

Mandag-Tirsdag, Torsdag-Lørdag // Fokus: Hele kroppen

Mandag

Ben

- 1 Leg Press | 5 sets | 8 reps
- 2 Barbell Back Squats | 4 sets | 10 reps
- 3 Leg Extensions | 4 sets | 12 reps
- 4 Lying Leg Curls | 4 sets | 15 reps
- 5 Barbell Walking Lunges | 4 sets | 15 reps pr. ben
- 6 Seated Calf Raises | 4 sets | 25 reps

Fredag

Skuldre & Mave

- 1 Dumbbell Side Lateral Raises | 4 sets | 10 reps
- 2 Rope Front Raises | 4 sets | 12 reps
- 3 Rear Delt Cable Raises | 3 sets | 15 reps
- 4 Seated Dumbbell Shoulder Press | 4 sets | 10 reps
- 5 Leg Raises | 4 sets | 25 reps
- 6 Decline Ab Crunches | 4 sets | 25 reps

Tirsdag

Bryst & Mave

- 1 Peck Dec Flyes | 4 sets | 10 reps
- 2 Decline Dumbbell Flyes | 3 sets | 12 reps
- 3 Incline Barbell Bench Press | 4 sets | 10 reps
- 4 Bench Press | 3 sets | 10 reps
- 5 Cable Crossover | 4 sets | 12 reps
- 6 Machine Crunches | 4 sets | 25 reps

Lørdag

Arme

- 1 Wide Grip Ez Bar Curl | 3 sets | 12 reps
- 2 Standing Rope Pushdowns | 4 sets | 10 reps
- 3 One Arm Preacher Cable Curls | 3 sets | 15 reps pr. arm
- 4 Bent Over Tricep Cable Extensions | 3 sets | 12 reps
- 5 Wide Grip Barbell Curls | 4 sets | 10 reps
- 6 Reverse Grip Barbell Curls | 4 sets | 15 reps

Torsdag

Ryg & Triceps

- 1 Barbell Rows | 4 sets | 10 reps
- 2 Lat Pulldowns | 4 sets | 12 reps
- 3 Underhand Cable Seated Rows | 4 sets | 15 reps
- 4 One Arm Dumbbell Rows | 4 sets | 10 reps pr. arm
- 5 Conventional Deadlift | 4 sets | 8 reps
- 6 Tricep Standing Pressdown | 4 sets | 12 reps
- 7 One Arm Tricep Underhand Pressdowns | 4 sets | 12 reps pr. arm
- 8 Overhead Dumbbell Extensions | 3 sets | 12 reps