

NORSEMEN FOOTBALL

Week #9

<u>MONDAY</u>	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>	<u>Set #4</u>
PARALLEL SQUAT	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
INCLINE BENCH PRESS	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
OVERHEAD SQUAT	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
DB BENCH PRESS	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
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 _____	
DB CURL	_____	10 x _____	10 x _____	10 x _____	
CALF RAISES/DORSI FLEX	_____	10 x _____	10 x _____	10 x _____	
NARROW GRIP BENCH	_____	10 x _____	10 x _____	10 x _____	
DB STEP UP	_____	10 x _____	10 x _____	10 x _____	

<u>TUESDAY</u>	<u>1RM/BASE WT</u>	<u>Set #1</u>	<u>Set #2</u>	<u>Set #3</u>	<u>Set #4</u>
SEATED MILITARY PRESS	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
GOOD MORNING	<u>BAR</u>	10 x BAR _____	10 x BAR _____	10 x BAR _____	
SHOULDER SHRUGS	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
HANG CLEAN	_____	10 x 50% _____	8 x 70% _____	8 x 75% _____	8 x 75% _____
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 _____	
DB DELTOID PULL	_____	10 x _____	10 x _____	10 x _____	