

Navn  
Dato

Workout  
Split

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

Fase

Eccentric above 80%

A1 Barbell back squat - eccentric - cluster							Note:	5 sekunder ned							
Week	Sets	Reps	Tempo	%1RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
1	4	1/1/1	50X0	82,5 %	15	Weighth Reps									
2	4	1/1/1	50X0	85 %	15	Weighth Reps									
3	4	1/1/1	50X0	85 %	15	Weighth Reps									
4	4	1/1/1	50X0	87,5 %	15	Weighth Reps									

A2 Tuck jumps							Note:	Højt & hurtigt							
Week	Sets	Reps	Tempo	%1RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
1	4	4	-	-	15	Weighth Reps									
2	4	4	-	-	15	Weighth Reps									
3	4	4	-	-	15	Weighth Reps									
4	4	4	-	-	15	Weighth Reps									

A3 Dumbbell jump shrug							Note:	1 hop ad gangen							
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	-	40	15	Weighth Reps									
2	4	4	-	40	15	Weighth Reps									
3	4	4	-	40	15	Weighth Reps									
4	4	4	-	40	15	Weighth Reps									

A4 Band assisted overspeed jumps							Note:	1 hop ad gangen							
Week	Sets	Reps	Tempo	%1RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
1	4	6	-	-	180	Weighth Reps									
2	4	6	-	-	180	Weighth Reps									
3	4	6	-	-	180	Weighth Reps									
4	4	6	-	-	180	Weighth Reps									

B1 45' incline dumbbell bench press - eccentric							Note:	Neutral grip							
Week	Sets	Reps	Tempo	%1RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
1	4	4-6	5010	82,5 %	15	Weighth Reps									
2	4	4-6	5010	85 %	15	Weighth Reps									
3	4	4-6	5010	85 %	15	Weighth Reps									
4	4	4-6	5010	87,5 %	15	Weighth Reps									

B2 Chin ups - eccentric							Note:	Mid grip - supinated							
Week	Sets	Reps	Tempo	RIR	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
1	4	6	50X0	1-2	120	Weighth Reps									
2	4	6	50X0	1-2	120	Weighth Reps									
3	4	6	50X0	1-2	120	Weighth Reps									
4	4	6	50X0	1-2	120	Weighth Reps									

C1 Front foot elevated split squat							Note:	SUPERSET C2 - Nordic hamstring (4-6 reps)							
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	3110	1	120	Weighth Reps									
2	3	4-6	3110	1	120	Weighth Reps									
3	3	4-6	3110	1	120	Weighth Reps									
4	3	4-6	3110	1	120	Weighth Reps									

D Hamstring bridge							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	60s	-	-	30	Weighth Reps									
2	3	60s	-	-	30	Weighth Reps									
3	3	60s	-	-	30	Weighth Reps									
4	3	60s	-	-	30	Weighth 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%

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Workout  
Split

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

Fase

Eccentric above 80%

A Trap-bar deadlift						Note:							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	7	1	X0X0	90 %	60	Weight							
						Reps							
2	7	1	X0X0	90 %	60	Weight							
						Reps							
3	7	1	X0X0	90 %	60	Weight							
						Reps							
4	7	1	X0X0	90 %	60	Weight							
						Reps							

B1 Barbell squat - oscillatory - top end						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	8	-	80 %	60	Weight							
						Reps							
2	3	8	-	82,5 %	60	Weight							
						Reps							
3	3	8	-	82,5 %	60	Weight							
						Reps							
4	3	8	-	85 %	60	Weight							
						Reps							

B2 Barbell romanian deadlift - oscillatory						Note: Mid grip							
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	.	80 %	60	Weight							
						Reps							
2	3	8	.	82,5 %	60	Weight							
						Reps							
3	3	8	.	82,5 %	60	Weight							
						Reps							
4	3	8	.	85 %	60	Weight							
						Reps							

C1 1-arm dumbbell bench press - eccentric						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	4-6	4010	8	90	Weight							
						Reps							
2	4	4-6	4010	8	90	Weight							
						Reps							
3	4	4-6	4010	8	90	Weight							
						Reps							
4	4	4-6	4010	8	90	Weight							
						Reps							

C2 Chin ups						Note: Close grip - neutral							
Week	Sets	Reps	Tempo	RPE	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4-6	2011	9	90	Weight							
						Reps							
2	4	4-6	2011	9	90	Weight							
						Reps							
3	4	4-6	2011	9	90	Weight							
						Reps							
4	4	4-6	2011	9	90	Weight							
						Reps							

D 1-leg dumbbell romanian deadlift						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	4110	9	90	Weight							
						Reps							
2	3	6	4110	9	90	Weight							
						Reps							
3	3	6	4110	9	90	Weight							
						Reps							
4	3	6	4110	9	90	Weight							
						Reps							

E Copenhagen side plank						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	45s	-	-	45	Weight							
						Reps							
2	3	45s	-	-	45	Weight							
						Reps							
3	3	45s	-	-	45	Weight							
						Reps							
4	3	45s	-	-	45	Weight							
						Reps							

Note:						Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	-	-	-	-	-	Weight							
						Reps							
2	-	-	-	-	-	Weight							
						Reps							
3	-	-	-	-	-	Weight							
						Reps							
4	-	-	-	-	-	Weight							
						Reps							

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

Fase

Eccentric above 80%

A1 Barbell back squat - eccentric						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	%RM	Rest									
1	4	3	50X0	70	15	Weigth Reps								
2	4	3	50X0	70	15	Weigth Reps								
3	4	3	50X0	70	15	Weigth Reps								
4	4	3	50X0	70	15	Weigth Reps								

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

A3 Skater jumps						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	RIR	Rest									
1	4	6 i alt	-	.	15	Weigth Reps								
2	4	6 i alt	-	.	15	Weigth Reps								
3	4	6 i alt	-	.	15	Weigth Reps								
4	4	6 i alt	-	.	15	Weigth Reps								

A4 Band assisted overspeed jumps						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	%RM	Rest									
1	4	6	-	-	90	Weigth Reps								
2	4	6	-	-	90	Weigth Reps								
3	4	6	-	-	90	Weigth Reps								
4	4	6	-	-	90	Weigth Reps								

B1 Landmine courtsey squat with knee drive						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	RPE	Rest									
1	3	4-6	3010	8	15	Weigth Reps								
2	3	4-6	3010	8	15	Weigth Reps								
3	3	4-6	3010	8	15	Weigth Reps								
4	3	4-6	3010	8	15	Weigth Reps								

B2 1-leg glute brigde on dumbbell						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	RIR	Rest									
1	3	6-8	3010	-	60	Weigth Reps								
2	3	6-8	3010	-	60	Weigth Reps								
3	3	6-8	3010	-	60	Weigth Reps								
4	3	6-8	3010	-	60	Weigth Reps								

C1 1-arm landmine press						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	RPE	Rest									
1	3	6-8	-	9	30	Weigth Reps								
2	3	6-8	-	9	30	Weigth Reps								
3	3	6-8	-	9	30	Weigth Reps								
4	3	6-8	-	9	30	Weigth Reps								

C2 Landmine row to press						Note:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Week	Sets	Reps	Tempo	RPE	Rest									
1	3	6	-	9	60	Weigth Reps								
2	3	6	-	9	60	Weigth Reps								
3	3	6	-	9	60	Weigth Reps								
4	3	6	-	9	60	Weigth Reps								

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