

Navn  
Dato

Workout  
Split

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

Fase

Concentric

A Barbell squat jump - med pause I bund						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	2	X0X0	30 %	60	Weight							
						Reps							
2	4	2	X0X0	30 %	60	Weight							
						Reps							
3	4	2	X0X0	30 %	60	Weight							
						Reps							
4	4	2	X0X0	30 %	60	Weight							
						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	1/1	X0X0	75 %	15	Weight							
						Reps							
2	4	1/1	X0X0	75 %	15	Weight							
						Reps							
3	4	1/1	X0X0	75 %	15	Weight							
						Reps							
4	4	1/1	X0X0	75 %	15	Weight							
						Reps							

B2 Drop jump to 2 CMJ						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	2	-	-	30	Weight							
						Reps							
2	4	2	-	-	30	Weight							
						Reps							
3	4	2	-	-	30	Weight							
						Reps							
4	4	2	-	-	30	Weight							
						Reps							

B3 Dumbbell jump shrug - stagged stance						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	2	-	20	30	Weight							
						Reps							
2	4	2	-	20	30	Weight							
						Reps							
3	4	2	-	20	30	Weight							
						Reps							
4	4	2	-	20	30	Weight							
						Reps							

B4 Banded over speed 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	Weight							
						Reps							
2	4	4	-	-	240	Weight							
						Reps							
3	4	4	-	-	240	Weight							
						Reps							
4	4	4	-	-	240	Weight							
						Reps							

C1 1-arm dumbbell bench 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	4	X0X0	-	30	Weight							
						Reps							
2	4	4	X0X0	-	30	Weight							
						Reps							
3	4	4	X0X0	-	30	Weight							
						Reps							
4	4	4	X0X0	-	30	Weight							
						Reps							

C2 1-arm dumbbell bird dog row						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	1010	-	90	Weight							
						Reps							
2	4	4	1010	-	90	Weight							
						Reps							
3	4	4	1010	-	90	Weight							
						Reps							
4	4	4	1010	-	90	Weight							
						Reps							

D Nordic hamstring						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	Weight							
						Reps							
2	4	3	-	-	60	Weight							
						Reps							
3	4	3	-	-	60	Weight							
						Reps							
4	4	3	-	-	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%

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Workout  
Split

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

Fase

Concentric

A 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	3	2	X0X0	20	60	Weighth							
						Reps							
2	3	2	X0X0	20	60	Weighth							
						Reps							
3	3	2	X0X0	20	60	Weighth							
						Reps							
4	3	2	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	-	80 %	60	Weighth							
						Reps							
2	7	1	-	82,5 %	60	Weighth							
						Reps							
3	7	1	-	82,5 %	60	Weighth							
						Reps							
4	7	1	-	85 %	60	Weighth							
						Reps							

  

C1 Z-sit overhead barbell press						Note: Mid grip							
Week	Sets	Reps	Tempo	RPE	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3-4	1010	9	60	Weighth							
						Reps							
2	4	3-4	1010	8	60	Weighth							
						Reps							
3	4	3-4	1010	8	60	Weighth							
						Reps							
4	4	3-4	1010	8	60	Weighth							
						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	3	3-4	1010	9	90	Weighth							
						Reps							
2	3	3-4	1010	9	90	Weighth							
						Reps							
3	3	3-4	1010	9	90	Weighth							
						Reps							
4	3	3-4	1010	9	90	Weighth							
						Reps							

  

D Landmine drop lunges to 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	3	4	X0X0		90	Weighth							
						Reps							
2	3	4	X0X0		90	Weighth							
						Reps							
3	3	4	X0X0		90	Weighth							
						Reps							
4	3	4	X0X0		90	Weighth							
						Reps							

  

E 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	2010	9	30	Weighth							
						Reps							
2	3	4	2010	9	30	Weighth							
						Reps							
3	3	4	2010	9	30	Weighth							
						Reps							
4	3	4	2010	9	30	Weighth							
						Reps							

  

F Half-kneeling off set barbell hold						Note: Hold vejret - 4 positioner pr set							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	10s	-	-	30	Weighth							
						Reps							
2	4	10s	-	-	30	Weighth							
						Reps							
3	4	10s	-	-	30	Weighth							
						Reps							
4	4	10s	-	-	30	Weighth							
						Reps							

  

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

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

Fase

Concentric

A1 Reverse lunges with knee drive - floating heel						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	3	13X0	70	15	Weight							
						Reps							
2	4	3	13X0	70	15	Weight							
						Reps							
3	4	3	13X0	70	15	Weight							
						Reps							
4	4	3	13X0	70	15	Weight							
						Reps							

A2 Band assisted overspeed 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	-	-	90	Weight							
						Reps							
2	4	4	-	-	90	Weight							
						Reps							
3	4	4	-	-	90	Weight							
						Reps							
4	4	4	-	-	90	Weight							
						Reps							

B1 Power step ups						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	-	.	15	Weight							
						Reps							
2	4	4	-	.	15	Weight							
						Reps							
3	4	4	-	.	15	Weight							
						Reps							
4	4	4	-	.	15	Weight							
						Reps							

B2 Banded kettlebell swing						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	-	-	90	Weight							
						Reps							
2	4	4	-	-	90	Weight							
						Reps							
3	4	4	-	-	90	Weight							
						Reps							
4	4	4	-	-	90	Weight							
						Reps							

C1 Chaos push 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	6	-	-	15	Weight							
						Reps							
2	3	6	-	-	15	Weight							
						Reps							
3	3	6	-	-	15	Weight							
						Reps							
4	3	6	-	-	15	Weight							
						Reps							

C2 Bent over Y-raise						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	6	-	-	60	Weight							
						Reps							
2	3	6	-	-	60	Weight							
						Reps							
3	3	6	-	-	60	Weight							
						Reps							
4	3	6	-	-	60	Weight							
						Reps							

D Prone 1-leg hip flexor						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							

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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