

# NORSEMEN FOOTBALL

Week #6

<b>MONDAY</b>	<b>1RM/BASE WT</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
PARALLEL SQUAT	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
INCLINE BENCH PRESS	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
OVERHEAD SQUAT	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
DB BENCH PRESS	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
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% _____



<b>TUESDAY</b>	<b>1RM/BASE WT</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
SEATED MILITARY PRESS	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
GOOD MORNING	<b>BAR</b>	10 x BAR _____	10 x BAR _____	10 x BAR _____
SHOULDER SHRUGS	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
HANG CLEAN	_____	5 x 75% _____	5 x 80% _____	5 x 85% _____
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% _____