

Male Offseason Week 3

Monday

Week 3 Coach Swanson, Coach Tomlin, Coach Williams

[illegible]

Tuesday

[illegible]

Thursday

	Max	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Wt
Bench Press		5 @ 65%		1 @ 75%		5 @ 85%		5 @ 85%		5 @ 85%	
Stop Bench		5 for 5		5 for 5		5 for 5					
Alt Shld Press on one leg		10		10		6		6			
Close Grip Bench		10		8		6					
Dip		Fail		Fail		Fail					

Friday

[illegible]