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
 |  |  |