

H65 Höör

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Minsta viktökning		1					
	Test vikt	Reps	1RM	5RM	10RM	KG ökn.	%
Hä.Styrkeryck	56	3	59	53	44		
Knäböj bak	110	2	113	101	85		
Bänkpress	0	0	0	0	0		
	0	0	0	0	0		

Vecka 1-8

		Datum:								
Program A		Sets x Reps	Pass #1	Pass #3	Pass #5	Pass #7	Pass #9	Pass #11	Pass #13	Pass #15
1 Hä.Styrkeryck	warmup	1x5	20	20	20	20	20	20	20	20
	warmup	1x5	20	25	20	30	25	30	25	30
	warmup	1x3	25	30	25	35	30	35	30	35
	warmup	1x2	30	35	30	40	35	40	35	40
	working sets	8x3	37,5		35,0				37,5	
	working sets	6x3		42,5			40,0	45,0		
	working sets	5x3				45,0				50,0
		Reps	24	18	24	15	18	18	24	15
	KG	900	765	840	675	720	810	900	750	
2 Knäböj bak	warmup	1x5	20	20	20	20	20	20	20	20
	warmup	1x5	45	50	35	60	50	55	50	55
	warmup	1x3	55	65	50	70	60	70	60	70
	warmup	1x2	65	70	55	80	70	75	70	75
	working sets	4x6			67,5				72,5	
	working sets	3x6	72,5	80,0			77,5	87,5		
	working sets	5x3				90,0				95,0
		Reps	18	18	24	15	18	18	24	15
	KG	1305	1440	1620	1350	1395	1575	1740	1425	
3 Press(H) (ex. press liggande)			3x8-12	4x8-12	3x8-12	4x6-10	3x8-12	4x8-12	3x8-12	4x8-12
		1st Set								
		2nd Set								
		3rd Set								
		4th Set								
4 Drag(V) (ex. chins, latsdrag)			3x8-12	4x8-12	3x8-12	4x6-10	3x8-12	4x8-12	3x8-12	4x8-12
		1st Set								
		2nd Set								
		3rd Set								
		4th Set								
5 1-bens(K) (ex. utfall, step up)			2x8-12	3x8-12	2x8-12	3x6-10	2x8-12	3x8-12	2x8-12	3x8-12
		1st Set								
		2nd Set								
		3rd Set								
6 Rotationer eller Prehab			2x8-12	3x8-12	2x8-12	3x6-10	2x8-12	3x8-12	2x8-12	3x8-12
		1st Set								
		2nd Set								
		3rd Set								
		Totalt Reps	42	36	48	30	36	36	48	30
		Totalt KG	2205	2205	2460	2025	2115	2385	2640	2175
		MRV	53	61	51	68	59	66	55	73