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| **vecka 1, dag 1 (vila 60 sekunder)** |
|  | up to 10 squats | 11 - 20 squats | 21 - 30 squats |
| **set 1** | 3 | 8 | 13 |
| **set 2** | 4 | 8 | 16 |
| **set 3** | 3 | 5 | 9 |
| **set 4** | 3 | 5 | 9 |
| **set 5** | max (minst 5) | max (minst 7) | max (minst 13) |
| **vecka 1, dag 2 (vila 60 sekunder)** |
| **set 1** | 5 | 8 | 13 |
| **set 2** | 5 | 11 | 16 |
| **set 3** | 3 | 8 | 13 |
| **set 4** | 5 | 8 | 13 |
| **set 5** | max (minst 5) | max (minst 9) | max (minst 16) |
| **vecka 1, dag 3 (vila 60 sekunder)** |
| **set 1** | 5 | 11 | 15 |
| **set 2** | 6 | 13 | 20 |
| **set 3** | 5 | 10 | 13 |
| **set 4** | 5 | 10 | 13 |
| **set 5** | max (minst 7)  | max (minst 13)  | max (minst 18)  |

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| **vecka 2, dag 1 (vila 60 sekunder)** |
|  | up to 10 squats | 11 - 20 squats | 21 - 30 squats |
| **set 1** | 6 | 13 | 19 |
| **set 2** | 8 | 15 | 19 |
| **set 3** | 5 | 11 | 13 |
| **set 4** | 5 | 11 | 13 |
| **set 5** | max (minst 8) | max (minst 15) | max (minst 20) |
| **vecka 2, dag 2 (vila 60 sekunder)** |
| **set 1** | 6 | 13 | 19 |
| **set 2** | 8 | 16 | 22 |
| **set 3** | 5 | 13 | 16 |
| **set 4** | 5 | 13 | 16 |
| **set 5** | max (minst 10) | max (minst 18) | max (minst 23) |
| **vecka 2, dag 3 (vila 60 sekunder)** |
| **set 1** | 7 | 16 | 22 |
| **set 2** | 11 | 18 | 22 |
| **set 3** | 7 | 13 | 19 |
| **set 4** | 7 | 13 | 19 |
| **set 5** | max (minst 11)  | max (minst 21)  | max (minst 27)  |

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| **vecka 3, dag 1 (vila 60 sekunder)** |
|  | 21 - 30 squats | 31 - 40 squats | > 40 squats |
| **set 1** | 13 | 16 | 19 |
| **set 2** | 16 | 22 | 24 |
| **set 3** | 10 | 17 | 19 |
| **set 4** | 10 | 17 | 19 |
| **set 5** | max (minst 13) | max (minst 22) | max (minst 27) |
| **vecka 3, dag 2 (vila 60 sekunder)** |
| **set 1** | 13 | 19 | 27 |
| **set 2** | 16 | 25 | 34 |
| **set 3** | 11 | 19 | 21 |
| **set 4** | 11 | 19 | 21 |
| **set 5** | max (minst 16) | max (minst 25) | max (minst 34) |
| **vecka 3, dag 3 (vila 60 sekunder)** |
| **set 1** | 15 | 22 | 30 |
| **set 2** | 18 | 29 | 38 |
| **set 3** | 13 | 20 | 27 |
| **set 4** | 13 | 21 | 27 |
| **set 5** | max (minst 18) | max (minst 29) | max (minst 40) |

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| **vecka 4, dag 1 (vila 60 sekunder)** |
|  | 21 - 30 squats | 31 - 40 squats | > 40 squats |
| **set 1** | 16 | 24 | 29 |
| **set 2** | 19 | 30 | 34 |
| **set 3** | 15 | 22 | 29 |
| **set 4** | 13 | 22 | 29 |
| **set 5** | max (minst 22) | max (minst 34) | max (minst 43) |
| **vecka 4, dag 2 (vila 60 sekunder)** |
| **set 1** | 19 | 27 | 34 |
| **set 2** | 22 | 34 | 40 |
| **set 3** | 16 | 27 | 34 |
| **set 4** | 16 | 27 | 34 |
| **set 5** | max (minst 24) | max (minst 38) | max (minst 49) |
| **vecka 4, dag 3 (vila 60 sekunder)** |
| **set 1** | 22 | 31 | 40 |
| **set 2** | 24 | 38 | 45 |
| **set 3** | 18 | 31 | 40 |
| **set 4** | 18 | 31 | 40 |
| **set 5** | max (minst 27)  | max (minst 45)  | max (minst 54)  |

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| **vecka 5, dag 1 (vila 60 sekunder)** |
|  | 41 - 50 squats | 51 - 60 squats | > 60 squats |
| **set 1** | 23 | 38 | 49 |
| **set 2** | 27 | 47 | 54 |
| **set 3** | 21 | 34 | 40 |
| **set 4** | 21 | 30 | 32 |
| **set 5** | max (minst 27) | max (minst 47) | max (minst 54) |
| **vecka 5, dag 2 (vila 45 sekunder)** |
| **set 1** | 13 | 24 | 27 |
| **set 2** | 13 | 24 | 27 |
| **set 3** | 18 | 27 | 32 |
| **set 4** | 18 | 27 | 32 |
| **set 5** | 13 | 19 | 24 |
| **set 6** | 13 | 19 | 24 |
| **set 7** | 13 | 22 | 30 |
| **set 8** | max (minst 34)  | max (minst 54)  | max (minst 63)  |

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| **vecka 5, dag 3 (vila 45 sekunder)** |
| 16 | 23 | 27 |
| 16 | 23 | 27 |
| 20 | 27 | 32 |
| 20 | 27 | 32 |
| 16 | 23 | 27 |
| 16 | 23 | 27 |
| 13 | 27 | 36 |
| max (minst 40)  | max (minst 60)  | max (minst 67) |

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| **vecka 6, dag 1 (vila 60 sekunder)** |
|  | 75 - 90 squats | 91 - 110 squats | > 110 squats |
| **set 1** | 34 | 54 | 63 |
| **set 2** | 40 | 67 | 76 |
| **set 3** | 27 | 34 | 47 |
| **set 4** | 20 | 31 | 40 |
| **set 5** | max (minst 54) | max (minst 67) | max (minst 76) |
| **vecka 6, dag 2 (vila 45 sekunder)** |
| **set 1** | 19 | 27 | 30 |
| **set 2** | 19 | 27 | 30 |
| **set 3** | 21 | 31 | 40 |
| **set 4** | 21 | 31 | 40 |
| **set 5** | 19 | 27 | 32 |
| **set 6** | 19 | 27 | 32 |
| **set 7** | 13 | 24 | 29 |
| **set 8** | 13 | 24 | 29 |
| **set 9** | max (minst 59)  | max (minst 72)  | max (minst 81)  |

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| **vecka 6, dag 3 (vila 45 sekunder)** |
| **set 1** | 18 | 30 | 35 |
| **set 2** | 18 | 30 | 35 |
| **set 3** | 23 | 40 | 45 |
| **set 4** | 23 | 40 | 45 |
| **set 5** | 22 | 31 | 35 |
| **set 6** | 22 | 31 | 35 |
| **set 7** | 19 | 24 | 30 |
| **set 8** | 19 | 24 | 30 |
| **set 9** | max (minst 67)  | max (minst 81)  | max (minst 100)  |

