

Navn _____ Workout **Contralateral program** Fase _____ Opstart _____
 Dato _____ Split **"Se kalender"**

A Step-ups with 1-arm overhead press						Note:	<i>Contralateral</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	8	-	-	10	Weigth Reps								
2	6	10	-	-	10	Weigth Reps								

B Reverse lunges with 1-arm pulley row						Note:	<i>Contralateral</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	8	-	-	10	Weigth Reps								
2	6	10	-	-	10	Weigth Reps								

C 1-leg romanian deadlift with 1-arm row						Note:	<i>Contralateral</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	8	-	-	10	Weigth Reps								
2	6	10	-	-	10	Weigth Reps								

D Cossack squat to dumbbell overhead press						Note:	<i>Contralateral</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	8	-	-	10	Weigth Reps								
2	6	10	-	-	10	Weigth Reps								

E 1-leg glute bridge with 1-arm floor press						Note:	<i>Contralateral</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	8	-	-	10	Weigth Reps								
2	6	10	-	-	10	Weigth Reps								

F Rear foot elevated split squat to pallof press						Note:	<i>Contralateral</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	8	-	-	10	Weigth Reps								
2	6	10	-	-	10	Weigth Reps								

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

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1	-	-	-	-	-	Weigth Reps								
2	-	-	-	-	-	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%

SUPER ENDURANCE PROGRAM		Uge 1		Uge 2	
	Set	Reps	Set	Reps	
BLOK 1		RIR = 4		RIR = 2	
Trap-bar deadlift	5	5	5	5	
BLOK 2					
Dumbbell step up	2	14	3	12	
Incline dumbbell bench press	2	14	3	12	
Prone incline dumbbell row	2	14	3	12	
Conditioning	2	20s	3	30s	
BLOK 3					
Dumbbell romanian deadlift	2	14	3	12	
Dumbbell bench press	2	14	3	12	
Dumbbell curl to press	2	14	3	12	
Conditioning	2	20s	3	30s	
BLOK 4					
Piston squat	2	14	3	12	
Dumbbell french press	2	14	3	12	
Dumbbell cuban press	2	14	3	12	
Conditioning	2	20s	3	30s	
BLOK 5					
Leg curl	2	14	3	12	
Dumbbell incline fly	2	14	3	12	
Prone incline rear delt fly	2	14	3	12	
Conditioning	2	20s	3	30s	
BLOK 6					
Reverse lunges	2	14	3	12	
Push ups	2	14	3	12	
TRX row	2	14	3	12	
Conditioning	2	20s	3	30s	

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