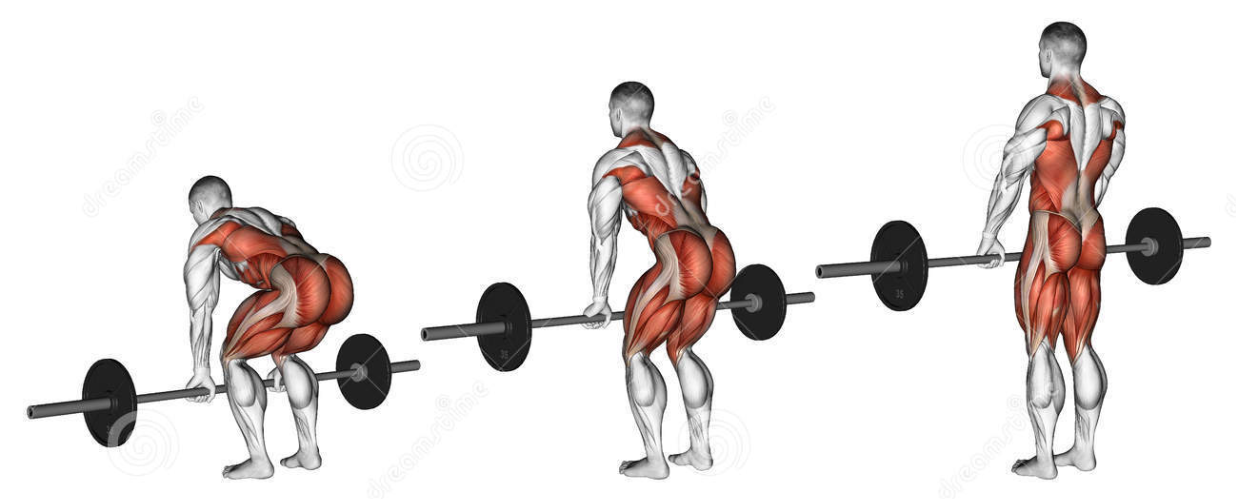
Pass 1:

Marklyft (3x6-8)



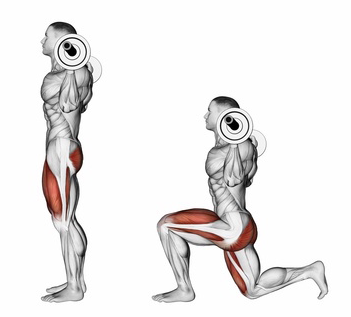
[Video](https://www.youtube.com/watch?v=op9kVnSso6Q)

Benböj (3x6-8)



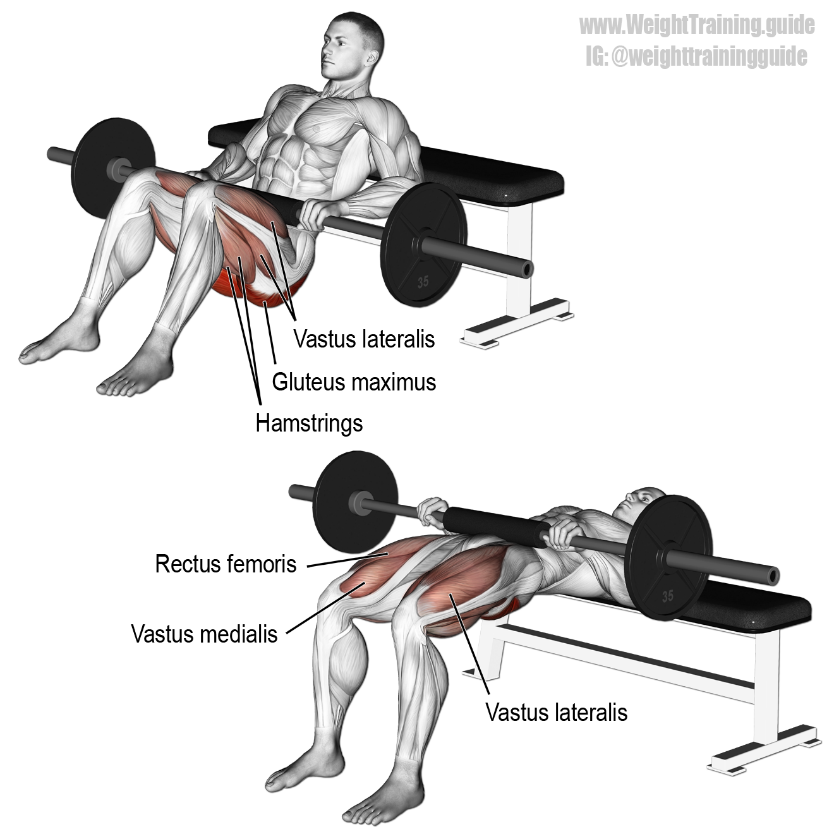
[Video](https://www.youtube.com/watch?v=ultWZbUMPL8)

Utfallssteg (3x6-8)



[Video](https://www.youtube.com/watch?v=ZPoMxOrIeO4)

