

Navn
Dato

Workout
Split

Workout #1 - Dynamic effort
Workout 1 / off / workout 2 / off / (workout 3) / off / off

Fase

Concentric

A Pogo jumps						Note:								
Week	Sets	Reps	Tempo	%1RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	10	-	-	60	Weigth Reps								
2	3	10	-	-	60	Weigth Reps								
3	3	10	-	-	60	Weigth Reps								
4	3	10	-	-	60	Weigth Reps								

B1 Barbell back squat - banded						Note:								
Week	Sets	Reps	Tempo	%1RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	X0X0	65 %	15	Weigth Reps								
2	4	3	X0X0	65 %	15	Weigth Reps								
3	4	3	X0X0	65 %	15	Weigth Reps								
4	4	3	X0X0	65 %	15	Weigth Reps								

B2 Tuck jumps						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	15	Weigth Reps								
2	4	4	-	-	15	Weigth Reps								
3	4	4	-	-	15	Weigth Reps								
4	4	4	-	-	15	Weigth Reps								

B3 Dumbbell jump shrug - alm. stand						Note:								
Week	Sets	Reps	Tempo	%BW	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	10	15	Weigth Reps								
2	4	4	-	10	15	Weigth Reps								
3	4	4	-	10	15	Weigth Reps								
4	4	4	-	10	15	Weigth Reps								

B4 Band assisted overspeed jumps						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	240	Weigth Reps								
2	4	4	-	-	240	Weigth Reps								
3	4	4	-	-	240	Weigth Reps								
4	4	4	-	-	240	Weigth Reps								

C1 Dumbbell bench press						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	X0X0	7	30	Weigth Reps								
2	4	4	X0X0	7	30	Weigth Reps								
3	4	4	X0X0	7	30	Weigth Reps								
4	4	4	X0X0	7	30	Weigth Reps								

C2 Chin ups - mid grip - supinated						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	2010	7	90	Weigth Reps								
2	4	4	2010	7	90	Weigth Reps								
3	4	4	2010	7	90	Weigth Reps								
4	4	4	2010	7	90	Weigth Reps								

D Nordic hamstring curls						Note:								
Week	Sets	Reps	Tempo	RIR	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	-	-	60	Weigth Reps								
2	4	3	-	-	60	Weigth Reps								
3	4	3	-	-	60	Weigth Reps								
4	4	3	-	-	60	Weigth Reps								

RELATIVE STRENGTH

FUNCTIONAL HYPERTROPHY

HYPERTROPHY

STRENGTH ENDURANCE

1 2 3 4 5
100% 94% 90% 88% 85%

6 7 8
83% 80% 78%

9 10 11 12
76% 74% 72% 70%

13 14 15 16 17 18 19 20
68% 67% 66% 65% 63% 62% 61% 60%

Navn
Dato

Workout
Split

Workout #2 - Maximal effort
Workout 1 / off / workout 2 / off / (workout 3) / off / off

Fase

Concentric

A Squat drop jump - medium						Note:								
Week	Sets	Reps	Tempo	KG	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	5	1	X0X0	20	60	Weighth Reps								
2	5	1	X0X0	20	60	Weighth Reps								
3	5	1	X0X0	20	60	Weighth Reps								
4	5	1	X0X0	20	60	Weighth Reps								

B Trap-bar deadlift						Note:								
Week	Sets	Reps	Tempo	%RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	7	1	-	72,5 %	60	Weighth Reps								
2	7	1	-	75 %	60	Weighth Reps								
3	7	1	-	75 %	60	Weighth Reps								
4	7	1	-	77,5 %	60	Weighth Reps								

C1 Barbell split squat drop jump						Note:								
Week	Sets	Reps	Tempo	Kg	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	1010	20	15	Weighth Reps								
2	4	3	1010	20	15	Weighth Reps								
3	4	3	1010	20	15	Weighth Reps								
4	4	3	1010	20	15	Weighth Reps								

C2 Banded skater jumps						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	3	-	-	90	Weighth Reps								
2	3	3	-	-	90	Weighth Reps								
3	3	3	-	-	90	Weighth Reps								
4	3	3	-	-	90	Weighth Reps								

