

# NORSEMEN FOOTBALL

Week #6

<b>THURSDAY</b>	<b><u>1RM/BASE</u></b>	<b><u>Set #1</u></b>	<b><u>Set #2</u></b>	<b><u>Set #3</u></b>
<b>BENCH PRESS</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>FRONT SQUAT</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>DEAD LIFT</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>DB INCLINE BENCH</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>STRAIGHT LEG DEAD LIFT</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>STRAIGHT BAR CURL</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>DB HAMMER CURL</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>WRIST/REVERSE CURL</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>CALF RAISES/DORSI FLEX</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____



<b>FRIDAY</b>	<b><u>1RM/BASE</u></b>	<b><u>Set #1</u></b>	<b><u>Set #2</u></b>	<b><u>Set #3</u></b>
<b>POWER CLEAN</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>PUSH PRESS</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>STANDING DB MILITARY</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>BENT OVER ROW</b>	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
<b>UP RIGHT ROW</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>LATERAL DB RAISES</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>FRONT DB RAISES</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>TRICEP PUSHDOWN</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>DB OVERHEAD TRICEP</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
<b>LAT PULL DOWN (FRONT)</b>	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____