

NORSEMEN FOOTBALL

Week #1

MONDAY	<u>1RM/BASE WT</u>	<u>Set #1</u>		<u>Set #2</u>		<u>Set #3</u>				
PARALLEL SQUAT	_____	10 x	60%	_____	10 x	65%	_____	10 x	70%	_____
DB BENCH PRESS	_____	10 x	60%	_____	10 x	65%	_____	10 x	70%	_____
OVERHEAD SQUAT	_____	10 x	60%	_____	10 x	65%	_____	10 x	70%	_____
INCLINE BENCH PRESS (WRIST/REVERSE CURL)	_____	10 x	60%	_____	10 x	65%	_____	10 x	70%	_____
	_____	10 x	60%	_____	10 x	60%	_____	10 x	60%	_____
DB LUNGE	_____	10 x		_____	10 x		_____	10 x		_____
STRAIGHT BAR CURL	_____	10 x		_____	10 x		_____	10 x		_____
E-Z BAR CURL	_____	10 x		_____	10 x		_____	10 x		_____
CALF RAISES/DORSI FLEX	_____	10 x		_____	10 x		_____	10 x		_____

TUESDAY	<u>1RM/BASE WT</u>	<u>Set #1</u>		<u>Set #2</u>		<u>Set #3</u>				
HANG CLEAN	_____	10 x	60%	_____	10 x	65%	_____	10 x	70%	_____
SEATED MILITARY PRESS	_____	10 x	60%	_____	10 x	65%	_____	10 x	70%	_____
SHOULDER SHRUGS	_____	10 x	60%	_____	10 x	60%	_____	10 x	60%	_____
LAT PULL DOWN (GOOD MORNING)	_____	10 x	60%	_____	10 x	60%	_____	10 x	60%	_____
	BAR	10 x	BAR	_____	10 x	BAR	_____	10 x	BAR	_____
1 ARM BENT OVER 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 PUSH DOWN	_____	10 x		_____	10 x		_____	10 x		_____
SKULL CRUSHER	_____	10 x		_____	10 x		_____	10 x		_____