

NORSEMEN FOOTBALL

Week #4

MONDAY	1RM/BASE WT	Set #1	Set #2	Set #3
PARALLEL SQUAT	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
INCLINE BENCH PRESS	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
OVERHEAD SQUAT	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
DB BENCH PRESS	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
DB LUNGE	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
WRIST/REVERSE CURL	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
STRAIGHT BAR CURL	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
E-Z BAR CURL	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
CALF RAISES/DORSI FLEX	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____



TUESDAY	1RM/BASE WT	Set #1	Set #2	Set #3
SEATED MILITARY PRESS	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
GOOD MORNING	BAR	10 x BAR _____	10 x BAR _____	10 x BAR _____
SHOULDER SHRUGS	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
HANG CLEAN	_____	8 x 70% _____	8 x 75% _____	8 x 75% _____
1 ARM BENT OVER ROW	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
LATERAL DB RAISES	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
FRONT DB RAISES	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
TRICEP PUSH DOWN	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
SKULL CRUSHER	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____
LAT PULL DOWN (BACK)	_____	10 x 70% _____	10 x 70% _____	10 x 75% _____