Styrkeprogram 1

Uppvärmning 10min ( jogg,cykel,rodd etc. )

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| **Övning** | **Rep** | **Set** |
| 1. Sit-ups ( valfria ) | 20-30st | 3 |
| 1. Knäböj | 8-12 | 3 |
| 1. Frontsquat | 8-12 | 2-3 |
| 1. Bänkpress | 8-12 | 3 |
| 1. Militärpress | 8-12 | 3 |
| 1. Bicepscurls | 8-12 | 3 |
| 1. Bonus |  |  |
| 1. Stretch |  |  |

Styrkeprogram 2

Uppvärmning 10min ( jogg,cykel,rodd etc. )

|  |  |  |
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| **Övning** | **Rep** | **Set** |
| 1. Russian twist | 20-30st | 3 |
| 1. Marklyft | 8-12 | 3 |
| 1. Chins | max | 3 |
| 1. Frivändning | 8-12 | 3 |
| 1. Triceps valfri | 8-12 | 3 |
| 1. Shrugs | 8-12 | 3 |
| 1. Bonus |  |  |
| 1. Stretch |  |  |