**Grundstyrka steg 1**

**Benpass 1**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Försök handstående

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivädningsdrag | 4 | 3 |  |  |  |  |  |
| Frivändning från mark | 4 | 5 |  |  |  |  | 90 s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj | 3 | 10 |  |  |  |  | 90s |
| Hopp med band | 3 | 5 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Splitböj (enbensböj)+ 3 hopp | 3 | 5 +3/ ben |  |  |  |  | 90s |
| Hamstringscurl | 3 | 10 |  |  |  |  |  |

|  | set | reps |  |  |  |  | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Fällkniv | 3 | 15 |  |  |  |  | 60 s |
| Plankan rotation | 3 | 30 s/sida |  |  |  |  |  |
| Bollkast i mark | 3 | 10 |  |  |  |  |  |

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

**Benpass 2**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Hjulningar åt vardera håll

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 4 | 5 |  |  |  |  | 90 s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Front knäböj | 3 | 8 |  |  |  |  | 90s |
| Box jump | 3 | 4 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| 3D utfallshopp 4 vinklar | 2 | 2/vinkel/ben |  |  |  | 90s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Höftlyft med rygg mot bänk | 3 | 8 |  |  |  |  | 90s |
| Spänsthopp med vikt | 3 | 4+4 |  |  |  |  |  |

|  | set | reps | vila |
| --- | --- | --- | --- |
| Liggande benlyft | 3 | 12 | 60s |
| Grodan | 3 | 10/sida |  |

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

**Benpass 3**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Försök handstående

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivädningsdrag | 3 | 4 |  |  |  |  |  |
| Frivändning från mark | 3 | 8 |  |  |  |  | 90 s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj | 3 | 10 |  |  |  |  | 90s |
| Hopp med/utan vikt | 3 | 3 med/3 utan vikt | 10kg |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Marklyft | 3 | 10 |  |  |  |  |  |
| Skridskohopp | 3 | 8/sida |  |  |  |  |  |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 3 | 10 | 60 s |
| Plankan rotation | 3 | 20 |  |
| Bollkast i sidled | 3 | 10/Sida |  |

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

**Benpass 4**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Hjulningar åt vardera håll

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 3 | 5 |  |  |  |  | 90 s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Front Knäböj | 3 | 8 |  |  |  |  | 90s |
| Bollkast i mark | 3 | 6 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | Setvila |
| --- | --- | --- | --- | --- | --- | --- |
| Benspark | 2+1 | 12+drop |  |  |  | 90s |
| Hamstring Curl | 2+1 | 12+drop |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 3D utfall pulserande 4 vinklar | 2 | 4/vinkel/ben |  |  |  |  | 90s |
| Draken + step up | 2 | 6/ben |  |  |  |  |  |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Liggande benlyft | 3 | 15 | 60s |
| Situps på lutande bänk m vikt | 3 | 15 |  |

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

**Benpass 5**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Försök handstående

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivädningsdrag | 3 | 4 |  |  |  |  |  |
| Frivändning från mark | 3 | 5/6/7 |  |  |  |  | 90s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Knäböj | 3 | 6/8/10 |  |  |  |  | 90s |
| Hopp med gummiband | 3 | 5 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Höftlyft med rygg på bänk | 3 | 8 |  |  |  |  |  |
| Splitböj (enbensböj) + hopp | 3 | 5+3/ben |  |  |  |  | 90s |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 4 | 10 | 60s |
| Situps lutande bänk + vikt | 4 | 15 |  |

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

***Benpass 6***

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Hjulningar åt vardera håll

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Frivändning | 3 | 5/7/7 |  |  |  |  | 90s |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Front Knäböj | 3 | 6/8/10 |  |  |  |  | 90s |
| Box jump | 3 | 5 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Marklyft | 3 | 8 |  |  |  |  | 90s |
| Hamstrings curl | 2+1 | 8+1dropp |  |  |  |  | 90s |

|  | set | reps | Setvila |
| --- | --- | --- | --- |
| Fällkniv | 4 | 10 | 60s |
| Joystick | 4 | 6/sida |  |

