

PAS 1

(Bryst, skulder, triceps)

ØVELSE	REPS	SÆT
Flat bench	4 → 10	6
Incline bench	4 → 10	6
Fly	6 → 12	6
Military press	4 → 10	6
Lateral raise	6 → 12	6
Front raise	6 → 12	6
Pushdown	6 → 12	6
Extension	6 → 12	6

PAS 2

(Ryg, skulder, biceps)

ØVELSE	REPS	SÆT
Deadlift (conv.)	4 → 10	6
Pullup	4 → 10	6
Row	4 → 10	6
Seated rev. fly	6 → 12	6
Shrug	6 → 12	6
Seated curl	6 → 12	6
Standing curl	6 → 12	6

PAS 3

(Ben, læg, mave)

ØVELSE	REPS	SÆT
Back squat	4 → 10	6
Legpress	6 → 12	6
Deadlift (stiff)	4 → 10	6
Leg curl	6 → 12	6
Calf raise	10 → 16	6
Rotary calf	10 → 16	6
Abs	8 → 14	8
Obliques	8 → 14	8

PAS 4

(Skulder, bryst, triceps)

ØVELSE	REPS	SÆT
Shoulderpress	4 → 10	6
Lateral raise	6 → 12	6
Front raise	6 → 12	6
Incline bench	4 → 10	6
Flat bench	4 → 10	6
Dips	6 → 12	6
Pushdown	6 → 12	6
Extension	6 → 12	6

PAS 5

(Ryg, skulder, biceps)

ØVELSE	REPS	SÆT
Deadlift (sumo)	4 → 10	6
Pulldown	4 → 10	6
Row	4 → 10	6
Lying rev. fly	6 → 12	6
Shrug	6 → 12	6
Seated curl	6 → 12	6
Standing curl	6 → 12	6

PAS 6

(Ben, læg, mave)

ØVELSE	REPS	SÆT
Front squat	4 → 10	6
Legpress	6 → 12	6
Walking lunge	6 → 12	6
Leg extension	6 → 12	6
Calf raise	10 → 16	6
Rotary calf	10 → 16	6
Abs	8 → 14	8
Obliques	8 → 14	8

PAS 6

(Off)