Bulding gainz

Dag 1

Baseline + styrke overkrop

A) WUP “kosteskaft”

B) Mobility #3

C) Ro

Roligt tempo. 5 minutter.

D) Baseline test!

(De fleste af jer har lavet den før. Kan I køre den hurtigere end sidst? Husk: Kun gode reps)

For tid:

500m Ro

40 Airsquat.

30 Butterfly sit-ups.

20 Hand-release push-ups.

10 Pull-ups

E)“25-50-25”

25 Bicep curls m/20kg stang

50 Bænkpres m/20kg stang

25 Bicep curls m/20kg stang

F) Styrke bænkpres:

5 rep 40% (af 1RM)

5 rep 50%

3 rep 60%

3 rep 70%

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3 rep 80%

3+ rep 90%

25 rep 35-40kg

Dag 2

Bevægelse

A) Mobility #1

B) Løb 5-7km

Dag 3

Styrke ben

A) WUP “Backsquat”

B) Core #1

C) Eccentric down pistols m/frontrack KB

(Pistol med kb i frontrack og støtte fra TRX. Langsomt ned. Rejs jer op. Forfra?)

5+5, 4+4, 3+3, 2+2, 1+1 (1 hø+1 ve).

D) Backsquat:

5 rep 40% (af 1RM)

5 rep 50%

3 rep 60%

3 rep 70%

3 rep 80%

3+ rep 90%

25 rep 40-50kg (UB)

E) WOD “The Chief”

5 runder:

3 Power Cleans 40-60kg

6 Push-ups

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9 Airsquat

1 minut pause

Dag 4

A) WUP “kosteskaft”

A) Mobility #1

C) WOD

1km Ro

30 Jumpsquat

2km Ro

20 Jumpsquat

3km Ro

10 Jumpsquat

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