

Navn
Dato

Workout Workout #1 Fase November 2020
Split Workout 1 / off / workout 2 / off / workout 3 / off / off

| A Trap-bar isometric deadlift | | | | | | Note: 100-120' grader i knæ | | | | | | | |
|-------------------------------|------|------|-------|------|------|-----------------------------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %1RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| B Squat drop jump | | | | | | Note: | | | | | | | |
|-------------------|------|------|-------|------|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %1RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 3 | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 3 | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 3 | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 3 | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| C1 Step up | | | | | | Note: Knæ højde | | | | | | | |
|------------|------|------|-------|-----|------|-----------------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 3 | 15s | XOXO | 35 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 15s | XOXO | 35 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 15s | XOXO | 35 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 15s | XOXO | 35 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| C2 Dumbbell bent over row | | | | | | 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 | 15s | XOXO | 40-50 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 15s | XOXO | 40-50 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 15s | XOXO | 40-50 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 15s | XOXO | 40-50 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| D1 Glute ham 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 | 2 | 15s | XOXO | - | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 15s | XOXO | - | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 15s | XOXO | - | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 15s | XOXO | - | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| D2 Dumbbell bench press | | | | | | Note: Neutral grip - hurtige reps | | | | | | | |
|-------------------------|------|------|-------|-----|------|-----------------------------------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | RIR | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 15s | XOXO | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 15s | XOXO | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 15s | XOXO | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 15s | XOXO | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| E Bent over lateral dumbbell drop rep | | | | | | Note: SUPERSET biceps shock curls (15s rep) | | | | | | | |
|---------------------------------------|------|------|-------|-----|------|---|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | RPE | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 15s | XOXO | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 15s | XOXO | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 15s | XOXO | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 15s | XOXO | - | 30 | 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 #2 Fase November 2020
Split Workout 1 / off / workout 2 / off / workout 3 / off / off

| A Trap-bar isometric deadlift | | | | | | Note: 100-120' grader i knæ | | | | | | | |
|-------------------------------|------|------|-------|------|------|-----------------------------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %1RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| B Squat drop jump | | | | | | Note: | | | | | | | |
|-------------------|------|------|-------|------|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %1RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 10s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 10s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 10s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 10s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| C1 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 | 3 | 10s | XOXO | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 10s | XOXO | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 10s | XOXO | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 10s | XOXO | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| C2 Dumbbell bent over row | | | | | | 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 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| D1 Barbell bench press | | | | | | Note: | | | | | | | |
|------------------------|------|------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 3 | 10s | XOXO | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 10s | XOXO | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 10s | XOXO | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 10s | XOXO | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| D2 Glute bar lift | | | | | | Note: | | | | | | | |
|-------------------|------|------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 10s | XOXO | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| E Banded split stance speed wood chopper | | | | | | Note: | | | | | | | |
|--|------|------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | RPE | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 10s | XOXO | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 10s | XOXO | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 10s | XOXO | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 10s | XOXO | - | 30 | 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%

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Workout Workout #3 Fase November 2020
Split Workout 1 / off / workout 2 / off / workout 3 / off / off

| A Trap-bar isometric deadlift | | | | | | Note: 90' grader i knæ | | | | | | | |
|-------------------------------|------|------|-------|------|------|------------------------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %1RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 5s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| B Squat drop jump | | | | | | Note: | | | | | | | |
|-------------------|------|------|-------|------|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %1RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 2 | 25s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 25s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 25s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 25s | - | - | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| C1 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 | 3 | 25s | - | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 25s | - | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 25s | - | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 25s | - | 35-40 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| C2 Dumbbell bent over row | | | | | | 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 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| D1 1-arm dumbbell glute bridge bench press | | | | | | Note: | | | | | | | |
|--|------|------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 3 | 25s | X0X0 | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 25s | X0X0 | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 25s | X0X0 | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 25s | X0X0 | 30 | 15 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| D2 Glute bar lift | | | | | | Note: | | | | | | | |
|-------------------|------|------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|
| Week | Sets | Reps | Tempo | %RM | Rest | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| 1 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 3 | 25s | X0X0 | 30 | 60 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

| E Banded split stance chaos pallof 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 | 2 | 25s | X0X0 | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 2 | 2 | 25s | X0X0 | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 3 | 2 | 25s | X0X0 | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |
| 4 | 2 | 25s | X0X0 | - | 30 | Weigth | | | | | | | |
| | | | | | | Reps | | | | | | | |

RELATIVE STRENGTH

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100% 94% 90% 88% 85%

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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%