

NORSEMEN FOOTBALL

Week #11

<u>THURSDAY</u>	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>	<u>Set #4</u>	<u>Set #5</u>
BENCH PRESS	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
FRONT SQUAT	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
DEAD LIFT	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
DB INCLINE BENCH	_____	10 x 75% _____	10 x 75% _____	10 x 75% _____		
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 _____		
WRIST/REVERSE CURL	_____	10 x _____	10 x _____	10 x _____		
CALF RAISES/DORSI FLEX	_____	10 x _____	10 x _____	10 x _____		
NEGATIVE BENCH	MAX	10 x MAX _____	10 x MAX _____	10 x MAX _____		
OVERHEAD LUNGE	_____	10 x _____	10 x _____	10 x _____		

<u>FRIDAY</u>	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>	<u>Set #4</u>	<u>Set #5</u>
POWER CLEAN	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
PUSH PRESS	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
STANDING DB MILITARY	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
BENT OVER ROW	_____	10 x 50% _____	5 x 75% _____	5 x 75% _____	5 x 80% _____	5 x 80% _____
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 _____		
SKULL CRUSHER	_____	10 x _____	10 x _____	10 x _____		
DB OVERHEAD TRICEP	_____	10 x _____	10 x _____	10 x _____		
LAT PULL DOWN (FRONT)	_____	10 x _____	10 x _____	10 x _____		
CHIN UP	_____	10 x _____	10 x _____	10 x _____		