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| **Vecka 1, dag 1 (vila 60 sekunder)** | | | |
|  | up to 10 sit-ups | 11 - 20 sit-ups | 21 - 30 sit-ups |
| **set 1** | 3 | 9 | 15 |
| **set 2** | 4 | 9 | 18 |
| **set 3** | 3 | 6 | 10 |
| **set 4** | 3 | 6 | 10 |
| **set 5** | max (minst 5) | max (minst 8) | max (minst 14) |
| **vecka 1, dag 2 (vila 60 sekunder)** | | | |
| **set 1** | 5 | 9 | 15 |
| **set 2** | 6 | 12 | 18 |
| **set 3** | 3 | 9 | 15 |
| **set 4** | 5 | 9 | 15 |
| **set 5** | max (minst 6) | max (minst 10) | max (minst 18) |
| **vecka 1, dag 3 (vila 60 sekunder)** | | | |
| **set 1** | 6 | 12 | 17 |
| **set 2** | 7 | 15 | 22 |
| **set 3** | 6 | 11 | 14 |
| **set 4** | 6 | 11 | 14 |
| **set 5** | max (minst 8) | max (minst 15) | max (minst 20) |

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| **vecka 2, dag 1 (vila 60 sekunder)** | | | |
|  | up to 10 sit-ups | 11 - 20 sit-ups | 21 - 30 sit-ups |
| **set 1** | 6 | 14 | 21 |
| **set 2** | 9 | 17 | 21 |
| **set 3** | 6 | 12 | 15 |
| **set 4** | 6 | 12 | 15 |
| **set 5** | max (minst 9) | max (minst 17) | max (minst 22) |
| **vecka 2, dag 2 (vila 60 sekunder)** | | | |
| **set 1** | 7 | 15 | 21 |
| **set 2** | 9 | 18 | 24 |
| **set 3** | 6 | 14 | 18 |
| **set 4** | 6 | 14 | 18 |
| **set 5** | max (minst 11) | max (minst 20) | max (minst 26) |
| **vecka 2, dag 3 (vila 60 sekunder)** | | | |
| **set 1** | 8 | 18 | 24 |
| **set 2** | 12 | 20 | 25 |
| **set 3** | 8 | 15 | 21 |
| **set 4** | 8 | 15 | 21 |
| **set 5** | max (minst 12) | max (minst 23) | max (minst 30) |

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| **vecka 3, dag 1 (vila 60 sekunder)** | | | |
|  | 21 - 30 sit-ups | 31 - 40 sit-ups | > 40 sit-ups |
| **set 1** | 15 | 18 | 21 |
| **set 2** | 18 | 25 | 27 |
| **set 3** | 11 | 19 | 21 |
| **set 4** | 11 | 19 | 21 |
| **set 5** | max (minst 14) | max (minst 25) | max (minst 30) |
| **vecka 3, dag 2 (vila 60 sekunder)** | | | |
| **set 1** | 15 | 21 | 30 |
| **set 2** | 18 | 28 | 38 |
| **set 3** | 12 | 21 | 23 |
| **set 4** | 12 | 21 | 23 |
| **set 5** | max (minst 18) | max (minst 28) | max (minst 38) |
| **vecka 3, dag 3 (vila 60 sekunder)** | | | |
| **set 1** | 17 | 24 | 33 |
| **set 2** | 20 | 32 | 42 |
| **set 3** | 14 | 23 | 30 |
| **set 4** | 14 | 23 | 30 |
| **set 5** | max (minst 20) | max (minst 32) | max (minst 45) |

