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| **Warmup** –5-10 min cardio + stræk for [hoftebøjere](http://www.exrx.net/Stretches/HipFlexors/KneelingHipFlexor.html), [bryst](http://www.exrx.net/Stretches/ChestGeneral/Doorway.html) & [baglår](http://www.exrx.net/Stretches/Hamstrings/StandingBenchSingleLeg.html) |
| Set / reps | Dag 1 | Dag 2 | Dag 3 | Dag 4 | Dag 5 | Dag 6 |
| **Superset 1:** [Squat](http://www.exrx.net/WeightExercises/Quadriceps/BBFullSquat.html)Noter: |
| **1x5** |  |  |  |  |  |  |
| **2x5** |  |  |  |  |  |  |
| **3x5** |  |  |  |  |  |  |
| **Superset 1:** [Planks](http://www.acefitness.org/exerciselibrary/32/front-plank) (30 sekunder)Noter: |
| **1x30** |  |  |  |  |  |  |
| **2x30** |  |  |  |  |  |  |
| **3x30** |  |  |  |  |  |  |
| **Superset 2:** [Deadlift](http://www.exrx.net/WeightExercises/GluteusMaximus/BBDeadlift.html)Noter: |
| **1x5** |  |  |  |  |  |  |
| **2x5** |  |  |  |  |  |  |
| **3x5** |  |  |  |  |  |  |
| **Superset 2:** [Bench Press](http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html)Noter: |
| **1x5** |  |  |  |  |  |  |
| **2x5** |  |  |  |  |  |  |
| **3x5** |  |  |  |  |  |  |
| **Superset 3:** [Underhand Pulldown](http://www.exrx.net/WeightExercises/LatissimusDorsi/CBUnderhandPulldown.html)Noter: |
| **1x5** |  |  |  |  |  |  |
| **2x5** |  |  |  |  |  |  |
| **3x5** |  |  |  |  |  |  |
| **Superset 3:** [Seated Dumbbell Press](http://www.exrx.net/WeightExercises/DeltoidAnterior/DBShoulderPress.html)Noter: |
| **1x5** |  |  |  |  |  |  |
| **2x5** |  |  |  |  |  |  |
| **3x5** |  |  |  |  |  |  |
| **Conditioning** – [**Rowing Machine**](http://www.youtube.com/watch?v=zQ82RYIFLN8): 3-10 x 100 meter |
| **Noter:** |