

Uge 40-44

Mandag - Bryst, Skulder, Triceps

Bryst

Øvelse	Set	Reps
Bench Press	10	10
Incline Bench Press	3	10

Skulder

Øvelse	Set	Reps
Shoulder Press	10	10
Lateral Raise	3	10

Triceps

Øvelse	Set	Reps
French Press	10	10

Tirsdag - Ben, Ryg, Biceps

Ben

Øvelse	Set	Reps
Box Squat	10	10
Leg press	3	10
Seated Calf Raise	10	10

Ryg

Øvelse	Set	Reps
Wide-grib Lat Pulldown	10	10
Close-grib Lat Pulldown	3	10

Biceps

Øvelse	Set	Reps
Barbell Curls	10	10
Hammer Curls	10	3

Torsdag - Bryst, Skulder, Triceps

Bryst

Øvelse	Set	Reps
Bench Press	10	10
Dumbbell Incline Flyers	3	10

Skulder

Øvelse	Set	Reps
Shoulder Press	10	10
Front Raises	3	10

Triceps

Øvelse	Set	Reps
Overhead Triceps Extensions	10	10

Fredag - Ben, Ryg, Biceps

Ben

Øvelse	Set	Reps
Box Squat	10	10
Leg press	3	10
Seated Calf Raise	10	10

Ryg

Øvelse	Set	Reps
Seated Rows	10	10
One-arm Dumbbell Row	3	10

Biceps

Øvelse	Set	Reps
Barbell Preacher Curls	10	10
Reverse Curls	10	3

Uge 45-49

Mandag - Bryst, Skulder, Triceps

Bryst

Øvelse	Set	Reps
Bench Press	5	8
Incline Bench Press	5	5

Skulder

Øvelse	Set	Reps
Military Press	5	8
Lateral Raise	5	5
Bent-over Lateral Raise	5	5

Triceps

Øvelse	Set	Reps
Triceps Pushdown	5	8
Close-grib Bench Press	5	5

Tirsdag - Ben, Ryg, Biceps

Ben

Øvelse	Set	Reps
Box Squat	5	8
Leg press	5	5
Seated Calf Raise	5	8

Ryg

Øvelse	Set	Reps
Wide-grib Lat Pulldown	5	5
Close-grib Lat Pulldown	5	5

Biceps

Øvelse	Set	Reps
Barbell Preacher Curls	5	8
Reverse Close-grib Pulldown	5	5
Hammer Curls	10	3

Torsdag - Bryst, Skulder, Triceps

Bryst

Øvelse	Set	Reps
Bench Press	5	8
Dumbbell Incline Flyers	5	5

Skulder

Øvelse	Set	Reps
Military Press	5	8
Front Raises	5	5

Triceps

Øvelse	Set	Reps
French Press	5	8
Close-grib Bench Press	5	5

Fredag - Ben, Ryg, Biceps

Ben

Øvelse	Set	Reps
Box Squat	5	8
Leg press	5	5
Seated Calf Raise	5	8

Ryg

Øvelse	Set	Reps
Seated Rows	5	8
One-arm Dumbbell Row	5	5

Biceps

Øvelse	Set	Reps
Barbell Curls	5	8
Reverse Close-grib Pulldown	5	5
Reverse Curls	5	5

Uge 50-51

Mandag - Bryst, Skulder, Triceps

Bryst

Øvelse	Set	Reps
Bench Press	5	5
Incline Bench Press	5	5

Skulder

Øvelse	Set	Reps
Shoulder Press	5	5
Lateral Raise	5	5
Bent-over Lateral Raise	5	5

Triceps

Øvelse	Set	Reps
Dips (med vægt)	5	5
Triceps Pushdown	5	5

Tirsdag - Ben, Ryg, Biceps

Ben

Øvelse	Set	Reps
Box Squat	5	5
Leg press	5	5
Seated Calf Raise	5	5

Ryg

Øvelse	Set	Reps
Wide-grib Lat Pulldown	5	5
Close-grib Lat Pulldown	5	5

Biceps

Øvelse	Set	Reps
Rope Biceps Curls	5	5
Concentrations Curls	4	12
Hammer Curls	3	10

Torsdag - Bryst, Skulder, Triceps

Bryst

Øvelse	Set	Reps
Bench Press	5	5
Dumbbell Incline Flyers	5	5

Skulder

Øvelse	Set	Reps
Shoulder Press	5	5
Front Raises	5	5

Triceps

Øvelse	Set	Reps
Dips (med vægt)	5	5
Lying Triceps Dumbbell Ext.	5	5

Fredag - Ben, Ryg, Biceps

Ben

Øvelse	Set	Reps
Box Squat	5	5
Leg press	5	5
Seated Calf Raise	5	5

Ryg

Øvelse	Set	Reps
Seated Rows	5	5
One-arm Dumbbell Row	5	5

Biceps

Øvelse	Set	Reps
V-bar Biceps Curls	5	5
Dumbbell Preacher Curls	4	12
Hammer Curls	3	10