

## Dag 1

Muskelgruppe	Øvelse	Gentagelser	Diverse
Ben	Squat	5 x 8-12	Opvarmning: 3 sæt a 15-20
	Wallking Lunges	3 x max	
	Leg Press	5 x 8-12	Pause: 1-2 min
	Leg Extension	4 x 8-12	
Abs	Hanging Leg Raise	3-4 x 10-15	
	Cable Pull Down	3-4 x 10-15	
	Decline Lying Leg Raise	3-4 x 10-15	
	Crunches	3-4 x 10-15	Evt. med twist
	Side Crunch w/twist	3-4 x 10-15	På swiss bold
	Seated Twist w/DB	3-4 x 10-15	

## Dag 2

Muskelgruppe	Øvelse	Gentagelser	Diverse
Bryst	Incline Dumbbel press	4 x 8-12	Opvarmning: 2-3 sæt a 15-20
	Dumbbel press	4 x 8-12	
	Incline Dumbbel Flyers	4 x 8-12	
	Decline Bench Press	4 x 8-12	
Læg	1 Legged Seated Press	5 x 8-12	Opvarmning: 2-3 sæt a 15-20
	Seated/Standing Press	5 x 8-12	

## Dag 3

Muskelgruppe	Øvelse	Gentagelser	Diverse
Baglår	Deadlift	5 x 8-12	Opvarmning: 3 sæt a 15-20
	Ben Curl	4 x 8-12	
Baller	Hip Thrust	5 x 8-12	
	Step Up/Glute Machine	4 x 8-12	
Ryg	Pull Down, Chest w/Wide Grip	4 x 8-12	
	Machine Row	4 x 8-12	
	Pullover	4 x 8-12	
	T-Bar Row	4 x 8-12	

## Dag 4

Muskelgruppe	Øvelse	Gentagelser	Diverse
Skulder	Dumbbel Press	4 x 8-12	Opvarmning: 2-3 sæt a 15-20
	Side Lateral Raise	4 x 8-12	
	Bent Over Side Raise	4 x 8-12	
	Upright Row	3 x 8-12	Evt. fatgrip
Triceps	Shrugs	4 x 8-12	
	DB French Press	4 x 8-12	
	Dip Machine	4 x 8-12	
	<i>Cable Overhead Extension (rope)</i>	4 x 8-12	Hvis nødvendigt!
Biceps	DB Curl	4 x 8-12	Ell. Barbel curl for variation
	Seated Barbel Curl	4 x 8-12	
	Concentration Curl	4 x 8-12	
Under arme	Rope Hammer Curl	3 x 8-12	
	Seated wrist/Reverse Wrist Curl	4 x 12-15	2 sæt af hver

## Dag 5

### Hvile