



Vipers Work Out Chart

SUN - SAT

Week #: _____

Instructions:

1. Perform the routines below at least 2-3 times per week
2. Fill out the form each day you complete the exercises.
3. Bring the form to every practice or game and show to your coach.
4. Begin a new form each week.

Start Date (Sunday of Week) : _____

Cardio

20 Minutes--Any ONE of the following

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Wkly Totals
Jog / Run								
Jump Rope								
Bike								
Treadmill								
Elliptical								
Other _____								

Lacrosse (see below)*

20 Minutes--Any THREE of the following

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Wkly Totals
Cradling								
Passing								
Ground Balls								
Wall Ball								
Shooting								
Dodging								

Strength & Agility (see below)**

At LEAST every other day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Wkly Totals
Push-ups								
Sit-ups								
Ladders (Optional)								

***Lacrosse**

- Cradling Each side and one handed (VERTICAL)
- Passing Right and left handed
- Ground Balls Ball down, release one, ball down, release two....ten then rest, repeat
- Wall Ball See Wall Ball Routine for more (Fast--pick a brick)
- Shooting Corners--Target on goal or wall, On the move, Quick stick
- Dodging Split, Face, Roll

****Strength & Agility**

- Push-ups Minimum of 10, can do 25 or more
- Sit-ups Minimum of 10, can do 25 or more
- Ladders 2 in / 2 out. 4X Construct ladders - 10 boxes, 16x16, use chalk

I have completed the above workout for the week

Player

Parent