

Calisthenics & KB WODs

Dag 1

A) [WUP "kasteskift"](#)

B) Banded exercise#5
[Banded Face-pull](#)
Reps: 10-8-6-4-2

C) Core #8
2 runder:
30 Bækkenløft
30sek [Cook Bridge](#) hø
30 Bækkenløft
30sek Cook Bridge ve

D) Static/Strength
["2 up, 1 down"](#)
Reps: 10-8-6-4-2
[Diamond push-ups](#)
Reps: 10-8-6-4-2

E) Move
Ro 5km for tid

Dag 2

A) [WUP "kasteskift"](#)

B) [Banded exercise#6](#)
Banded X-over highpull
Banded chest flies
Reps: 10-8-6-4-2

C) Core #9
[Plyometric push-ups](#)
10-8-6-4-2
Strict pull-ups
5-4-3-2-1

D) WOD
5 runder for tid:
600m løb
12 KB [Goblet squats](#) @16kg
12 KB walking lunges (KB i Goblet greb)

Dag 3

A) [WUP "kosteskift"](#)

B) Banded exercise#7

[Banded tricep pull-down](#)

Reps: 10-10-10

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) KB strength

[Kneeling inv KB strict press](#) 12-16kg

[KB scull crusher @ 20 kg](#)

[KB bench press @ 20 kg](#)

Reps: 10-8-6-4-2

Sidste runde (2) KB bench-press køres Max rep til failure.

E) WOD

AMRAP20

200m løb 3% incline

3hø+3ve KB snatch 20kg

200m løb 6% incline

6hø+6ve [KB snatch](#) 16kg

Dag 4

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) [Mobility #2](#)

C) Move

Løb 50min for distance