|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | | | | | | | |
| Squat | **5x20** | **5x20** | | **5x20** | **5x20** | | **5x20** |
| Bench press | **5x20** | **5x20** | | **5x20** | **5x20** | | **5x20** |
| Barbell row | **5x20** | **5x20** | | **5x20** | **5x20** | | **5x20** |
| High-pulley rear deltoideus på bænk | **12x5** | | **10x5** | | | **8x5** | |
| Skulderpres(maskine) | **12x25** | | **9x25** | | | **6x25** | |
| Stående en arms sideløft | **12x5** | | **12x5** | | | **12x5** | |
| Stående en arms omvendt | **12x5** | | **12x5** | | | **12x5** | |
| Stående udadrotation skulder | **12x5** | | **12x5** | | |  | |
| Stående indadrotation skulder | **12x5** | | **12x5** | | |  | |
| Stående enarms frontløft | **12x5** | | **10x5** | | |  | |