

Navn _____ Workout **Workout #1** Fase **Isometrisk fokus**
 Dato _____ Split **Workout 1 / off / workout 2 / off / (workout 3) / off / off**

A1 Eccentric isometric trapbar deadlift						<i>Note: 5 sekunder isometrisk 90 grader i knæ - rør ikke jorden</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	3	15X1	82	15	Weigth							
						Reps							
2	3	3	15X1	84	15	Weigth							
						Reps							
3	3	3	15X1	86	15	Weigth							
						Reps							
4	3	3	15X1	88	15	Weigth							
						Reps							

A2 Tuck jumps						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	5	-	-	15	Weigth							
						Reps							
2	3	5	-	-	15	Weigth							
						Reps							
3	3	5	-	-	15	Weigth							
						Reps							
4	3	5	-	-	15	Weigth							
						Reps							

A3 1/2 squat jumps						<i>Note:</i>							
Week	Sets	Reps	Tempo	%BW	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4	-	25	15	Weigth							
						Reps							
2	3	4	-	27	15	Weigth							
						Reps							
3	3	4	-	30	15	Weigth							
						Reps							
4	3	4	-	32	15	Weigth							
						Reps							

A4 Band assisted over-speed jump						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	5	-	-	240	Weigth							
						Reps							
2	3	5	-	-	240	Weigth							
						Reps							
3	3	5	-	-	240	Weigth							
						Reps							
4	3	5	-	-	240	Weigth							
						Reps							

B1 Split stance 1-arm landmine press						<i>Note:</i>							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4-6	30X0	-	90	Weigth							
						Reps							
2	3	4-6	30X0	-	90	Weigth							
						Reps							
3	3	4-6	30X0	-	90	Weigth							
						Reps							
4	3	4-6	30X0	-	90	Weigth							
						Reps							

B2 Chin ups						<i>Note: Neutral grip</i>							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4-6	30X0	-	90	Weigth							
						Reps							
2	3	4-6	30X0	-	90	Weigth							
						Reps							
3	3	4-6	30X0	-	90	Weigth							
						Reps							
4	3	4-6	30X0	-	90	Weigth							
						Reps							

C1 1-leg swiss ball leg curl						<i>Note: SUPERSET Copenhagen side plank 30-45s</i>							
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							

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 _____ Workout **Workout #2** Fase **Isometrisk fokus**
 Dato _____ Split **Workout 1 / off / workout 2 / off / (workout 3) / off / off**

A Barbell squat						<i>Note: 4 sekunders pause i 90 grader</i>							
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	14X1	2	150	Weigth							
						Reps							
2	4	3	14X1	2	150	Weigth							
						Reps							
3	4	3	14X1	1	150	Weigth							
						Reps							
4	4	3	14X1	1	150	Weigth							
						Reps							

B Drop jump with dumbbells						<i>Note: Eccentric overload - højere højde end sidste fase</i>							
Week	Sets	Reps	Tempo	%BW	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4	-	20 %	60-90	Weigth							
						Reps							
2	3	4	-	20 %	60-90	Weigth							
						Reps							
3	3	4	-	20 %	60-90	Weigth							
						Reps							
4	3	4	-	20 %	60-90	Weigth							
						Reps							

C1 Flat barbell bench press - isometric hold						<i>Note: Superset w/ 3x lying med-ball explosive chest pass</i>							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	3	13X0	2	90	Weigth							
						Reps							
2	3	3	13X0	2	90	Weigth							
						Reps							
3	3	3	13X0	1	90	Weigth							
						Reps							
4	3	3	13X0	1	90	Weigth							
						Reps							

C2 Chin ups						<i>Note: Neutral grip</i>							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	3	20X0	-	90	Weigth							
						Reps							
2	3	3	20X0	-	90	Weigth							
						Reps							
3	3	3	20X0	-	90	Weigth							
						Reps							
4	3	3	20X0	-	90	Weigth							
						Reps							

D1 Mid foot reverse lunges with knee drive						<i>Note: Band loaded</i>							
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	20X0	-	10	Weigth							
						Reps							
2	3	5	20X0	-	10	Weigth							
						Reps							
3	3	5	20X0	-	10	Weigth							
						Reps							
4	3	5	20X0	-	10	Weigth							
						Reps							

D2 Nordic hamstring						<i>Note:</i>							
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	40X0	-	90	Weigth							
						Reps							
2	3	5	40X0	-	90	Weigth							
						Reps							
3	3	5	40X0	-	90	Weigth							
						Reps							
4	3	5	40X0	-	90	Weigth							
						Reps							

<i>Note:</i>						Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	-	-	-	-	-	Weigth							
						Reps							
2	-	-	-	-	-	Weigth							
						Reps							
3	-	-	-	-	-	Weigth							
						Reps							
4	-	-	-	-	-	Weigth							
						Reps							

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6 7 8
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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 _____ Workout **Workout #3 (frivillig)** Fase **Isometrisk fokus**
 Dato _____ Split **Workout 1 / off / workout 2 / off / (workout 3) / off / off**

A1 Landmine eccentric isometric split squat						<i>Note: Superset w/ 1-leg 3x hurdle hops</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	8	13X0	-	30	Weighth							
						Reps							
2	3	8	13X0	-	30	Weighth							
						Reps							
3	3	8	13X0	-	30	Weighth							
						Reps							
4	3	8	13X0	-	30	Weighth							
						Reps							

A2 Swiss ball leg curl						<i>Note:</i>							
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	Weighth							
						Reps							
2	3	10	-	-	60	Weighth							
						Reps							
3	3	10	-	-	60	Weighth							
						Reps							
4	3	10	-	-	60	Weighth							
						Reps							

B1 Seated dumbbell shoulder press						<i>Note: Unsupported - neutral grip</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	6-8	20X0	-	30	Weighth							
						Reps							
2	3	6-8	20X0	-	30	Weighth							
						Reps							
3	3	6-8	20X0	-	30	Weighth							
						Reps							
4	3	6-8	20X0	-	30	Weighth							
						Reps							

B2 1-arm dumbbell bird-dog row						<i>Note: Neutral grip</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	6-8	20X1	-	90	Weighth							
						Reps							
2	3	6-8	20X1	-	90	Weighth							
						Reps							
3	3	6-8	20X1	-	90	Weighth							
						Reps							
4	3	6-8	20X1	-	90	Weighth							
						Reps							

C1 Romanian rhythm squat						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	50	X0X0	-	10	Weighth							
						Reps							
2	3	50	X0X0	-	10	Weighth							
						Reps							
3	3	50	X0X0	-	10	Weighth							
						Reps							
4	3	50	X0X0	-	10	Weighth							
						Reps							

C2 Lying banded leg curl kickers						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	25s	-	-	75	Weighth							
						Reps							
2	3	25s	-	-	75	Weighth							
						Reps							
3	3	25s	-	-	75	Weighth							
						Reps							
4	3	25s	-	-	75	Weighth							
						Reps							

D Banded chaos palflof press						<i>Note:</i>							
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	Weighth							
						Reps							
2	3	10	-	-	60	Weighth							
						Reps							
3	3	10	-	-	60	Weighth							
						Reps							
4	3	10	-	-	60	Weighth							
						Reps							

RELATIVE STRENGTH					FUNCTIONAL HYPERTROPHY			HYPERTROPHY				STRENGTH ENDURANCE							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
100%	94%	90%	88%	85%	83%	80%	78%	76%	74%	72%	70%	68%	67%	66%	65%	63%	62%	61%	60%