

Block 1 - Week 3

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):

Benböj, 10-8-6-4-2-4-6-8-10 med ökande vikt sedan lättare vikt igen mot slutet (60-90% or 1RM):

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

Vila 2-3 min mellan rundorna

--- 3-5 min Vila ---

Superset 1:

Smith Machine Bulgarian Split Squat (explosiva), 4 x 6 at 50-65% of 1 RM:

<https://www.youtube.com/watch?v=-vacyh7kikY>

Split Stance Dumbbell RDL, 4 x 8/8:

<https://www.youtube.com/watch?v=iFEJRjpvu-0>

Vila 3 min mellan rundorna

--- 3-5 min Vila ---

Triset 1:

Split Stand Eccentric focused Squat, 3 x 6/6:

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

Alt. Split Squat Jump, 3 x 6/6:

<https://www.youtube.com/watch?v=rC2unYD6Zjo>

Seated Box Jumps, 3 x 6:

<https://www.youtube.com/watch?v=st-r8tDO3Q>

Vila 3 min mellan rundorna

Core:

3 Rounds For Quality:

20-30 sek Copenhagen Plank

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

30 m Single-Arm Farmers Carry

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

16 Banded Dead Bugs

<https://www.youtube.com/watch?v=wCwn7-Z-XjE>

Cooldown:

3 min Lätt cykling

10-15 min - Foam Rolling utsatta muskler