

NAME \_\_\_\_\_

UPPER STRENGTH EMPHASIS

**5 WAY SHOULDER X 6 REPS EACH - USE 5 LBS PLATES**

POSITION \_\_\_\_\_

FRONT RAISE / SIDE LATERAL / UPRIGHT ROW

REAR FLY / SHOULDER PRESS

**3 WAY PUSHUP - WIDE / MEDIUM / NARROW X 4 REPS EACH**

NO MAN FAILS WHO DOES HIS BEST

WYOMING COWBOY FOOTBALL WINTER TRAINING

DAY # 4 / WEEKS 5 - 9

EXERCISES	WEEK 5		WEEK 6		WEEK 7		WEEK 8	WEEK 9
5 WAY SHOULDER								
3 WAY PUSHUP								
PARTNER 4 WAY NECK 1 X 6 EACH			1 X 10 EACH		1 X 10 EACH		1 X 10 EACH	1 X 10 EACH
<b>INCLINE PRESS</b>	BAR X 12		BAR X 12		BAR X 12		BAR X 12	BAR X 12
HEAVY DAY	8	ADD WEIGHT	8	ADD WEIGHT	8	ADD WEIGHT	8	8
	8	EACH SET	5	EACH SET	5	EACH SET	5	5
LAST ** SETS GO AS	8*	AS YOU GO	5*	AS YOU GO	5*	AS YOU GO	5*	4*
HEAVY AS YOU CAN	8*	UP!	5*	UP!	5*	UP!	5*	4*
<b>BENCH PRESS</b>	8		6		5		5	5
<b>LIGHTER THAN</b>	8		6		5		5	5
<b>TUESDAY BY 10-15%</b>	8		6		5		5	5
<b>UPRIGHT ROW</b>	8		8		6		6	6
USE A BAR	8		8		6		6	6
	8		8		6		6	6
<b>VARIED SHOULDER</b>	FRONT		SIDE		REAR		FRONT	SIDE
<b>LATERALS</b>	2 X 8		2 X 8		2 X 8		2 X 8	2 X 8
<b>BODYWEIGHT DIPS</b>	8		8		8		8	8
ADD WEIGHT IF YOU	8		8		8		8	8
DO ALL REPS EASILY	8		8		8		8	8
<b>ANY TRICEP</b>	4 X 8		4 X 8		4 X 6		4 X 6	4 X 6
<b>EXERCISE</b>								
<b>WEIGHTED CRUNCH</b>	3 X 30		3 X 35		3 X 35		3 X 35	3 X 35
USE A WEIGHT PLATE								
<b>RECORD</b>								
<b>BODYWEIGHT</b>		LBS.		LBS.		LBS.		LBS.