D1 Banded power step ups						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4	-	-	10	Weighth Reps								
2	3	4	-	-	10	Weighth Reps								
3	3	4	-	-	10	Weighth Reps								
4	3	4	-	-	10	Weighth Reps								

D2 Glute bar lift						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4	-	7	75	Weighth Reps								
2	3	4	-	7	75	Weighth Reps								
3	3	4	-	7	75	Weighth Reps								
4	3	4	-	7	75	Weighth Reps								

E1 1-arm dumbbell glute bridge with oblique sling						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	5	2010	7	30	Weighth Reps								
2	4	5	2010	7	30	Weighth Reps								
3	4	5	2010	7	30	Weighth Reps								
4	4	5	2010	7	30	Weighth Reps								

E2 GHR 1-arm dumbbell row						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	5	2011	7	90	Weighth Reps								
2	4	5	2011	7	90	Weighth Reps								
3	4	5	2011	7	90	Weighth Reps								
4	4	5	2011	7	90	Weighth Reps								

RELATIVE STRENGTH

1 2 3 4 5
100% 94% 90% 88% 85%

FUNCTIONAL HYPERTROPHY

6 7 8
83% 80% 78%

HYPERTROPHY

9 10 11 12
76% 74% 72% 70%

STRENGTH ENDURANCE

13 14 15 16 17 18 19 20
68% 67% 66% 65% 63% 62% 61% 60%

Navn
Dato

Workout
Split

Workout #3 - Capacity
Workout 1 / off / workout 2 / off / (workout 3) / off / off

Fase

Concentric

A1 Tuck jumps						Note:								
Week	Sets	Reps	Tempo	%RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	15	Weight								
						Reps								
2	4	4	-	-	15	Weight								
						Reps								
3	4	4	-	-	15	Weight								
						Reps								
4	4	4	-	-	15	Weight								
						Reps								

A2 Dumbbell jump shrug - alm stand						Note:								
Week	Sets	Reps	Tempo	%RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	15	Weight								
						Reps								
2	4	4	-	-	15	Weight								
						Reps								
3	4	4	-	-	15	Weight								
						Reps								
4	4	4	-	-	15	Weight								
						Reps								

A3 Band assisted overspeed jumps						Note:								
Week	Sets	Reps	Tempo	RIR	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	90	Weight								
						Reps								
2	4	4	-	-	90	Weight								
						Reps								
3	4	4	-	-	90	Weight								
						Reps								
4	4	4	-	-	90	Weight								
						Reps								

B1 Reverse lunges - floating heel - knee drive						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	5	15	Weight								
						Reps								
2	4	4	-	5	15	Weight								
						Reps								
3	4	4	-	5	15	Weight								
						Reps								
4	4	4	-	5	15	Weight								
						Reps								

B2 0' back extension						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	6	-	-	75	Weight								
						Reps								
2	4	6	-	-	75	Weight								
						Reps								
3	4	6	-	-	75	Weight								
						Reps								
4	4	6	-	-	75	Weight								
						Reps								

C1 Standing dumbbell overhead press - oscillatory +1						Note:								
Week	Sets	Reps	Tempo	RIR	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	5	-	-	60	Weight								
						Reps								
2	3	5	-	-	60	Weight								
						Reps								
3	3	5	-	-	60	Weight								
						Reps								
4	3	5	-	-	60	Weight								
						Reps								

C2 Chin ups - wide grip - pronated						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	6	-	-	30	Weight								
						Reps								
2	3	6	-	-	30	Weight								
						Reps								
3	3	6	-	-	30	Weight								
						Reps								
4	3	6	-	-	30	Weight								
						Reps								

D Copenhagen adductor						Note:								
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	12	-	-	60	Weight								
						Reps								
2	3	12	-	-	60	Weight								
						Reps								
3	3	12	-	-	60	Weight								
						Reps								
4	3	12	-	-	60	Weight								
						Reps								

RELATIVE STRENGTH

FUNCTIONAL HYPERTROPHY

HYPERTROPHY

STRENGTH ENDURANCE

1 2 3 4 5
100% 94% 90% 88% 85%

6 7 8
83% 80% 78%

9 10 11 12
76% 74% 72% 70%

13 14 15 16 17 18 19 20
68% 67% 66% 65% 63% 62% 61% 60%