

# NORSEMEN FOOTBALL

Week #2

<b>MONDAY</b>	<b>1RM/BASE</b>	<b>Set #1</b>		<b>Set #2</b>		<b>Set #3</b>				
PARALLEL SQUAT	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
INCLINE BENCH PRESS	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
OVERHEAD SQUAT	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
DB BENCH PRESS	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
DB LUNGE	_____	10 x		_____	10 x		_____	10 x		_____
WRIST/REVERSE CURL	_____	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		_____



<b>TUESDAY</b>	<b>1RM/BASE</b>	<b>Set #1</b>		<b>Set #2</b>		<b>Set #3</b>				
SEATED MILITARY PRESS	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
GOOD MORNING	<b>BAR</b>	10 x	BAR	_____	10 x	BAR	_____	10 x	BAR	_____
SHOULDER SHRUGS	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
HANG CLEAN	_____	10 x	60%	_____	10 x	70%	_____	10 x	70%	_____
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		_____
LAT PULL DOWN (BACK)	_____	10 x		_____	10 x		_____	10 x		_____