

# H65 Höör

Namn: Mikaela Mässing

Minsta viktökning		1					
	Test vikt	Reps	1RM	5RM	10RM	KG ökn.	%
Styrkävändnin	87	2	89	80	67		
Bänkpess	65	3	69	61	52		
	0	0	0	0	0		
	0	0	0	0	0		

Vecka 1-8

Program B		Datum:								
		Sets x Reps	Pass #2	Pass #4	Pass #6	Pass #8	Pass #10	Pass #12	Pass #14	Pass #16
1 Styrkävändning	warmup	1x5	20	20	20	20	20	20	20	20
	warmup	1x5	35	40	30	45	40	45	40	45
	warmup	1x3	40	50	40	55	45	55	45	55
	warmup	1x2	50	55	45	60	55	60	55	60
	working sets	8x3	57,5		52,5				57,5	
	working sets	6x3		62,5			62,5	67,5		
	working sets	5x3				70,0				75,0
	Reps		24	18	24	15	18	18	24	15
	KG		1380	1125	1260	1050	1125	1215	1380	1125
	2 Bänkpess	warmup	1x5	20	20	20	20	20	20	20
warmup		1x5	25	30	20	35	30	35	30	35
warmup		1x3	30	35	30	40	35	40	35	40
warmup		1x2	35	40	35	45	40	45	40	45
working sets		4x6+6			40,0				42,5	
working sets		3x6+6	42,5	47,5			47,5	52,5		
working sets		5x3+3				55,0				57,5
Reps			18	18	24	15	18	18	24	15
KG			765	855	960	825	855	945	1020	863
3 Press(V) (ex. press stå/sitt ↑)				3x8-12	4x8-12	3x8-12	4x6-10	3x8-12	4x8-12	3x8-12
	1st Set									
	2nd Set									
	3rd Set									
	4th Set									
4 Drag(H) (ex. roddövningar)			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(H) (ex. draken)			2x8-12	3x8-12	2x8-12	3x6-10	2x8-12	3x8-12	2x8-12	3x8-12
	1st Set									
	2nd Set									
	3rd Set									
6 Bål eller Prehab			2x8-12	3x8-12	2x8-12	3x6-10	2x8-12	3x8-12	2x8-12	3x8-12
	1st Set									
	2nd Set									
	3rd Set									
<b>Totalt Reps</b>			42	36	48	30	36	36	48	30
<b>Totalt KG</b>			2145	1980	2220	1875	1980	2160	2400	1988
<b>MRV</b>			51	55	46	63	55	60	50	66
<b>Vecka Reps</b>			84	72	96	60	72	72	96	60
<b>Vecka Kg</b>			4350	4185	4680	3900	4095	4545	5040	4163
<b>Vecka MRV</b>			52	58	49	65	57	63	53	69