

NORSEMEN FOOTBALL

Week #9

<u>THURSDAY</u>	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>	<u>Set #4</u>
BENCH PRESS	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
FRONT SQUAT	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
DEAD LIFT	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
DB INCLINE BENCH	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 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>
POWER CLEAN	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
PUSH PRESS	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
STANDING DB MILITARY	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
BENT OVER ROW	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
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 _____	