Building (endnu meget mere) gainz

Dag 1

Styrke 1

A) WUP “kosteskaft”

B) Mobility #5

C) Assesory Work

30 KB swing @16kg

20 KB swing @20kg

10 KB swing @24kg

1 minut pause

10 KB swing @24kg

20 KB swing @20kg

30 KB swing @16kg

D) Styrke dødløft

5 rep 40% (af 1RM)

5 rep 50%

3 rep 60%

3 rep 70%

3 rep 80%

3+ rep 90%

E) WOD

2 runder for tid:

1-2-3-4-5 Strict pull-ups

2-4-6-8-10 Dødløft 60kg

Phoca PDF

Derefter 1000m løb

(1+2, 2+4, 3+6, 4+8, 5+10, 1000m løb x2)

Dag 2

Styrke 2

A) WUP “kosteskaft”

B) Balance:

Akkumulér 10 KB (5+5) shoulder to overhead stående på knæ på pilates bold

C) Assesory Work 1

3 runder (3 hø+3 ve) med 16-20kg

Single KB “DT”:

9 suitcase KB DL

6 KB Cleans

3 KB strict press

D) Assesory Work 2:

4 runder, 2x6-6-8-10kg:

5 Bulgarian split jumps hø

5 Bulgarian split jumps ve

10 Seated prison curls hø

10 Seated prison curls ve

E) Styrke skulderpres

5 rep 40% (af 1RM)

5 rep 50%

3 rep 60%

3 rep 70%

3 rep 80%

3+ rep 90%

Phoca PDF

F) WOD

For tid:

5 runder:

400m incline løb 10 km/t (2-4-6-8-10%)

10 Burpee boxjump

1 wallwalk + shoulder tap hø+ve

Dag 3

Tits&guns&cardio

A) Mobility #1

B) Styrke “Guns”

3 runder:

25 bicep curls @20kg

25 Banded tricep pushdown

25 Push-ups

C) Styrke “tits”

1 runde (UB):

Max rep bænkpres @50kg

D) Løb 600cal

Dag 4

Engine

A) WUP “Backsquat”

B) Mobility routine #2

C) WOD:

Løb 3km

10-9-8-7-6-5-4-3-2-1

Front Squat @50-60kg

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Box Jump 24”

Løb 3km

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