

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 "kosteskraft"](#)

B) [Mobility #3](#)

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 "kasteskift"](#)

B) [Mobility routine #2](#)

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