

NORTON PERFORMANCE

Ricky Norton

Program Start: 11-12-2018

Workout #: 4

A1: Landmine Press (Half-Kneeling)

Date	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
	1	3	8/arm					
	2	3	8/arm					
	3	3	8/arm					
	4	3	8/arm					

A2: MedBall Slams

Weight	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
	1	3	8					
	2	3	8					
	3	3	8					
	4	3	8					

A3: DB Row with Plank

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8/arm					
2	3	8/arm					
3	3	8/arm					
4	3	8/arm					

A4: Farmer's Walk Trap Bar

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	40yds					
2	3	40yds					
3	3	40yds					
4	3	40yds					

B1: 1-Arm KB Press on Floor

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8/arm					
2	3	8/arm					
3	3	8/arm					
4	3	8/arm					

B2: Medball Shotput (Half-Kneeling)

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8					
2	3	8					
3	3	8					
4	3	8					

B3: Face Pull (Half-Kneeling)

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8					
2	3	8					
3	3	8					
4	3	8					

B4: Pec Mobilization (ER/IR) with Ball

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8/side					
2	3	8/side					
3	3	8/side					
4	3	8/side					

C1:

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1							
2							
3							
4							

C2:

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1							
2							
3							
4							