Calisthenics | Bodyweight WODs

Dag 1

A) WUP
5min sjipning
Single unders & (evt) double unders

B) Banded exercise#1
Banded T-spine rotations:
9 hø - 9 ve - 6 - 6 - 3 - 3

C) Core #5

D) Move
45 push-ups
4 km ro (alternativt løb)
45 push-ups

E) Static/Strength
10 Jumpsquat
30 sek wallsit
10 Jumpsquat
40 sek wallsit
10 Jumpsquat
50 sek wallsit
10 Jumpsquat
60 sek wallsit

Dag 2

A) WUP "Løb":
2 runder, 10m hver:
- Walking quad stretch
- Walking hamstring stretch
- Walking knee hug
- Walking High kicks
- Broad jump

Derefter:
- 3x200m løb (jog - løb - dagens tempo)

B) Banded exercise#2
Lateral Banded walks
3 set af 15 skridt til hver side.

C) Core #8
2 runder:

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30 Bækkenløft
30sek Cook Bridge hø
30 Bækkenløft
30sek Cook Bridge ve

D) Move
10x400m løb ELLER 10x100m svøm
Start hvert 3. minut.
Din score er samlet antal sek du holder pause.

E) Static/Strength
Tabata:
8 runder:
20 sek Banded Bicep curls
10 sek Banded 90* Bicep hold

Dag 3

A) WUP "Løb":
2 runder, 10m hver:
Walking quad stretch
Walking hamstring stretch
Walking knee hug
Walking High kicks
Broad jump
Derefter:
3x200m løb (jog - løb - dagens tempo)

B) Banded exercise#3
20 Banded pull aparts

C) Core #1

D) Move
Løb eller ro
6km

E) Static/Strength
EMOM10 (Every minute on the minute x 10)
Even (0-2-4-6-8)
7 pull-ups
Rx: Strict eller kipping
Skaleret: Banded/Jumping/Inv rows
Uneven (1-3-5-7-9):
30sek barhang

Dag 4

A) WUP "Løb":
2 runder, 10m hver:
Walking quad stretch
Walking hamstring stretch

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Walking knee hug
Walking High kicks
Broad jump

Derefter:
3x200m løb (jog - løb - dagens tempo)

B) Banded exercise#4
Banded good mornings
2x25 reps

C) Core #7
40 SL alt V-ups
1min planke
30 SL alt V-ups
1min planke
20 SL alt V-ups
1min planke
10 SL alt V-ups

D) Move
25 push-ups
4km løb
25 push-ups
50 walking lunges
25 push-ups
4km løb
25 push-ups

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