

Navn _____ Workout **Workout #1 - Dynamic effort** Fase **Juli 2020**
 Dato _____ Split **Workout 1 / off / workout 2 / off / (workout 3) / off / off**

A1 Eccentric trap-bar deadlift						<i>Note: 5 sekunder ned</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-4	4	51X0	80	10	Weigth							
						Reps							
2	2-4	4	51X0	82	10	Weigth							
						Reps							
3	2-4	4	51X0	84	10	Weigth							
						Reps							
4	2-4	4	51X0	86	10	Weigth							
						Reps							

A2 Tuck 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	2-4	4	-	-	10	Weigth							
						Reps							
2	2-4	4	-	-	10	Weigth							
						Reps							
3	2-4	4	-	-	10	Weigth							
						Reps							
4	2-4	4	-	-	10	Weigth							
						Reps							

A3 Jump shrug						<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	2-4	4	-	10	10	Weigth							
						Reps							
2	2-4	4	-	12	10	Weigth							
						Reps							
3	2-4	4	-	14	10	Weigth							
						Reps							
4	2-4	4	-	15	10	Weigth							
						Reps							

A4 Band assisted overspeed jump						<i>Note:</i>							
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	-	-	240	Weigth							
						Reps							
2	4	6	-	-	240	Weigth							
						Reps							
3	4	6	-	-	240	Weigth							
						Reps							
4	4	6	-	-	240	Weigth							
						Reps							

B1 1-arm split stance landmine press						<i>Note: Neutral grip</i>							
Week	Sets	Reps	Tempo	RPE	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4-6	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 1-arm dumbbell bird dog row						<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	-	-	90	Weigth							
						Reps							
2	3	4-6	-	-	90	Weigth							
						Reps							
3	3	4-6	-	-	90	Weigth							
						Reps							
4	3	4-6	-	-	90	Weigth							
						Reps							

C Copenhagen side plank						<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	45s	-	-	60	Weigth							
						Reps							
2	3	45s	-	-	60	Weigth							
						Reps							
3	3	45s	-	-	60	Weigth							
						Reps							
4	3	45s	-	-	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 - Max effort** Fase **Juli 2020**
 Dato _____ Split **Workout 1 / off / workout 2 / off / (workout 3) / off / off**

A Trapbar deadlift						<i>Note:</i>							
Week	Sets	Reps	Tempo	%RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-4	1/1/1/1	51X0	86	180	Weigth							
						Reps							
2	2-4	1/1/1/1	51X0	88	180	Weigth							
						Reps							
3	2-4	1/1/1/1	51X0	90	180	Weigth							
						Reps							
4	2-4	1/1/1/1	51X0	92	180	Weigth							
						Reps							

B Drop jump with dumbbells						<i>Note:</i> 20 inches							
Week	Sets	Reps	Tempo	%BW	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	2-3	4	-	10%	60-90	Weigth							
						Reps							
2	2-3	4	-	12%	60-90	Weigth							
						Reps							
3	2-3	4	-	12%	60-90	Weigth							
						Reps							
4	2-3	4	-	15%	60-90	Weigth							
						Reps							

C1 1-arm dumbbell bench pres						<i>Note:</i> Upper back on bench							
Week	Sets	Reps	Tempo	%RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4-6	20X0	-	90	Weigth							
						Reps							
2	3	4-6	20X0	-	90	Weigth							
						Reps							
3	3	4-6	20X0	-	90	Weigth							
						Reps							
4	3	4-6	20X0	-	90	Weigth							
						Reps							

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

D1 Poliquin step ups						<i>Note:</i> Lav step							
Week	Sets	Reps	Tempo	%RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	8-10	1010	-	10	Weigth							
						Reps							
2	3	8-10	1010	-	10	Weigth							
						Reps							
3	3	8-10	1010	-	10	Weigth							
						Reps							
4	3	8-10	1010	-	10	Weigth							
						Reps							

D2 1-leg glute bridge						<i>Note:</i>							
Week	Sets	Reps	Tempo	%RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	8-10	40X0	-	90	Weigth							
						Reps							
2	3	8-10	40X0	-	90	Weigth							
						Reps							
3	3	8-10	40X0	-	90	Weigth							
						Reps							
4	3	8-10	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							

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 Workout #3 - Volume/prehab Fase Juli 2020
Split Workout 1 / off / workout 2 / off / (workout 3) / off / off

A Dumbbell step up with OH dumbbell press							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	6-8	-	-	10	Weigth								
						Reps								
2	4	6-8	-	-	10	Weigth								
						Reps								
3	4	6-8	-	-	10	Weigth								
						Reps								
4	4	6-8	-	-	10	Weigth								
						Reps								

B 1-leg romanian deadlift 1-arm dumbbell row							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	6-8	-	-	10	Weigth								
						Reps								
2	4	6-8	-	-	10	Weigth								
						Reps								
3	4	6-8	-	-	10	Weigth								
						Reps								
4	4	6-8	-	-	10	Weigth								
						Reps								

C1 Poliquin dumbbell step up							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	8-10	1010	-	60	Weigth								
						Reps								
2	3	8-10	1010	-	60	Weigth								
						Reps								
3	3	8-10	1010	-	60	Weigth								
						Reps								
4	3	8-10	1010	-	60	Weigth								
						Reps								

C2 45' 1-leg back extension							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	8-10	1010	-	90	Weigth								
						Reps								
2	3	8-10	1010	-	90	Weigth								
						Reps								
3	3	8-10	1010	-	90	Weigth								
						Reps								
4	3	8-10	1010	-	90	Weigth								
						Reps								

D Banded chaos pallof press							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	10	-	-	10	Weigth								
						Reps								
2	3	10	-	-	10	Weigth								
						Reps								
3	3	10	-	-	10	Weigth								
						Reps								
4	3	10	-	-	10	Weigth								
						Reps								

							Note:							
Week	Sets	Reps	Tempo	RIR	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	-	-	-	-	30	Weigth								
						Reps								
2	-	-	-	-	30	Weigth								
						Reps								
3	-	-	-	-	30	Weigth								
						Reps								
4	-	-	-	-	30	Weigth								
						Reps								

							Note:							
Week	Sets	Reps	Tempo	%BW	Rest		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								

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%