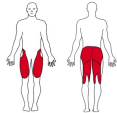


Er du i startfasen i din styrke trening, anbefaler vi én gjennomgang per uke med dette programmet. Kombiner gjerne med overkroppsprogrammet. Skal du ta steget videre, kan du trene dette programmet 2 ganger per uke.

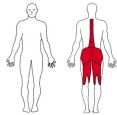
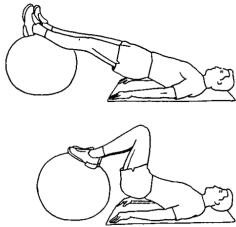
If you're in the early stages of your strength training, we recommend going through this program once a week. Feel free to combine it with the upper body program. If you want to take it to the next level, you can train this program twice a week. If you combine it with the lower body program, that's a total of 4 sessions per week.



1. Goblet squat

Stand with the kettlebell in front of you and hold it close to your body. Elbows are held straight down below the kettlebell. Keep the weight on your heels and make a deep knee bend. When in the bottom position, make sure to keep your hips below your knee joint. Use your legs to stretch back up to starting position. Keep your back straight during the entire movement.

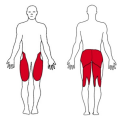
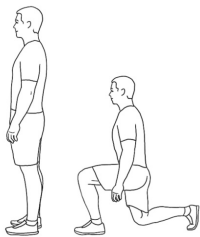
Weight: kg, **Sets:** 2-3 , **Reps:** 8-15



2. Lying leg curl w/fit ball

Lie straight with both legs on the ball, pelvis raised from the mat and your arms by your side. Contract your hamstrings and pull the ball up under you. Slowly roll back and repeat.

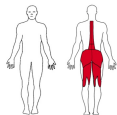
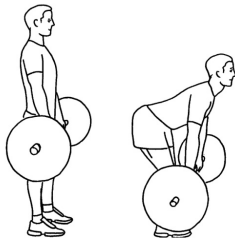
Sets: 2-3 , **Reps:** 8-15



3. Reverse lunges

Stand upright with legs together. Take a step backward with one leg. Lower yourself slowly and controlled until the opposite knee touches the ground. Push yourself up to again with pressure through your front leg. Repeat with the opposite leg.

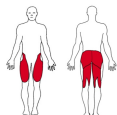
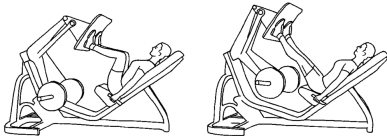
Sets: 2-3 , **Reps:** 8-16



4. Romanian Deadlift

Hold the bar with a overhand grip hanging in front of you at hip level. Shoulders should be slightly retracted, chest pushed a bit out, the back naturally arched and the knees slightly bent. Lower the bar by moving your buttocks backwards and lowering the upper body forwards. Keep looking forwards, the shoulders pulled back and the spine straight during the movement. Lower the bar directly downwards, close to your body. Go as far as muscle flexibility allows and return to the starting position by driving the hips forwards.

Weight: kg, **Sets:** 2-3 , **Reps:** 8-15

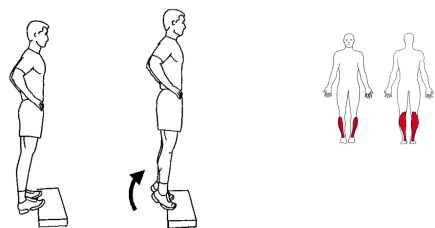


5. Leg press

Place your feet hip-width apart on the board. Bend your knees in a 90 degrees angle and tighten abdomen and your lower back. Press upwards till your legs are almost stretched. Return to starting position and repeat the exercise.

Weight: kg, **Sets:** 2-3 , **Reps:** 8-15





6. Elevated Calf Raises

Stand on the edge of a step. The stairs or a bench may be used as well. Let your heels hang free, feet about hip-width apart. Raise your heels and push up until you are on your toes. Return to the starting position and repeat. The exercise can be done with or without support.

Sets: 2-3 , Reps: 8-15

