

NORSEMEN FOOTBALL

Week #1

THURSDAY	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>
BENCH PRESS	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
FRONT SQUAT	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
DEAD LIFT	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
DB INCLINE BENCH	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
STRAIGHT LEG DEAD LIFT	_____	10 x _____	10 x _____	10 x _____
STRAIGHT BAR CURL	_____	10 x _____	10 x _____	10 x _____
DB HAMMER CURL	_____	10 x _____	10 x _____	10 x _____
CALF RAISES/DORSI FLEX	_____	10 x _____	10 x _____	10 x _____



FRIDAY	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>
POWER CLEAN	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
STANDING DB MILITARY	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
PUSH PRESS	_____	10 x 60% _____	10 x 65% _____	10 x 70% _____
BENT OVER ROW	_____	10 x 60% _____	10 x 60% _____	10 x 60% _____
UP RIGHT ROW	_____	10 x _____	10 x _____	10 x _____
LATERAL DB RAISES	_____	10 x _____	10 x _____	10 x _____
FRONT DB RAISES	_____	10 x _____	10 x _____	10 x _____
TRICEP PUSHDOWN	_____	10 x _____	10 x _____	10 x _____
DB OVERHEAD TRICEP	_____	10 x _____	10 x _____	10 x _____