# Östersundsfysen U15-19

# *Keywords: Explosiv, atletisk, Fundamental, Snabb och stark, Off-season, Hypertrofi*

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| **Aktivitet** | **Övning** |
| Explosivitet | Box Jumps och Squat Jump |
| Atletism | Lunges, Squats, Step ups och Calf raises |
| Fundamentals | Pullups, Reverse back extension, Benchpress, Overhead press, Pushups, Sitting Row och Lat Pulldown |
| Core | Situps, V-ups och Windshield Wipers |

**U15-19 - 8 veckor**

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| **Dag 1** | | **Dag 2** | | **Dag 3** | |
| [Box Jumps](https://www.youtube.com/watch?v=hxldG9FX4j4) | 8-10 reps  3 sets | [Squat Jump](https://www.youtube.com/watch?v=YGGq0AE5Uyc) | 8-10 reps  3 sets | [Squats](https://www.youtube.com/watch?v=MVMNk0HiTMg) | 4-6 reps  4 sets  80 |
| [Lunges](https://www.youtube.com/watch?v=L8fvypPrzzs) | 8-10 reps  3 sets | [Benchpress](https://www.youtube.com/watch?v=rT7DgCr-3pg) | 6-8 reps  3 sets  80-85% RM | [Step ups](https://www.youtube.com/watch?v=l4AA5d5mInQ) | 8-10 reps  3 sets |
| [Pullups](https://www.youtube.com/watch?v=eGo4IYlbE5g) | Max reps  3 sets | [Overhead press](https://www.youtube.com/watch?v=qEwKCR5JCog) | 6-8 reps  3 sets  80-85% RM | [Calf raises](https://www.youtube.com/watch?v=ommnfVcLWxQ) | 8-10 reps  3 sets |
| [Situps](https://www.youtube.com/watch?v=jDwoBqPH0jk) | Max reps  3 sets | [Pushups](https://www.youtube.com/watch?v=IODxDxX7oi4) | Max reps  3 sets | [Sitting Row](https://www.youtube.com/watch?v=GZbfZ033f74&t=5s) | 6-8 reps  3 sets |
| [Reverse back extension](https://www.youtube.com/watch?v=3kzAV20d_dE) | 10-12 reps  3 sets | [V-ups](https://www.youtube.com/watch?v=CRCprXsWSI4) | Max reps  3 sets | [Lat Pulldowns](https://www.youtube.com/watch?v=0oeIB6wi3es) | 6-8 reps  3 sets |
|  |  | [Windshield Wipers](https://www.youtube.com/watch?v=eo3GXMJty_A) | 30 sek  3 sets |

Vila: 2-3 min mellan varje set.