

Navn _____ Workout Workout #1 _____ Fase _____ September 2020
 Dato _____ Split Workout 1 / off / workout 2 / off / off / off / off

A1 Trapbar deadlift						<i>Note: Så hurtigt som muligt</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3-5	3	X0X0	77,5	15	Weigth							
						Reps							
2	3-5	3	X0X0	80	15	Weigth							
						Reps							
3	3-5	3	X0X0	80	15	Weigth							
						Reps							
4	3-5	3	X0X0	82,5	15	Weigth							
						Reps							

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

A3 1/2 squat jumps						<i>Note:</i>							
Week	Sets	Reps	Tempo	Kg	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3-5	3	-	20	15	Weigth							
						Reps							
2	3-5	3	-	22,5	15	Weigth							
						Reps							
3	3-5	3	-	22,5	15	Weigth							
						Reps							
4	3-5	3	-	25	15	Weigth							
						Reps							

A4 Alternating split squat jumps						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3-5	6 i alt	-	-	240	Weigth							
						Reps							
2	3-5	6 i alt	-	-	240	Weigth							
						Reps							
3	3-5	6 i alt	-	-	240	Weigth							
						Reps							
4	3-5	6 i alt	-	-	240	Weigth							
						Reps							

B1 Boss-ball overhead dumbbell press						<i>Note: Hurtige reps</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	10X0	-	90	Weigth							
						Reps							
2	3	4-6	10X0	-	90	Weigth							
						Reps							
3	3	4-6	10X0	-	90	Weigth							
						Reps							
4	3	4-6	10X0	-	90	Weigth							
						Reps							

B2 Chin ups						<i>Note: Neutral grip - hurtige reps</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	10X0	-	90	Weigth							
						Reps							
2	3	4-6	10X0	-	90	Weigth							
						Reps							
3	3	4-6	10X0	-	90	Weigth							
						Reps							
4	3	4-6	10X0	-	90	Weigth							
						Reps							

C1 1-leg 45' back extension						<i>Note: SUPERSET Copenhagen side plank 30-45s</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	6	20X1	-	60	Weigth							
						Reps							
2	3	6	20X1	-	60	Weigth							
						Reps							
3	3	6	20X1	-	60	Weigth							
						Reps							
4	3	6	20X1	-	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 _____ Fase _____ September 2020
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A Barbell squat						Note: Ned til 90' grader - hurtige reps							
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	10X0	88	150	Weigth							
						Reps							
2	4	3	10X0	90	150	Weigth							
						Reps							
3	4	3	10X0	92	150	Weigth							
						Reps							
4	4	3	10X0	94	150	Weigth							
						Reps							

B Drop jump with dumbbells						Note: Eccentric overload - samme højde som sidste fase							
Week	Sets	Reps	Tempo	%BW	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	-	25 %	90	Weigth							
						Reps							
2	4	3	-	25 %	90	Weigth							
						Reps							
3	4	3	-	25 %	90	Weigth							
						Reps							
4	4	3	-	25 %	90	Weigth							
						Reps							

C1 1-arm dumbbell bench press						Note: 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	3	4-6	10X0	2	90	Weigth							
						Reps							
2	3	4-6	10X0	2	90	Weigth							
						Reps							
3	3	4-6	10X0	1	90	Weigth							
						Reps							
4	3	4-6	10X0	1	90	Weigth							
						Reps							

C2 1-arm dumbbell bird dog row						Note: Neutral grip - hurtige reps							
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 Alternating step ups jumps						Note: Høj step bænk							
Week	Sets	Reps	Tempo	%RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	3 pr ben	20X0	-	10	Weigth							
						Reps							
2	3	3 pr ben	20X0	-	10	Weigth							
						Reps							
3	3	3 pr ben	20X0	-	10	Weigth							
						Reps							
4	3	3 pr ben	20X0	-	10	Weigth							
						Reps							

D2 Nordic hamstring						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	6	40X0	-	90	Weigth							
						Reps							
2	3	6	40X0	-	90	Weigth							
						Reps							
3	3	6	40X0	-	90	Weigth							
						Reps							
4	3	6	40X0	-	90	Weigth							
						Reps							

Note:						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							

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