**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 |
| Frivändning | 4 | 5 |  |  |  |  | 90 s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Knäböj  | 3 | 10 |  |  |  |  | 90s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Marklyft | 3 | 10 |  |  |  |  | 90 |

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | set | reps | Setvila |
| Fällkniv  | 3 | 10 | 60 s |
| Plankan rotation | 3 | 20 s/sida |  |

|  |  |
| --- | --- |
| 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 |
| Knäböj | 3 | 8 |  |  |  |  | 90s |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Utfallssteg | 2 | 8/ben |  |  |  | 90s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Marklyft raka ben | 3 | 8 |  |  |  |  | 90s |

|  |  |  |  |
| --- | --- | --- | --- |
|  | set | reps | vila |
| Magtvist på pilatesboll | 3 | 12 | 60s |
| Höftlyft på pilatesboll (ett eller två ben) | 3 | 30s |  |

|  |  |
| --- | --- |
| 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 |
| Frivändning | 3 | 8 |  |  |  |  | 90 s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Knäböj  | 3 | 10 |  |  |  |  | 90s |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Splitböj (enbensböj) | 3 | 5 / ben |  |  |  |  | 90s |
| Höftlyft med rygg mot bänk | 3 | 10 |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | set | reps | Setvila |
| Fällkniv  | 3 | 10 | 60 s |
| Plankan rotation | 3 | 20 s/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 | 4 | 5 |  |  |  |  | 90 s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Knäböj | 3 | 8 |  |  |  |  | 90s |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Utfallssteg | 2 | 8/ben |  |  |  | 90s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Marklyft raka ben | 3 | 8 |  |  |  |  | 90s |

|  |  |  |  |
| --- | --- | --- | --- |
|  | set | reps | Setvila |
| Magtvist på pilatesboll | 3 | 12 | 60s |
| Höftlyft på pilatesboll  | 3 | 30s |  |

|  |  |
| --- | --- |
| 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 |
| Frivändning | 3 | 5/7/7 |  |  |  |  | 90s |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Splitböj (enbensböj) | 3 | 5+5 |  |  |  |  | 90s |
| Fallande hamstrings | 3 | 8 |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | set | reps | Setvila |
| Fällkniv  | 4 | 10 | 60s |
| Draken | 2+2 | 6 |  |

|  |  |
| --- | --- |
| 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 |
| Knäböj | 3 | 6/8/10 |  |  |  |  | 90s |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Splitböj (enbensböj) | 3 | 5+5 |  |  |  |  | 90s |
| Fallande hamstrings | 3 | 8 |  |  |  |  | 90s |

|  |  |  |  |
| --- | --- | --- | --- |
|  | set | reps | Setvila |
| Fällkniv  | 4 | 10 | 60s |
| Draken | 2+2 | 6 |  |

|  |  |
| --- | --- |
| 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 |
| Utåtrotation med band | 3 | 10 |  |  |  |  |  |

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

**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 |
| Stående rodd | 3 | 8 |  |  |  |  |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Stående axelpress | 3 | 8  |  |  |  |  | 90s |
| Armhäv över plint | 3 | 10 |  |  |  |  |  |

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

**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 |
| Utåtrotation med band | 3 | 10 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Sittande magtwist | 3 | 12  |  |  |  |  | 60s |
| Good morning | 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 |
| Stående rodd | 3 | 8 |  |  |  |  |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | Vikt | Antal rep/set | Setvila |
| Stående axelpress | 3 | 8  |  |  |  |  | 90s |
| Armhäv över plint | 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 |
| Armhäv över plint | 3 | 10 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | vikt | Antal rep/set | Setvila |
| Joystick | 3 | 10 |  |  |  |  | 60s |
| Good morning | 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 | 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 |
| Armhäv över plint | 3 | 10 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | set | reps | vikt | Antal rep/set | Setvila |
| Joystick | 3 | 10 |  |  |  |  | 60s |
| Good morning | 3 | 10 |  |  |  |  |  |