

DAG 1: PRES (TUNG)

BRYST

- Bænkpres (5 x 4-6)
- Incline bænkpres (5 x 4-6)
- Flyes (5 x 6-8)
- Decline bænkpres (3 x 4-6)

SKULDER

- Skulderpres (5 x 4-6)
- Push-pres (5 x 4-6)
- Lateral raises (4 x 6-8)
- Front raises (4 x 6-8)

TRICEPS

- Weighted dips (4 x 6-8)
- Cable push-downs (4 x 6-8)
- Fransk pres (4 x 6-8)

DAG 2: TRÆK (TUNG)

RYG

- Dødløft (5 x 4-6)
- Rows (5 x 4-6)
- Weighted pull-ups (5 x 4-6)
- Pull-downs (5 x 4-6)

BAGSKULDER/NAKKE

- Reverse flyes (4 x 6-8)
- Shrugs (4 x 6-8)

BICEPS

- Preacher curls (4 x 6-8)
- Stående curls (4 x 6-8)
- Incline curls (4 x 6-8)

DAG 3: BEN (TUNG)

BEN

- Squat (5 x 4-6)
- Benpres (5 x 6-8)
- Stivbenet dødløft (4 x 4-6)
- Lunges (4 x 6-8)
- Leg extensions (4 x 6-8)
- Leg curls (4 x 6-8)
- Smith calf-raises (4 x 6-8)
- Lægpres (4 x 6-8)

MAVE

- Lige mave (5 x 6-8)
- Lige mave (5 x 6-8)
- Skrå mave (5 x 6-8)
- Skrå mave (5 x 6-8)

DAG 4: PRES (MODERAT)

BRYST

- Bænkpres (5 x 8-10)
- Incline bænkpres (5 x 8-10)
- Flyes (5 x 10-12)
- Decline bænkpres (3 x 8-10)

SKULDER

- Skulderpres (5 x 8-10)
- Push-pres (5 x 8-10)
- Lateral raises (4 x 10-12)
- Front raises (4 x 8-10)

TRICEPS

- Weighted dips (4 x 10-12)
- Cable push-downs (4 x 10-12)
- Fransk pres (4 x 10-12)

DAG 5: TRÆK (MODERAT)

RYG

- Dødløft (5 x 8-10)
- Rows (5 x 8-10)
- Weighted pull-ups (5 x 8-10)
- Pull-downs (5 x 8-10)

BAGSKULDER/NAKKE

- Reverse flyes (4 x 10-12)
- Shrugs (4 x 10-12)

BICEPS

- Preacher curls (4 x 10-12)
- Stående curls (4 x 10-12)
- Incline curls (4 x 10-12)

DAG 6: BEN (MODERAT)

BEN

- Squat (5 x 8-10)
- Benpres (5 x 10-12)
- Stivbenet dødløft (4 x 8-10)
- Lunges (4 x 10-12)
- Leg extensions (4 x 10-12)
- Leg curls (4 x 10-12)
- Smith calf-raises (4 x 10-12)
- Lægpres (4 x 10-12)

MAVE

- Lige mave (5 x 10-12)
- Lige mave (5 x 10-12)
- Skrå mave (5 x 10-12)
- Skrå mave (5 x 10-12)

DAG 7: FRI