

# Block 1 - Week 2

## Pass 1 (Gym):

### Warm up:

5 min Mobility work

3 min Bike with increasing tempo

Followed by 3 RFQ:

10 Back Squat, 10 Glute Bridges, 10 RDL

5 min Foam Rolling (if needed)

### Lower Body (Focus Strength):

Marklyft, 4 x 8 at 60-70% of 1RM:

<https://www.youtube.com/watch?v=1ZXobu7JvvE>

Vila 3 min mellan rundorna

--- 3-5 min Vila ---

Benböj till box, 4 x 6 at 65-70% of 1RM:

<https://www.youtube.com/watch?v=SjI7LTVwhxE>

Vila 2-3 min mellan rundorna

--- 3-5 min Vila ---

Utfallssteg, 3 x 10/10 at 60-70% of 1RM:

<https://www.youtube.com/watch?v=XJyUHKWKnxc>

Vila 2 min mellan rundorna

--- 3-5 min Vila ---

Triset 1:

Split Stand Eccentric focused Squat, 3 x 10/10:

- Stå i split position med benen och en hantel i var hand. På vägen ner (den excentriska fasen) utför du cirka 2-3 sekunder för att sedan snabbt upp i startposition med hantlarna i händerna.

Jumping Squats (med lätt vikt), 3 x 10:

- <https://www.youtube.com/watch?v=7zys7iyL4Rk>

Depth Jump, 3 x 6:

<https://www.youtube.com/watch?v=AzPJZHOmGEg>

Vila 3 min mellan rundorna

### Core:

3 Rounds For Quality:

8/8 Landmine rotationer

[https://www.youtube.com/watch?v=OFOUfMpK\\_xs](https://www.youtube.com/watch?v=OFOUfMpK_xs)

20-30 sek per sida Copenhagen Plank

<https://www.youtube.com/watch?v=CjinhqRzcaY>

10 Weighted V-ups

<https://www.youtube.com/watch?v=tftmWIKx8yE>

### Cooldown:

3 min Lätt cykling

10-15 min - Foam Rolling utsatta muskler