

Power Upper

	Set	Reps	
Pendlay Rows	3	3	R180+
Weighted Pull ups	3	6-10	R90
DB Rows	3	6-10	R90
Bench Press	3	3	R180+
Weighted Dips	3	6-10	R90
Seated DB Shoulder Press	3	6-10	R90
DB Curls	3	6-10	R60
French Press	3	6-10	R60

Power Lower

	Set	Reps	
Squat	3	3	R180+
Leg Press	3	6-10	R90
Lunges	3	6-10	R90
RDL	3	5-8	R90
Leg Curls	3	6-10	R90
Calf Press	3	6-10	R90

Back and Shoulders

	Set	Reps	
Pendlay Rows	6	3	R120
Pull ups	3	8-12	R60
CS Rows	3	8-12	R60
Seated Cable Rows	3	8-12	R60
WG PL Lat Pulldown	3	12-15	R60
Seated DB Shoulder Press	3	8-12	R60
CS Reverse Fly	3	12-15	R60
Lateral Raise	3	12-20	R60

Lower Body

	Set	Reps	
Squat	6	3	R120
Leg Press	4	8-12	R60
Lunges	4	8-12	R60
RDL	4	8-12	R60
Leg Curls	4	12-15	R60
Calf Press	6	12-15	R60

Chest and Arms

	Set	Reps	
Bench Press	6	3	R120
Incline DB Bench Press	3	8-12	R60
DB Bench Press	3	12-15	R60
PL Chest Press	3	12-15	R60
DB Flyes	3	15-20	R60

6 set biceps – øvelse ikke bestemt endnu

6 set triceps – øvelse ikke bestemt endnu