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| **KIND OFF WORKOUT** | SUPERSET WORKOUT |
| **PERIODEN** |  |
| **GOAL WORKOUT** | STRENGHT AND ENDURANCE |
| **FULLBODY/SPLIT** | SPLIT |
| **WORKOUT METHOD** | SUPERSETS (THE SAME MUSCLE GROUP) |
|  |  |

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|  | LOWER BODY | **REPS:** | **SETS:** | **WHEIGHT:** | **PAUSE:** | **TEMPO:** |
|  | WARMING-UP |  |  |  |  |  |
|  | ROPE JUMPS |  |  |  |  |  |
| 1 | DUMBELL GOBLET SQUATS SUMO | 12 | 3 |  |  | 3-1-2-1 |
| 2 | DUMBELL LUNGES BACKWORDS ALTERNATING | 2x6 | 3 |  | 40s | 2-1-2-1 |
|  |  |  |  |  |  |  |
| 1 | DUMBELL ROMANIAN DEADLIFT | 12 | 3 |  |  | 3-1-2-1 |
| 2 | BANDED GOOD MORNINGS | 12 | 3 |  | 40s |  |
|  |  |  |  |  |  |  |
| 1 | DUMBELL KNEELING GLUTE SIT-UP | 12 | 3 |  |  | 3-1-2-3 |
| 2 | MINI BAND HIP THRUSTERS + LEG KICkS | 6 | 3 |  | 40s | 2-1-3-1 |
|  |  |  |  |  |  |  |
| 1 | MINI BAND GLUTE SIDE RAISES | 2x10 | 3 |  |  | 2-1-3-1 |
| 2 | MINI BAND GLUTE SIDE WALKS | 2x10 | 3 |  | 40s | 2-1-3-1 |



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|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | UPPERBODY | **REPS:** | **SETS:** | **WHEIGHT:** | **PAUSE:** | **TEMPO:** |
|  | WARMING-UP |  |  |  |  |  |
|  | ROPE JUMPS |  |  |  |  |  |
| 1 | PUSH-UPS | Max-2 | 3 |  |  | 3-1-2-1 |
| 2 | DUMBELL FLOOR CHEST PRESS | 10 | 3 |  | 40s | 3-1-2-1 |
|  |  |  |  |  |  |  |
| 1 | DUMBELL BENT OVER ROW | 10 | 3 |  |  | 2-2-2-1 |
| 2 | BANDED LAT PULL DOWN | 10 | 3 |  | 40s | 2-1-3-1 |
|  |  |  |  |  |  |  |
| 1 | BANDED OVERHEAD PRESS | 10 | 3 |  |  | 2-1-2-1 |
| 2 | DUMBELL SHOULDER SIDE RAISES | 12 | 3 |  | 40s | 2-1-3-1 |
|  |  |  |  |  |  |  |
| 1 | DUMBELL BICEPS CURL | 12 | 3 |  |  | 2-1-3-1- |
| 2 | TRICEPS EXTENSION PUSH-UPS | 12 | 3 |  | 40s | 2-1-2-1 |



**ROPEJUMPS**  
Workout 1 100 30 seconds pause  
Workout 2 2x60 30 seconds pause   
Workout 3 2x70 30 seconds pause  
Workout 4 140 30 seconds pause  
Workout 5 3x50 30 seconds pause   
Workout 6 2x75 30 seconds pause  
Workout 7 3x60 30 seconds pause

Workout 8 200 30 seconds pause  
  
**SUPERSETS**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