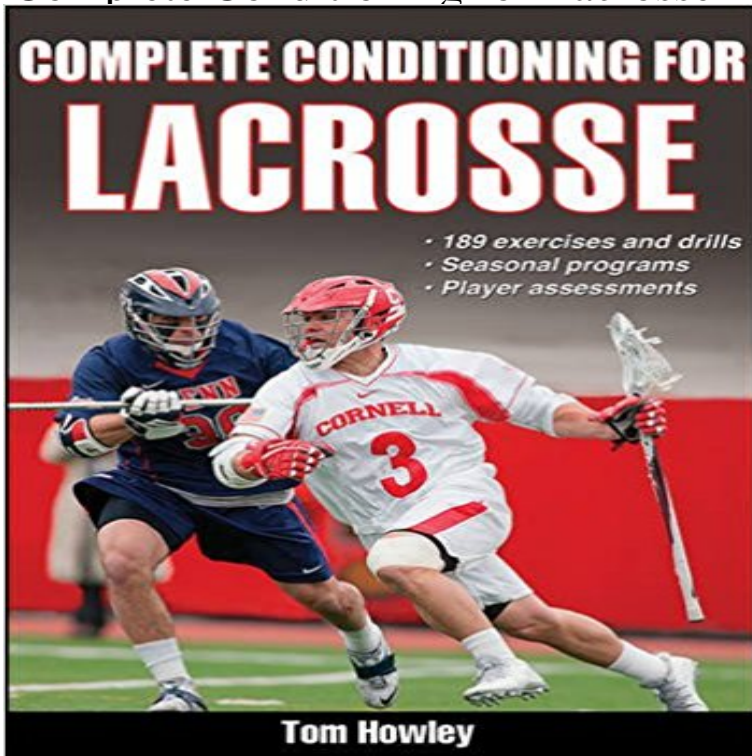


Complete Conditioning for Lacrosse



Today's lacrosse players are bigger, faster, and stronger than ever before. A focused program of strength, speed, and conditioning has become essential to anyone serious about on-field success. Complete Conditioning for Lacrosse features a comprehensive approach that develops players' physical abilities as well as the lacrosse-specific skills their positions require. Renowned Cornell University strength and conditioning coach Tom Howley presents the exercises, drills, and programs he's relied on to make the Big Red a perennial powerhouse. In Complete Conditioning for Lacrosse you'll find a detailed individual assessment protocol that will help you identify strengths and weaknesses. Using these results, you'll work through the ready-to-use off-season and in-season programs by tailoring each workout to individual needs. Featuring 190 exercises, each accompanied by step-by-step instructions, photo sequences, and unparalleled advice on training, this resource is everything you need for raising your game and improving your team. Whether you are a coach, player, strength and conditioning professional, or athletic trainer, Complete Conditioning for Lacrosse is your guide to excellence on the field and in the training room.

```
window.ue_csm.cel_widgets = [
  { id: detail-bullets }, { id:
featurebullets_feature_div }, {
id: summaryContainer }, { s:
#revMHRL > DIV , id_gen:
function(elem, index) { return
custRev + (index + 1); } }, { id:
```

```

sims_fbt } , { id:
purchase-sims-feature } , { id:
session-sims-feature } , { id:
quickPromoBucketContent } , {
id: productDescription } , { id:
technicalSpecifications_feature_d
iv } , { id: prodDetails } , { id:
related_ads } , { id:
technical-data } , { id:
tagging_lazy_load_div } , { id:
consumption-sims } , { id:
moreBuyingChoices_feature_div
} , { id:
product-ads-feedback_feature_div
} , { id: DActr } , { id: vtpsims
} , { c: celwidget } , { id:
fallbacksessionShvl } , { id: rhf
} , { id:
unifiedLocationPopoverSelection
s } ]; (function(a){var
b=document.ue_backdetect;b&&
b.ue_back&&a.ue&&(a.ue.bfini=
b.ue_back.value);a.uet&&a.uet(b
e);a.onLdEnd&&(window.addEv
entListener?window.addEventList
ener(load,a.onLdEnd,!1):window.
attachEvent&&window.attachEve
nt(onload,a.onLdEnd));a.ueh&&a
.ueh(0,window,load,a.onLd,1);a.u
e&&a.ue.tag&&(a.ue_furl&&a.u
e_furl.split?(b=a.ue_furl.split(
))&&b[0]&&a.ue.tag(b[0]):a.ue.tag
(nofls))})(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=1450445144; v
(function(g,h){function
d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefi
ned!==typeof
d?c.setItem(a,d):b.val=c.getItem(
a)):f=1 }catch(g){e=1 }e&&(b.e=1
);return b}var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a
e?a=ET:(a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tab
id=a})(ue_csm,window);
(function(b,c){var
a=c.images;a&&a.length&&b.ue.
count(totalImages,a.length)})(ue_
csm,document);

