|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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:** | | | | | | | | | | | | | |