

NAME: \_\_\_\_\_

**NSU MBB**

MEDICAL: \_\_\_\_\_

		WEEK 1		WEEK 2		WEEK 3	
<b>COMPLEX 1</b>	%	<b>COMPLEX 1</b>	%	<b>COMPLEX 1</b>	%	<b>COMPLEX 1</b>	%
<b>3 POSITION</b>	#	<b>3 POSITION</b>	#	<b>3 POSITION</b>	#	<b>3 POSITION</b>	#
<b>CLEAN</b>	#	<b>CLEAN</b>	#	<b>CLEAN</b>	#	<b>CLEAN</b>	#
	#		#		#		#
	#		#		#		#
<b>BACK</b>	#	<b>BACK</b>	#	<b>BACK</b>	#	<b>BACK</b>	#
<b>SQUAT</b>	#	<b>SQUAT</b>	#	<b>SQUAT</b>	#	<b>SQUAT</b>	#
	#		#		#		#
<b>DB</b>	#	<b>DB</b>	#	<b>DB</b>	#	<b>DB</b>	#
<b>ROWS</b>	#	<b>ROWS</b>	#	<b>ROWS</b>	#	<b>ROWS</b>	#
	#		#		#		#
	#		#		#		#
<b>BENCH</b>	#	<b>BENCH</b>	#	<b>BENCH</b>	#	<b>BENCH</b>	#
<b>PRESS</b>	#	<b>PRESS</b>	#	<b>PRESS</b>	#	<b>PRESS</b>	#
	#		#		#		#
	#		#		#		#
<b>RDL</b>	#	<b>RDL</b>	#	<b>RDL</b>	#	<b>RDL</b>	#
	#		#		#		#
	#		#		#		#
	#		#		#		#
<b>HYPERS</b>		<b>HYPERS</b>		<b>HYPERS</b>		<b>HYPERS</b>	
<b>SH.COMBO</b>		<b>SH.COMBO</b>		<b>SH.COMBO</b>		<b>SH.COMBO</b>	
<b>S.S. INITIALS</b>		<b>S.S. INITIALS</b>		<b>S.S. INITIALS</b>		<b>S.S. INITIALS</b>	

Sh.combo  
 front raise  
 lateral raise  
 post raise

NAME: \_\_\_\_\_

# NSU MBB

MEDICAL: \_\_\_\_\_

NSU			WEEK 4			NSU			WEEK 5			NSU			WEEK 6			NSU		
COMPLEX 1	%	2X5	COMPLEX 1	%	2X5	COMPLEX 1	%	2X5	COMPLEX 1	%	2X5	COMPLEX 1	%	2X5	COMPLEX 1	%	2X5	COMPLEX 1	%	2X5
3 POSITION	65	X 5	3 POSITION	65	X 5	3 POSITION	65	X 5	3 POSITION	65	X 5	3 POSITION	65	X 5	3 POSITION	65	X 5	3 POSITION	65	X 5
CLEAN	75	X 5	CLEAN	75	X 5	CLEAN	75	X 5	CLEAN	75	X 5	CLEAN	75	X 5	CLEAN	75	X 5	CLEAN	75	X 5
	75	X 5		75	X 5		80	X 5		80	X 5		80	X 5		80	X 5		80	X 5
	75	X 5		75	X 5		80	X 5		80	X 5		82	X 5		82	X 5		82	X 5
BACK	60	X 10	BACK	60	X 10	BACK	70	X 10	BACK	70	X 10	BACK	65	X 10	BACK	65	X 10	BACK	65	X 10
SQUAT	70	X 10	SQUAT	70	X 10	SQUAT	72	X 10	SQUAT	72	X 10	SQUAT	75	X 10	SQUAT	75	X 10	SQUAT	75	X 10
	72	X 10		72	X 10		72	X 10		72	X 10		75	X 10		75	X 10		75	X 10
DB	65	X 8	DB	65	X 8	DB	65	X 8	DB	65	X 8	DB	65	X 8	DB	65	X 8	DB	65	X 8
ROWS	72	X 8	ROWS	72	X 8	ROWS	72	X 8	ROWS	72	X 8	ROWS	70	X 8	ROWS	70	X 8	ROWS	70	X 8
	72	X 8		72	X 8		75	X 8		75	X 8		72	X 8		72	X 8		72	X 8
	75	X 8		75	X 8		75	X 8		75	X 8		75	X 8		75	X 8		75	X 8
BENCH	67	X 5	BENCH	67	X 5	BENCH	67	X 5	BENCH	67	X 5	BENCH	67	X 5	BENCH	67	X 5	BENCH	67	X 5
PRESS	75	X 5	PRESS	75	X 5	PRESS	80	X 5	PRESS	80	X 5	PRESS	80	X 5	PRESS	80	X 5	PRESS	80	X 5
	80	X 5		80	X 5		82	X 5		82	X 5		85	X 5		85	X 5		85	X 5
	80	X 5		80	X 5		85	X 5		85	X 5		85	X 5		85	X 5		85	X 5
RDL	65	X 8	RDL	65	X 8	RDL	67	X 8	RDL	67	X 8	RDL	65	X 8	RDL	65	X 8	RDL	65	X 8
	70	X 8		70	X 8		72	X 8		72	X 8		72	X 8		72	X 8		72	X 8
	72	X 8		72	X 8		75	X 8		75	X 8		75	X 8		75	X 8		75	X 8
	72	X 8		72	X 8		75	X 8		75	X 8		80	X 8		80	X 8		80	X 8
HYPERS		3X12	HYPERS		3X12	HYPERS		4X10	HYPERS		4X10	HYPERS		4X15	HYPERS		4X15	HYPERS		4X15
SH.COMBO		3X5	SH.COMBO		3X5	SH.COMBO		3X4	SH.COMBO		3X4	SH.COMBO		3X3	SH.COMBO		3X3	SH.COMBO		3X3
S.S. INITIALS			S.S. INITIALS			S.S. INITIALS			S.S. INITIALS			S.S. INITIALS			S.S. INITIALS			S.S. INITIALS		

Sh. Combo  
 front raise  
 lateral raise  
 post raise