```

```

(function(m,h){function
I(a){if(a)return a.replace(/\/s+
\/s+$/g,)}function
x(a,e){if(!a)return{ };a.m&&a.m[
k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&
&a.m.target&&a.m.target.tagName
e?b+(Error handler invoked by
+a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+U
nknown error,b={ m:b,f:a.f
a.sourceURL a.fileName
a.filename
a.m&&a.m.target&&a.m.target.sr
c,l:a.l a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:
m.ue.d(),name:a.name,type:a.type
,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.l
ocation;d=a.stack
(a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_
err&&h.performance&&h.perfor
mance.timing&&(c=h.performanc
e.timing,f=window.performance&
&window.performance.now&&w
indow.performance.timing?windo
w.performance.now()+window.pe
rformance.timing.navigationStart:
+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.p
ush(a);e=e { };var b=a[p]
e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a,
e)} }function w(a,e){if(a){var
b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u
][v]){var c={ };c[d]=b;try{var
g=h[u][v]({ rid:ue.rid,sid:m.ue_sid
,mid:m.ue_mid,sn:m.ue_sn,reqs:[
c]),f=h1,n;if(n!=(f[D]&&f[D])(E,
g))){var l;if(h[F]){var k=new
h[F];k.onerror=s;k.ontimeout=s;k.
onprogress=s;k.onload=s;k.timeo
ut=0;l=k}else{var p;if(h[G]){var
q=new h[G];p=withCredentialsin
q?q:void 0}else p=void
0;l=p}n=1}if(d=n){d.open(POST,
E,!0);if(d[H])d[H](Content-type,t
ext/plain);d.send(g)} }catch(r){ }

```

```

else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h
.console { };d=g.error g.log
s;c=h[u];f=Error logged with the
Track&Report JS errors
API(http://tiny/1covqr6l8/wamazi
ndeClieUserJava):
;if(c&&c[v])try{f+=c[v](b)}catch
(t){f+=no info provided;
converting to string failed}else
f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomai
nRequest,N=navigator,D=sendBe
acon,v=stringify,u=JSON,p=logL
evel,q=attribution,y=pageURL,r=
skipTrace,H=setRequestHeader,k
=message,s=function(){ },E=//+m.
ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.
ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256
,L=RegExp( (?([ ^ s]*):( d+): d+
)?.split(
).join(String.fromCharCode(92))),
K=/. * @ ( . * ) : ( // d * ) / ; x [ r ] = 1 ; C [ r ] = 1 ;
w [ r ] = 1 ; ( function () { for ( var
a,e=0;e (function(c,d){ var
b=c.ue,a=d.navigator;b&&b.tag&
&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&
&b.tag(netInfo:+a.type)))(ue_csm
>window);
(function(c,d){ function
g(a,b){ for( var c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){ f
unction
b(a,b){ return { name:a,getFeature
Value:function(){ return void
0!==b 0} } } function
h(a,b,c){ return { name:a,getFeature
Value:function(){ return b===c
0} } } function
g(a,b){ return { name:a,getFeature
Value:function(){ for( var a=0;a
ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie6, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push(

```

```

ue._bf.mpm(cc_ie8, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(
//w//-]+)/);a=null!==a?a[1]:null;v
ar
b=ue._sid,c;c=Date.now?Date.no
w():(new Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[
a]=1)}var
k=sbk,f=csm;b=b.navigator.cookies
Enabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b
},f);b&&ue._sid&&(d[ue._sid]=1,e.
attach(beforeunload,c),setInterval
(c,1E3)))(ue._csm>window,docu
ment);
ue._csm.ue.exec(function(e,f){var
a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(
CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.
href.split(#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).v
al;!c&&b&&a.ssw(CSM_previou
sURL,b);d=c?reload:d?intrapage-t
ransition:first-view}else
d=unknown;a._nt=d},NavTypeM
odule)(ue._csm>window); var
ue._mbl=ue._csm.ue.exec(function
(e,a){function k(f){b=f
{ };a.AMZNPerformance=b;b.tran
sition=b.transition
{ };b.timing=b.timing
{ };if((f=a.webclient&&function=
==typeof
webclient.getRealClickTime?a.co
rdova&&a.cordova.platformId&
&ios===cordova.platformId?!1:!0:
!1)&&b.tags instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppS
tartTime)
b.transition.type?!b.transition.typ
e&&-1

```

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