

Block 1 - Week 4

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, Build to 4 x 6 at \approx 75%:

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

Vila 3 min mellan rundorna

--- 3-5 min Vila ---

Frontböj, 4 x 8 at 80-85%:

https://www.youtube.com/watch?v=uYumuL_G_V0

Vila 3 min mellan rundorna

--- 3-5 min Vila ---

Utfallssteg, 3 x 5/5 (tungt):

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

Vila 3 min mellan rundorna

--- 3-5 min Vila ---

RDL, 3 x 15 (ganska lätt vikt):

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

Vila 2 min mellan rundorna

Core:

3 Rounds For Quality:

10 Ab-Wheel Rollouts

<https://www.youtube.com/watch?v=DA2QGIONPWU>

10/10 Pavlov Press med vikt hängande på bandet

15 Supermans

<https://www.youtube.com/watch?v=z6PJMT2y8GQ>

Cooldown:

3 min Lätt cykling

10-15 min - Foam Rolling utsatta muskler