

Träningspass Helkropp 1

Uppvärmning: 5-10min pulshöjande + 5 min egen dynamisk rörlighet/valfritt

Obs ingen stretch innan passet (efter går bra)

Övning	Set	Repetitioner	Vila (sek)	Vikt/tips
1. Copenhagen planks	2-3	6-8 per sida	90	Kroppsv.
https://www.youtube.com/shorts/TG7xYNOKvAk				
2. Deadbugg	2-3	15-20 totalt	120	Kroppsv.
https://www.youtube.com/shorts/QLW5fAuO6QM				
3. Box step ups	3	8 per sida	120	Hantlar
https://www.youtube.com/shorts/As4BZiXeULo				
4. Hantelpress	3	10-12	90	Hantlar
https://www.youtube.com/shorts/vTD8NPoMt0g				
5. Chins/Pullups	3	5-6	120	Kroppsv./band
https://www.youtube.com/shorts/1CeTHisduvM				
6. Liggande höftdrag med band	3	5-6 per sida	90	Motståndsband/kabel
https://www.youtube.com/shorts/SNL1h-5Yhnk				
7. Kettlebell swings split stance	3	10-15 per sida	80	Ca. 10kg-20kg
https://www.youtube.com/shorts/MBKfgPJsbW8				