

Fredagsträning J18

There are no notes for this program.
none

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B. Ben-bålprogram

NOTES:

		SETS	REPS	INTENSITY		TEMPO	REST	
				RELATIVE	WEIGHT			
•	Walking Lunge front load	ALTERNATING	3-5	8,8,8,6,6	-1/-2	2020	2-3min	
•	Lunge	ALTERNATING	3-5	2-5	-0	1010	4-6min	
•	Static Lunge Upper body in rotation cable	LEFT, RIGHT	2-4	6	-1/-0	1010	3min	
[	KB Jefferson Jumps	BILATERAL	2	4		6kg	X0X0	
	NOTES: 4 st Jumps, släpp kettlebells och spring direkt raka 15 meter sprint							
	PE S-Sprint	BILATERAL	2	1	95%		2-3min	

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none

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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Sections:
B. Ben-bålprogram