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| **KIND OFF WORKOUT** | SINGLE SET WORKOUT |
| **PERIODEN**  |  |
| **GOAL WORKOUT** | STRENGHT AND ENDURANCE |
| **FULLBODY/SPLIT** | SPLIT LOWERBODY & UPPERBODY |
| **WORKOUT METHOD** | SINGLE SETS |
|  |  |



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|  | **DAY 1 LOWERBODY** | **REPS:** | **SETS:** | **WHEIGHT:** | **PAUSE:** | **TEMPO:** |
|  | WARMING-UP  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | TABATA BODYWHEIGHT LUNGES / PLANK | 3 SETS 20/10 | 1x |  | 60s |  |
|  |  |  |  |  |  |  |
| 1 | DUMBELL GOBLET SQUATS | 10 | 3  |  | 50s | 3-1-2-1 |
| 2 | BANDED DEADLIFTS | 10 | 3  |  | 50s | 2-1-3-1 |
| 3 | DUMBELL LUNGES FORWARDS | 2x6 | 3  |  | 50s | 2-1-2-1 |
| 4 | MINI BAND HIP THRUSTER | 10 | 3  |  | 50s | 2-2-2-1 |
| 5 | BODY WHEIGHT JUMP SQUATS | 8 | 3  |  | 50s | 3-1-2 |
| 6 | LEG RAISES | 12 | 4 |  | 50s | 2-1-3-1 |
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| **KIND OFF WORKOUT** | SINGLE SET |
| **PERIODEN**  |  |
| **GOAL WORKOUT** | STRENGHT AND ENDURANCE |
| **FULLBODY/SPLIT** | SPLIT |
| **WORKOUT METHOD** | SINGLE SETS |
|  |  |



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|  |   **DAY 1 UPPERBODY** | **REPS:** | **SETS:** | **WHEIGHT:** | **PAUSE:** | **TEMPO:** |
|  | WARMING-UP  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | TABATA BODYWHEIGHT SQUATS & JUMPING JACKS | 3 SETS 20/10 | 1x |  | 60s |  |
|  |  |  |  |  |  |  |
| 1 | DUMBELL FLOOR CHEST PRESS | 10 | 3  |  | 50s | 3-1-2-1 |
| 2 | DUMBELL BENT OVER ROW | 10 | 3  |  | 50s | 2-1-2-1 |
| 3 | BANDED OVERHEAD PRESS | 10 | 3  |  | 50s | 3-1-2-1 |
| 4 | BANDED REVERSE FLUY | 12 | 3  |  | 50s | 2-2-2-1 |
| 5 | DUMBELL BICEP CURL | 12 | 3  |  | 50s | 2-1-3-1 |
| 6 | CRUNCHES | 12 | 4 |  | 50s | 2-1-3-1 |
|  |  |  |  |  |  |  |

**TABATA BODYWHEIGHT LUNGES & PLANK**

Workout 1 3 sets 20/10
Workout 2 3 sets 25/10
Workout 3 3 sets 30/10
Workout 4 4 sets 20/10
Workout 5 4 sets 25/10
Workout 6 4 sets 30/10
Workout 7 5 sets 20/10
Workout 8 5 sets 25/10

**TABATA BODYWHEIGHT SQUATS / JUMPING JACKS**
Workout 1 3 sets 20/10
Workout 2 3 sets 25/10
Workout 3 3 sets 30/10
Workout 4 4 sets 20/10
Workout 5 4 sets 25/10
Workout 6 4 sets 30/10
Workout 7 5 sets 20/10
Workout 8 5 sets 25/10

**SINGLE SETS**

Workout 1 + 0 sets +0 reps
Workout 2 + 0 sets +2 reps
Workout 3 + 0 sets +4 reps
Workout 4 + 0 sets +6 reps
Workout 5 + 1 set +0 reps
Workout 6 + 1 set +2 reps
Workout 7 + 1 set +4 reps
Workout 8 + 1 set +6 reps