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| **vecka 4, dag 1 (vila 60 sekunder)** | | | |
|  | 21 - 30 sit-ups | 31 - 40 sit-ups | > 40 sit-ups |
| **set 1** | 18 | 27 | 32 |
| **set 2** | 21 | 33 | 38 |
| **set 3** | 17 | 24 | 32 |
| **set 4** | 15 | 24 | 32 |
| **set 5** | max (minst 24) | max (minst 38) | max (minst 48) |
| **vecka 4, dag 2 (vila 60 sekunder)** | | | |
| **set 1** | 21 | 30 | 38 |
| **set 2** | 24 | 38 | 45 |
| **set 3** | 18 | 30 | 38 |
| **set 4** | 18 | 30 | 38 |
| **set 5** | max (minst 27) | max (minst 42) | max (minst 54) |
| **vecka 4, dag 3 (vila 60 sekunder)** | | | |
| **set 1** | 24 | 35 | 45 |
| **set 2** | 27 | 42 | 50 |
| **set 3** | 20 | 35 | 45 |
| **set 4** | 20 | 35 | 45 |
| **set 5** | max (minst 30) | max (minst 50) | max (minst 60) |

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| **vecka 5, dag 1 (vila 60 sekunder)** | | | |
|  | 41 - 50 sit-ups | 51 - 60 sit-ups | > 60 sit-ups |
| **set 1** | 26 | 42 | 54 |
| **set 2** | 30 | 52 | 60 |
| **set 3** | 23 | 38 | 45 |
| **set 4** | 23 | 33 | 36 |
| **set 5** | max (minst 30) | max (minst 52) | max (minst 60) |
| **vecka 5, dag 2 (vila 45 sekunder)** | | | |
| **set 1** | 15 | 27 | 30 |
| **set 2** | 15 | 27 | 30 |
| **set 3** | 20 | 30 | 36 |
| **set 4** | 20 | 30 | 36 |
| **set 5** | 15 | 21 | 27 |
| **set 6** | 15 | 21 | 27 |
| **set 7** | 15 | 24 | 33 |
| **set 8** | max (minst 38) | max (minst 60) | max (minst 70) |

**vecka 5, dag 3 (vila 45 sekunder) >>>**

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| **vecka 5, dag 3 (vila 45 sekunder)** | | | |
| **set 1** | 18 | 26 | 30 |
| **set 2** | 18 | 26 | 30 |
| **set 3** | 22 | 30 | 36 |
| **set 4** | 22 | 30 | 36 |
| **set 5** | 18 | 26 | 30 |
| **set 6** | 18 | 26 | 30 |
| **set 7** | 15 | 30 | 40 |
| **set 8** | max (minst 45) | max (minst 67) | max (minst 75) |

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| **vecka 6, dag 1 (vila 60 sekunder)** | | | |
|  | 75 - 90 sit-ups | 91 - 110 sit-ups | > 110 sit-ups |
| **set 1** | 38 | 60 | 70 |
| **set 2** | 45 | 75 | 85 |
| **set 3** | 30 | 38 | 52 |
| **set 4** | 22 | 35 | 45 |
| **set 5** | max (minst 60) | max (minst 75) | max (minst 85) |
| **vecka 6, dag 2 (vila 45 sekunder)** | | | |
| **set 1** | 21 | 30 | 33 |
| **set 2** | 21 | 30 | 33 |
| **set 3** | 23 | 35 | 45 |
| **set 4** | 23 | 35 | 45 |
| **set 5** | 21 | 30 | 36 |
| **set 6** | 21 | 30 | 36 |
| **set 7** | 15 | 27 | 32 |
| **set 8** | 15 | 27 | 32 |
| **set 9** | max (minst 66) | max (minst 80) | max (minst 90) |

**vecka 6, dag 3 (vila 45 sekunder) >>>**

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| **vecka 6, dag 3 (vila 45 sekunder)** | | | |
| **set 1** | 20 | 33 | 39 |
| **set 2** | 20 | 33 | 39 |
| **set 3** | 26 | 45 | 50 |
| **set 4** | 26 | 45 | 50 |
| **set 5** | 24 | 34 | 39 |
| **set 6** | 24 | 34 | 39 |
| **set 7** | 21 | 27 | 33 |
| **set 8** | 21 | 27 | 33 |
| **set 9** | max (minst 75) | max (minst 90) | max (minst 105) |