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

**Överkroppspass 1**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Försök handstående

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10 |  |  |  |  | 90s |
| Stående rodd | 3 | 10 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 8 |  |  |  |  | 90s |
| dips | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Stående axelpress | 3 | 10 |  |  |  |  | 90s |
| Biceps curls | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Flyes | 2 | 12 |  |  |  |  | 90s |
| Axeldrag i dragmaskin 2 vinklar | 2 | 12/arm |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sittande magtwist | 3 | 12 |  |  |  |  | 60s |
| Snea liggande benlyft | 3 | 10/sida |  |  |  |  |  |

**Överkroppspass 2**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Hjulningar åt vardera håll

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 8 |  |  |  |  | 90s |
| Armhäv öv plint | 3 | 10 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 10 |  |  |  |  | 90s |
| dips | 3 | 12 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Enarms axelpress utfallsposition | 3 | 6/6 |  |  |  |  | 90s |
| Stående rodd | 3 | 8 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Biceps curls | 3 | 8 |  |  |  |  | 90s |
| Liggande tricepspress | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Benuppdrag | 3 | 8 |  |  |  |  | 90s |
| Grodan | 3 | 20 |  |  |  |  |  |

**Överkroppspass 3**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Försök handstående

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10 |  |  |  |  | 90s |
| Stående rodd | 3 | 10 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 8 |  |  |  |  | 90s |
| dips | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Stående axelpress | 3 | 10 |  |  |  |  | 90s |
| biceps curls | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Axeldrag 2 vinklar | 2 | 12 |  |  |  |  | 90s |
| Flyes | 2 | 12 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sittande magtwist | 3 | 12 |  |  |  |  | 60s |
| Hängande benlyft | 3 | 10 |  |  |  |  |  |

**Överkroppspass 4**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Hjulningar åt vardera håll

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 8 |  |  |  |  | 90s |
| Armhäv öv plint | 3 | 10 |  |  |  |  |  |

|  | set | reps | Ev. Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 10 |  |  |  |  | 90s |
| dips | 3 | 12 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Enarms axelpress utfallsposition | 3 | 6/6 |  |  |  |  | 90s |
| Stående rodd | 3 | 8 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Snea biceps curls | 3 | 8/arm |  |  |  |  | 90s |
| Tricepspress liggande | 3 | 10 |  |  |  |  |  |

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Benuppdrag | 3 | 8 |  |  |  |  | 90s |
| Swimmer | 3 | 10 |  |  |  |  |  |

**Överkroppspass 5**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Försök handstående

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 6,8,10 |  |  |  |  | 90s |
| Stående rodd | 3 | 6,8,10 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 10,8,6 |  |  |  |  | 90s |
| dips | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Stående axelpress | 3 | 8,10,12 |  |  |  |  | 90s |
| Flyes | 3 | 10 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Joystick | 3 | 10 |  |  |  |  | 60s |
| Fällkniv | 3 | 10 |  |  |  |  |  |
| Situps med bollkast | 3 | 10 |  |  |  |  |  |

**Överkroppspass 6**

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

**Uppvärmning**

* 1\* Komplex med stång (6 rep/övning); Ryckknäböj, rodd, långa drag, Fulla drag, Axelpress
* 6\* Nedrullning/uppgång
* 3 Hjulningar åt vardera håll

|  | set | reps | Vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bänkpress | 3 | 10,8,6 |  |  |  |  | 90s |
| Armhäv öv plint | 3 | 10 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Chins | 3 | 10,8,6 |  |  |  |  | 90s |
| dips | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Axelpress utfallsposition | 3 | 8/8 |  |  |  |  | 90s |
| Stående rodd | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Joystick | 3 | 10 |  |  |  |  | 60s |
| Biceps curls | 3 | 10,8,6 |  |  |  |  |  |

|  | set | reps | vikt | Antal rep/set | | | Setvila |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Grodan | 3 | 20 |  |  |  |  |  |
| Bollkast i vägg utfallsposition | 3 | 5/5 |  |  |  |  |  |