Building gainz - last week!

Dag 1

Styrke 1

A) WUP

3km Ro i roligt tempo (2:00/500m)

B) Mobility #1

C) Assesory Work

3 runder:

8x Barbell hip thrusters @50-60kg

8x DB suitcase deadlift 2x20kg

D) Styrke Dødløft

5 rep 40% (af 1RM)

5 rep 50%

3 rep 60%

5 rep 75%

3 rep 85%

1+ rep 95%

E) WOD

For tid:

50 Boxjump 24”

Dag 2

Styrke 2

A) WUP “kosteskaft”

B) Mobility #3

Phoca PDF

C) Styrke Skulderpres

5 rep 40% (af 1RM)

5 rep 50%

3 rep 60%

5 rep 75%

3 rep 85%

1+ rep 95%

D) WOD

For tid:

4 runder:

6 Power Clean & Jerk @30kg

8 Front Squat @30kg

10 Burpee over bar

Derefter direkte over i:

4 runder, Every 5 minutes:

25 cal ro

20 sit-ups

40m walking lunges

Dag 3

B) Mobility #1

B) 40-50min

Løb eller svøm eller “ruck”

Dag 4

Engine

A) WUP “kosteskaft”

B) Mobility routine #2

Phoca PDF

C) Assesory øvelse:

“Core, Balance & Afsæt”

Weighted knee raises

30+30, 20+20, 10+10

KB:24kg

D) WOD:

Løb 500m

10-8-6-4-2

Front Squat @50-60kg

Box Jump 24”

Løb 500m

10-8-6-4-2

Pull-ups

HR push-ups

Løb 500m

Phoca PDF