gympass 1

|  |  |  |  |
| --- | --- | --- | --- |
| Övning | Reps | set | video |
| Knäböj | 10-12 | 3 |  |
| Utfallssteg med skivstång | 10-12/ben | 3 |  |
| Hantelrodd | 12/sida | 3 | <https://www.youtube.com/watch?v=hgO6La54Bfs> |
| Rumänska marklyft | 10-12 | 3 | <https://www.youtube.com/watch?v=F9A9SPDUD5g> |
| Dips alt. push ups | 12 | 3 |  |
| Sidolyft m. hantlar | 10-12 | 3 | <https://www.youtube.com/watch?v=I0NktEOk9tg> |
| Hängande benlyft | 12 | 3 | <https://www.youtube.com/watch?v=C0QrM2MY3E0> |

gympass 2

|  |  |  |  |
| --- | --- | --- | --- |
| Övning | Reps | set | video |
| Knäböj | 10-12 | 3 |  |
| Utfallssteg sidan (utan eller med vikt) | 10-12/ben | 3 | <https://www.youtube.com/watch?v=-R-tPAxphqA> |
| bänkpress | 10-12 reps | 3 |  |
| skivstångsrodd | 10-12 | 3 |  |
| Axelpress (skivstång eller hantlar) | 10-12 | 3 | <https://www.youtube.com/watch?v=eRc6lNQhgbY> |
| Box jumps | 12 | 3 |  |
| fällkniv | 12 | 3 |  |

gympass 3 (en del stabilitet)

|  |  |  |  |
| --- | --- | --- | --- |
| Övning | Reps | set | video |
| benpress | 10-12 | 3 | <https://www.youtube.com/watch?v=08vydECf_GI> |
| Enbensböj | 10-12/ben | 3 | <https://www.youtube.com/watch?v=Bi7VraWy-SU> |
| hantelflyes | 10-12 | 3 | <https://www.youtube.com/watch?v=NmrU7Au3VCg> |
| Step ups | 10-12/sida | 3 | <https://www.youtube.com/watch?v=l4AA5d5mInQ> |
| Inverterad rodd | 10-12 | 3 | <https://www.youtube.com/watch?v=5LZa9TzkjRg> |
| X-ups | 12/sida | 3 | <https://www.youtube.com/watch?v=3mPqj9RtQX8> |
| draken | 10/ben | 3 | <https://www.youtube.com/watch?v=2h_0pNj1fPw> |