**Grundstyrka steg 1**

**Benpass 1**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Video på alla övningar finns här:** [**https://www.youtube.com/channel/UCM67HRKj-A4cxEGOQRgiNSA/videos**](https://www.youtube.com/channel/UCM67HRKj-A4cxEGOQRgiNSA/videos)

**Uppvärmning**

* Knäkontroll - 5 övningar
* 1\* Komplex med stång (5 rep/övning) Rodd, raka marklyft, fulla drag, ryckknäböj

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 3 | 6 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj | 3 | 10 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Marklyft | 3 | 10 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Splitböj m fot på bänk | 3 | 5 / ben |  |  |  |  | 60s |
| Hamstringscurl | 3 | 10 |  |  |  |  |  |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 3 | 10 | 60 s |
| Planka | 3 | 40 sekunder |  |

| Datum: | Mat inom 15 min: |
| --- | --- |

**Benpass 2**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Knäkontroll - 5 övningar
* 1\* Komplex med stång (5 rep/övning) Rodd, raka marklyft, fulla drag, ryckknäböj

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 3 | 6 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj fram | 3 | 8 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Marklyft raka ben | 3 | 10 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| Utfallssteg m vikt på raka armar | 2 | 8/ben |  |  |  | 60s |

|  | set | reps | vila |
| --- | --- | --- | --- |
| Magtvist | 3 | 12 | 60s |
| Höftlyft på pilatesboll/bänk (ett eller två ben) | 3 | 10st / ben |  |

| Datum: | Mat inom 15 min: |
| --- | --- |

**Benpass 3**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Knäkontroll - 5 övningar
* 1\* Komplex med stång (5 rep/övning) Rodd, raka marklyft, fulla drag, ryckknäböj

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 4 | 5 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj | 3 | 8 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Marklyft | 3 | 8 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Splitböj m en fot på bänk | 3 | 5 / ben |  |  |  |  | 60s |
| Hamstringscurl | 3 | 10 |  |  |  |  |  |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 3 | 10 | 60 s |
| Planka | 3 | 40 sekunder |  |

| Datum: | Mat inom 15 min: |
| --- | --- |

**Benpass 4**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Knäkontroll - 5 övningar
* 1\* Komplex med stång (5 rep/övning) Rodd, raka marklyft, fulla drag, ryckknäböj

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 4 | 5 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj fram | 3 | 6 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Marklyft raka ben | 3 | 8 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| Utfallssteg m vikt på raka armar | 2 | 8/ben |  |  |  | 60s |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Magtvist | 3 | 12 | 60s |
| Höftlyft på pilatesboll/bänk | 3 | 10st/ ben |  |

| Datum: | Mat inom 15 min: |
| --- | --- |

**Benpass 5**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Knäkontroll - 5 övningar
* 1\* Komplex med stång (5 rep/övning) Rodd, raka marklyft, fulla drag, ryckknäböj

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning |  | 6,4,2,1 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj |  | 10,8,6,4 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Splitböj m en fot på bänk | 3 | 5 |  |  |  |  | 60s |
| Fallande hamstrings/finnen | 3 | 8 |  |  |  |  |  |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 4 | 10 | 60s |
| Sido planka | 2 | 30 sekunder / sida |  |

| Datum: | Mat inom 15 min: |
| --- | --- |

***Benpass 6***

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Knäkontroll - 5 övningar
* 1\* Komplex med stång (5 rep/övning) Rodd, raka marklyft, fulla drag, ryckknäböj

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning |  | 6,4,2,1 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj fram |  | 8,6,4,2 |  |  |  |  | 60s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Splitböj m en fot på bänk | 3 | 5/ben |  |  |  |  | 60s |
| Fallande hamstrings/finnen | 3 | 8 |  |  |  |  | 60s |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 4 | 10 | 60s |
| Sido planka | 2 | 30 sekunder / sida |  |

| Datum: | Mat inom 15 min: |
| --- | --- |

**Överkroppspass 1**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Axlar gummiband - 5 övningar

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10 |  |  |  |  | 60s |
| Stående rodd | 3 | 10 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 6 |  |  |  |  | 60s |
| Dips | 3 | 8 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Stående axelpress | 3 | 10 |  |  |  |  | 60s |
| Utåtrotation med band | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Benuppdrag | 3 | 10 |  |  |  |  | 60s |
| Bålrull + rygglyft | 3 | 3 / håll |  |  |  |  |  |

**Överkroppspass 2**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Axlar gummiband - 5 övningar

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 8 |  |  |  |  | 60s |
| Stående rodd | 3 | 8 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Liggande chins | 3 | 10 |  |  |  |  | 60s |
| Stående flyes | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Armhäv över plint | 3 | 8 |  |  |  |  | 60s |
| Axellyft åt sidan | 3 | 10 |  |  |  |  |  |

|  | set | reps | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| Planka 1 arm / 1 ben | 4 | 20 sekunder |  |  |  | 60s |
| Bålrull + fällkniv | 3 | 10 |  |  |  |  |

**Överkroppspass 3**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Axlar gummiband - 5 övningar

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10 |  |  |  |  | 60s |
| Stående rodd | 3 | 10 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 6 |  |  |  |  | 60s |
| Dips | 3 | 8 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Stående axelpress | 3 | 10 |  |  |  |  | 60s |
| Utåtrotation med band | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Benuppdrag | 3 | 10 |  |  |  |  | 60s |
| Bålrull + rygglyft | 3 | 3 / håll |  |  |  |  |  |

**Överkroppspass 4**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Axlar gummiband - 5 övningar

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 8 |  |  |  |  | 60s |
| Stående rodd | 3 | 8 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Liggande chins | 3 | 10 |  |  |  |  | 60s |
| Stående flyes | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Armhäv över plint | 3 | 8 |  |  |  |  | 60s |
| Axellyft åt sidan | 3 | 10 |  |  |  |  |  |

|  | set | reps | Antal rep/set | | Setvila |
| --- | --- | --- | --- | --- | --- |
| Planka 1 arm / 1 ben | 4 | 20 sekunder |  |  | 60s |
| Bålrull + fällkniv | 3 | 10 |  |  |  |

**Överkroppspass 5**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Axlar gummiband - 5 övningar

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10,8,6 |  |  |  |  |  |
| Stående rodd | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | ev vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 10,8,6 |  |  |  |  | 60s |
| Dips | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Stående axelpress | 3 | 10,8,6 |  |  |  |  | 60s |
| Armhäv över plint | 3 | 10 |  |  |  |  |  |

|  | set | reps | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| Diagonal fällkniv | 3 | 10 |  |  |  | 60s |
| Planka | 3 | 40 sekunder |  |  |  |  |

**Överkroppspass 6**

Övningar som står i samma tabell genomföres med superset och sen full vila mellan varje set.

**Uppvärmning**

* Axlar gummiband - 5 övningar

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10,8,6 |  |  |  |  | 60s |
| Stående rodd | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 10,8,6 |  |  |  |  | 60s |
| Dips | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Armhäv över plint | 3 | 8 |  |  |  |  | 60s |
| Axellyft åt sidan | 3 | 10 |  |  |  |  |  |

|  | set | reps | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| Diagonal fällkniv | 3 | 10 |  |  |  | 60s |
| Plankan | 3 | 40 sekunder |  |  |  |  |