

KIND OFF WORKOUT **SINGLE SETS WORKOUT**

PERIODEN

GOAL WORKOUT **STRENGHT AND ENDURANCE**

FULLBODY/SPLIT **FULLBODY**

WORKOUT METHOD **SINGLE SETS**



| | | 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 GOODMORNINGS | 10 | 3 | | 50s | 2-1-2-1 |
| 3 | DUMBELL FLOOR CHEST PRESS | 10 | 3 | | 50s | 3-1-2-1 |
| 4 | DUMBELL OVERHEAD PRESS | 10 | 3 | | 50s | 2-2-2-1 |
| 5 | DUMBELL BENT OVER ROW | 10 | 3 | | 50s | 2-2-2-1 |
| 6 | DUMBELL TRICEP FLOOR EXTENSION | 10 | 3 | | 50s | 2-1-3-1 |
| 7 | V-UPS | 8 | 3 | | 50s | 2-1-3-1 |

TABATA BODYWEIGHT LUNGES / PLANKING

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