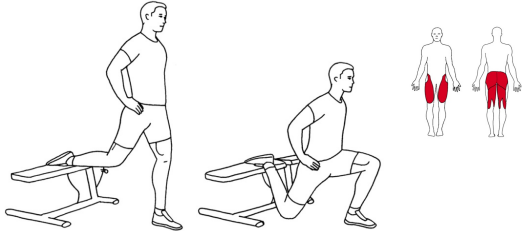


Er du i startfasen i din styrke trening, anbefaler vi 2 økter per uke med dette programmet. Øk antall sett, ta tyngre belastning og færre reps som en del av progresjonen. Skal du ta steget videre, kan du trene dette programmet 3 ganger per uke.

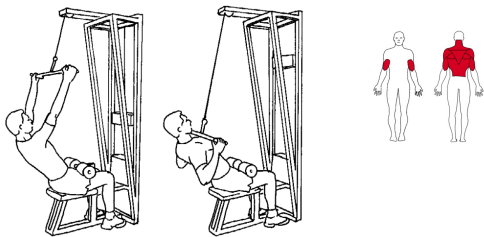
If you're in the early stages of your strength training, we recommend going through this program two to three times per week.



1. Bulgarian split squat on bench

Stand in front on a bench. Place one foot on the bench behind you for support. Lower yourself down in a single leg squat, keep your toes and knee pointing straight forward. Push yourself back up through the front foot, the majority of the weight is placed on your heel.

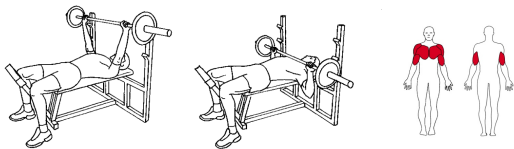
Sets: 2-3 , Reps: 8-12



2. Neutral pulldown

Mount special bar. Grasp it and lean backward about 45 degrees. Push your chest forward and pull the bar down to your chest. Keep your elbows lifted high throughout the movement.

Weight: kg, Sets: 2-3 , Reps: 8-12



3. Bench press

Lie with your back on the bench and feet on the floor. Hold the bar over your chest with straight arms, hands slightly wider than shoulder-width. Slowly lower the bar to your chest and push back up at a greater speed.

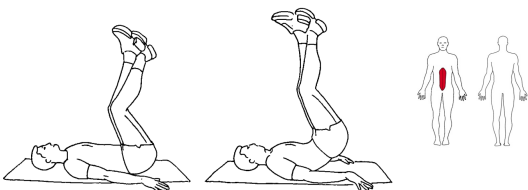
Weight: kg, Sets: 2-3 , Reps: 8-12



4. Barbell seal row

Lie prone with your hips resting on top of the big pad, and ankles below the ankle bolster. Hold the barbell with both hands, with an overhand grip shoulder width apart. Pull the barbell towards your chest and squeeze your shoulder blades together. Lower back down and repeat.

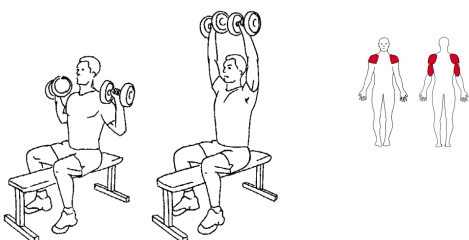
Weight: kg, Sets: 2-3 , Reps: 8-12



5. Leg raise hip raise

Lie on your back with your arms by your side. Raise your legs, bend your hips with a 100-110 degree angle, while slightly bending your knees. Raise your pelvis toward the ceiling without swinging your legs, then slowly return the legs to the start position.

Sets: 2-3 , Reps: 8-12



6. Shoulder press

Sit with your back straight, elbows bent and stabilise your abdomen and lower back. Hold dumbbells on the outside of your shoulders. With your arms straight, push until the dumbbells are above your head .

Weight: kg, Sets: 2-3 , Reps: 8-12

