

<b>KIND OFF WORKOUT</b>	SINGLE SIDE
<b>PERIODEN</b>	
<b>GOAL WORKOUT</b>	STRENGHT AND ENDURANCE
<b>FULLBODY/SPLIT</b>	SPLIT UPPERBODY & LOWERBODY
<b>WORKOUT METHOD</b>	SINGLE SETS SINGLE SIDE



	LOWEROBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP					
	AMRAP FLOOR TOUCH AND JUMP, LEG RAISES, SQUATS				120s	
1	DUMBELL BULGARIAN SPLIT SQUATS	2x8	3		50s	3-1-2-1
2	DUMBELL SINGLE LEG ROMANIAN DEADLIFTS	2x8	3		50s	3-1-2-2
3	DUMBELL BOX STEP UPS	2x8	3		50s	2-1-3-1
4	DUMBELL CALF RAISES	2x8	3		50s	2-2-2-1
5	L-SIT FLOOR SINGLE LEG RAISES	2x6	3		50s	2-3-2-1
					50s	

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	UPPERBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP					
	AMRAP SIT-UPS, PUSH-UP SHOULDER TAP, JUMPING JACKS				120s	
1	DUMBELL SINGLE ARM FLOOR CHEST PRESS	2x8	3		30s	2-1-3-1
2	DUMBELL SINGLE ARM ROW	2x8	3		30s	2-2-3-1
3	DUMBELL KNEELING SINGLE ARM OVERHEAD PRESS	2x8	3		30s	2-2-2-1
4	BANDED SINGLE ARM LAT PULL DOWN	2x8	3		30s	2-2-2-1
5	DUMBELL BICEP CONCENTRATION CURL	2x10	3		30s	2-1-3-1

## AMRAP LOWERBODY

Workout 1	AMRAP 6 minutes 10 reps
Workout 2	AMRAP 7 minutes 12 reps
Workout 3	AMRAP 8 minutes 14 reps
Workout 4	AMRAP 9 minutes 10 reps
Workout 5	AMRAP 10 minutes 12 reps
Workout 6	AMRAP 11 minutes 14 reps
Workout 7	AMRAP 12 minutes 10 reps
Workout 8	AMRAP 13 minutes 12 reps

## AMRAP UPPERBODY

Workout 1	AMRAP 6 minutes 10 reps
Workout 2	AMRAP 7 minutes 12 reps
Workout 3	AMRAP 8 minutes 14 reps
Workout 4	AMRAP 9 minutes 10 reps
Workout 5	AMRAP 10 minutes 12 reps
Workout 6	AMRAP 11 minutes 14 reps
Workout 7	AMRAP 12 minutes 10 reps
Workout 8	AMRAP 13 minutes 12 reps

## 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