

RYG/TRICEPS UGE 1:	ØVELSER	SÆT NR	KILO/OG ELLER PUND	GENTAGELSER
	PULL-UPS	1		
		2		
		3		
		4		
	BEND OVER ROWS	1		
		2		
		3		
		4		
	SEATED ROWS	1		
		2		
		3		
		4		
	PULL DOWNS	1		
		2		
		3		
		4		
	DIPS	1		
		2		
		3		
		4		
	SMAL BÆNK	1		
		2		
		3		
		4		
	ONE ARM PULLDOWN	1		
		2		
		3		
		4		
	CABLE PULLDOWN	1		

		2		
		3		
		4		
BRYST/BI CEPS UGE 1:				
	BÆNK	1		
		2		
		3		
		4		
	INCLINE BÆNK	1		
		2		
		3		
		4		
	BRYST PRES	1		
		2		
		3		
		4		
	FLYERS	1		
		2		
		3		
		4		
	BARBELL CURLS	1		
		2		
		3		
		4		
	DUMBELL CURLS	1		
		2		
		3		
		4		
	SEATED HAMMER CURLS	1		
		2		
		3		
		4		

	SUPPOR TED BARBEL CURLS	1		
		2		
		3		
		4		
BEN/SKU LDER UGE 1:				
	SQUAT	1		
		2		
		3		
		4		
	BEN PRES	1		
		2		
		3		
		4		
	LEG EXTENT ION	1		
		2		
		3		
		4		
	LYING LEG PRESSES	1		
		2		
		3		
		4		
	LÆG	1		
		2		
		3		
		4		
	SKULDER PRES	1		
		2		
		3		
		4		
	FACE PULLS	1		
		2		

		3		
		4		
	SIDED LATERAL RAISES	1		
		2		
		3		
		4		
	FRONT RAISES	1		
		2		
		3		
		4		