

Søndag-Torsdag // Fokus: Hele kroppen

## Søndag

### Bryst

- 1 Barbell Bench Press | 4 sets | 15, 10, 6 og 5 reps
- 2 DB Incline | 5 sets | 10, 10, 8, 6 og 4 reps
- 3 Cable Flyes | 4 sets | 15 reps
- 4 Hammer Strength Incline Press | 4 sets | 15 reps
- 5 Machine Flyes | 7 sets | 12 reps
- 6 Seated Calf Raises | 4 sets | 25 reps

## Mandag

### Ryg

- 1 Wide Grip Pulldowns | 6 sets | 15, 10, 10, 8, 6 og 5 reps
- 2 Seated Cable Rows | 5 sets | 15, 10, 10, 10 og 5 reps
- 3 Reverse Grip Lat Pulldowns | 4 sets | 12, 10, 8 og 6 reps
- 4 Barbell Bent Over Rows | 5 sets | 10, 8, 6, 4 og 10 reps
- 5 DB Straight Leg Deadlift | 4 sets | 12, 10, 8 og 5 reps
- 6 Cable Rope Straight Arm Pulldowns | 7 sets | 12 reps

## Tirsdag

### Skuldre

- 1 DB Shoulder Press | 6 sets | 15, 10, 10, 8, 6 og 5 reps
- 2 DB Lateral Reverse | 5 sets | 15 (varm op), 10, 10, 10 og 10 reps
- 3 Barbell Front Raises | 4 sets | 12, 10, 8 og 6 reps
- 4 Standing Barbell Overhead Press | 4 sets | 10, 8, 6 og 4 reps
- 5 Barbell Upright Rows | 4 sets | 12, 10, 8 og 6 reps
- 6 Rope Facepulls Rear Delts | 5 sets | 12 reps

## Onsdag

### Ben

- 1 Seated Calf Machine/Leg Extensions/Laying Hamstring Curls | 4 sets | 20, 10, 10 og 8 reps
- 2 Leg Press | 5 sets | 12 reps
- 3 Bulgarian Split Squats Smith Machine | 5 sets | 10, 8, 6, 4 og 10 reps
- 4 Barbell Straight Leg Deadlift | 5 sets | 10, 6, 4, 2 og 10 reps
- 5 Leg Extensions | 4 sets | 10 reps
- 6 Seated Hamstring Curls | 4 sets | 10 reps
- 7 Walking Lunges | 4 sets | 15 reps

## Torsdag

### Arme (kun supersets)

- 1 Barbell Curls + Barbell Close Grip Bench Press (superset) | 5 sets | (15, 15), (10, 10), (8, 8), (5, 5) og (5, 5) reps
- 2 Single Arm DB Spider Curls + Overhead Tricep Extensions (superset) | 4 sets | (15, 15), (10, 10), (8, 8), og (6, 6) reps
- 3 Machine Preacher Curls + Cable Straight Bar Pushdowns (superset) | 3 sets | (12, 12), (10, 10) og (6, 6) reps
- 4 Cable Rope Hammer Curls + Cable Rope Tricep Extensions (superset) | 3 sets | (12, 12), (10, 10) og (6, 6) reps
- 5 Ez Bar Reverse Grip Curls + Bar Dips (superset) | 4 sets | (12, 15), (10, 15), (10, 15) og (10, 15) reps