025***

| Sunday    | Monday                                                                              | Tuesday   | Wednesday                                                                                | Thursday  | Friday                                                                           | Saturday  |
|-----------|-------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------|-----------|
|           |                                                                                     |           | 1                                                                                        | 2         | 3                                                                                | 4         |
|           |                                                                                     |           |                                                                                          |           |                                                                                  | Wall Ball |
| 5         | 6                                                                                   | 7         | 8                                                                                        | 9         | 10                                                                               | 11        |
| Wall Ball | Jumping Jacks x 20<br>Burpees x 20<br>Body Squats x 20<br>Walking Lunges x 10 total | Wall Ball | Burpees x 20<br>Planks x 30 sec<br>Side Planks x 15 sec each side<br>20yd Sprint x 10    | Wall Ball | Jumping Jacks x 25<br>Crunches x 25<br>Push Ups x 25<br>Body Squats x 25         | Wall Ball |
| 12        | 13                                                                                  | 14        | 15                                                                                       | 16        | 17                                                                               | 18        |
| Wall Ball | Jumping Jacks x 20<br>Burpees x 20<br>Body Squats x 20<br>Walking Lunges x 10 total | Wall Ball | Burpees x 20<br>Planks x 30 sec<br>Side Planks x 15 sec each side<br>20yd Sprint x 10    | Wall Ball | Jumping Jacks x 25<br>Crunches x 25<br>Push Ups x 25<br>Body Squats x 25         | Wall Ball |
| 19        | 20                                                                                  | 21        | 22                                                                                       | 23        | 24                                                                               | 25        |
| Wall Ball | Burpees 2 x 20<br>Body Squats 2 x 25<br>Walking Lunges 2 x 10                       | Wall Ball | Jumping Jacks 2 x 25<br>Planks 2 x 30 sec<br>Side Planks 2 x 30 sec<br>30yd sprints x 15 | Wall Ball | Burpees 2 x 25<br>Body Squats 2 x 25<br>Walking Lunges 2 x 10<br>Crunches 2 x 25 | Wall Ball |
| 26        | 27                                                                                  | 28        | 29                                                                                       | 30        | 31                                                                               |           |
| Wall Ball | Burpees 2 x 20<br>Body Squats 2 x 25<br>Walking Lunges 2 x 10                       | Wall Ball | Jumping Jacks 2 x 25<br>Planks 2 x 30 sec<br>Side Planks 2 x 30 sec<br>30yd sprints x 15 | Wall Ball | Burpees 2 x 25<br>Body Squats 2 x 25<br>Walking Lunges 2 x 10<br>Crunches 2 x 25 |           |