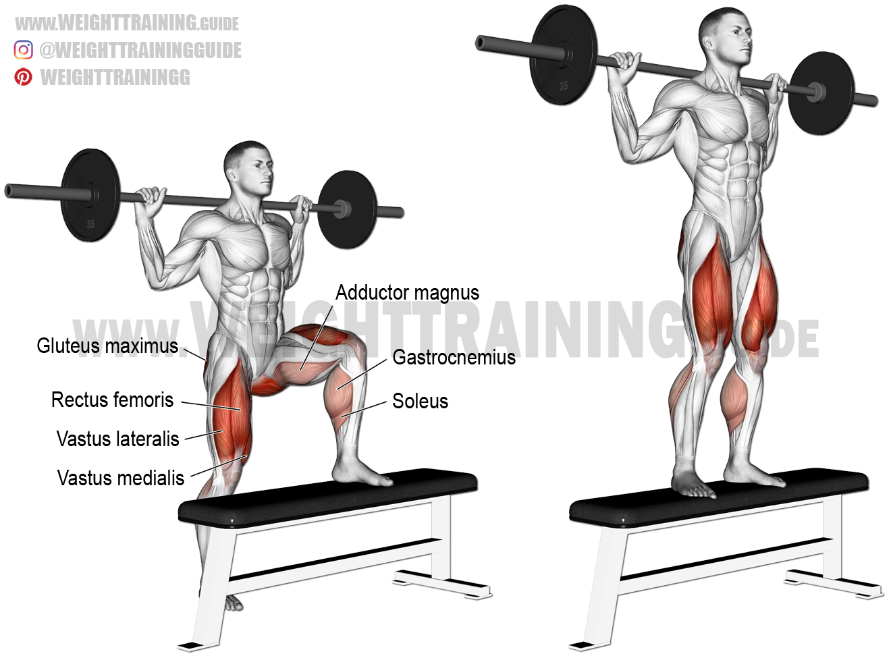
Höftlyft (3x6-8)



[Video](https://www.youtube.com/watch?v=1hE7qMTwepM)

Step up med stång på plyobox/bänk

(3x6-8/ben)



[Video](https://www.youtube.com/watch?v=tLd-NuWg3wA)

Vadpress (3x6-8)



[Video](https://www.youtube.com/watch?v=W-NU8NUS8lI)

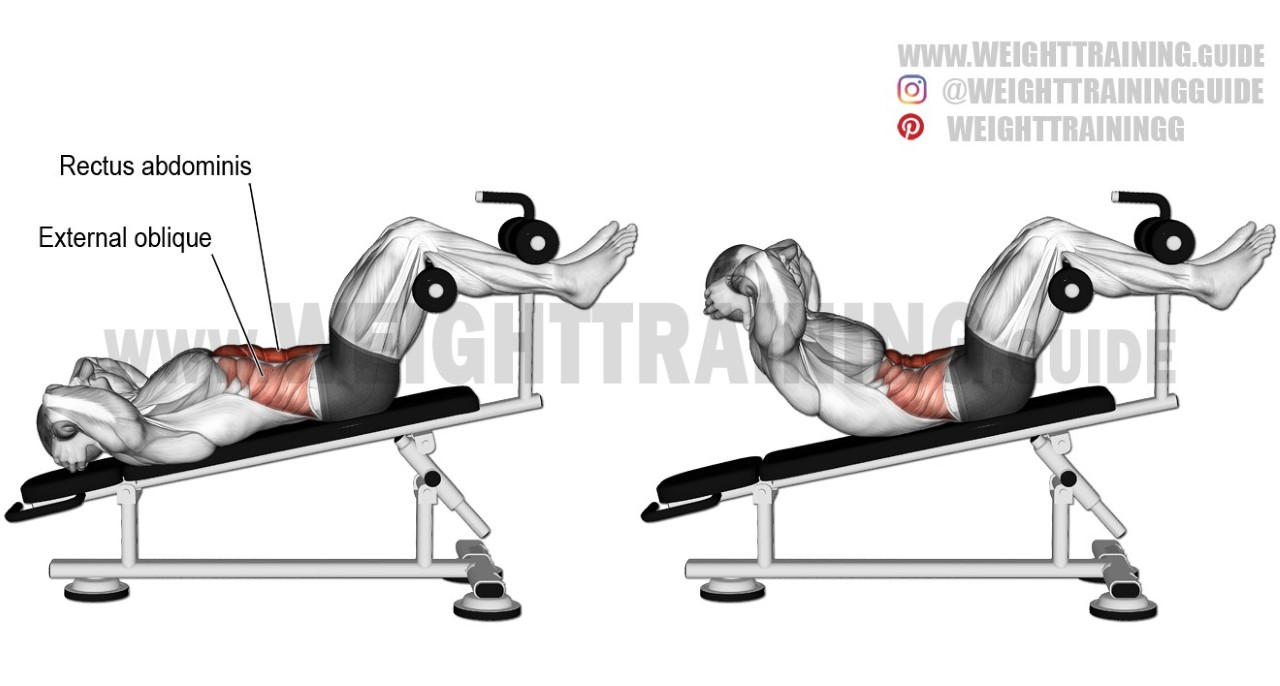
Pass 2:

Windmill (3x6-8 på varje sida)



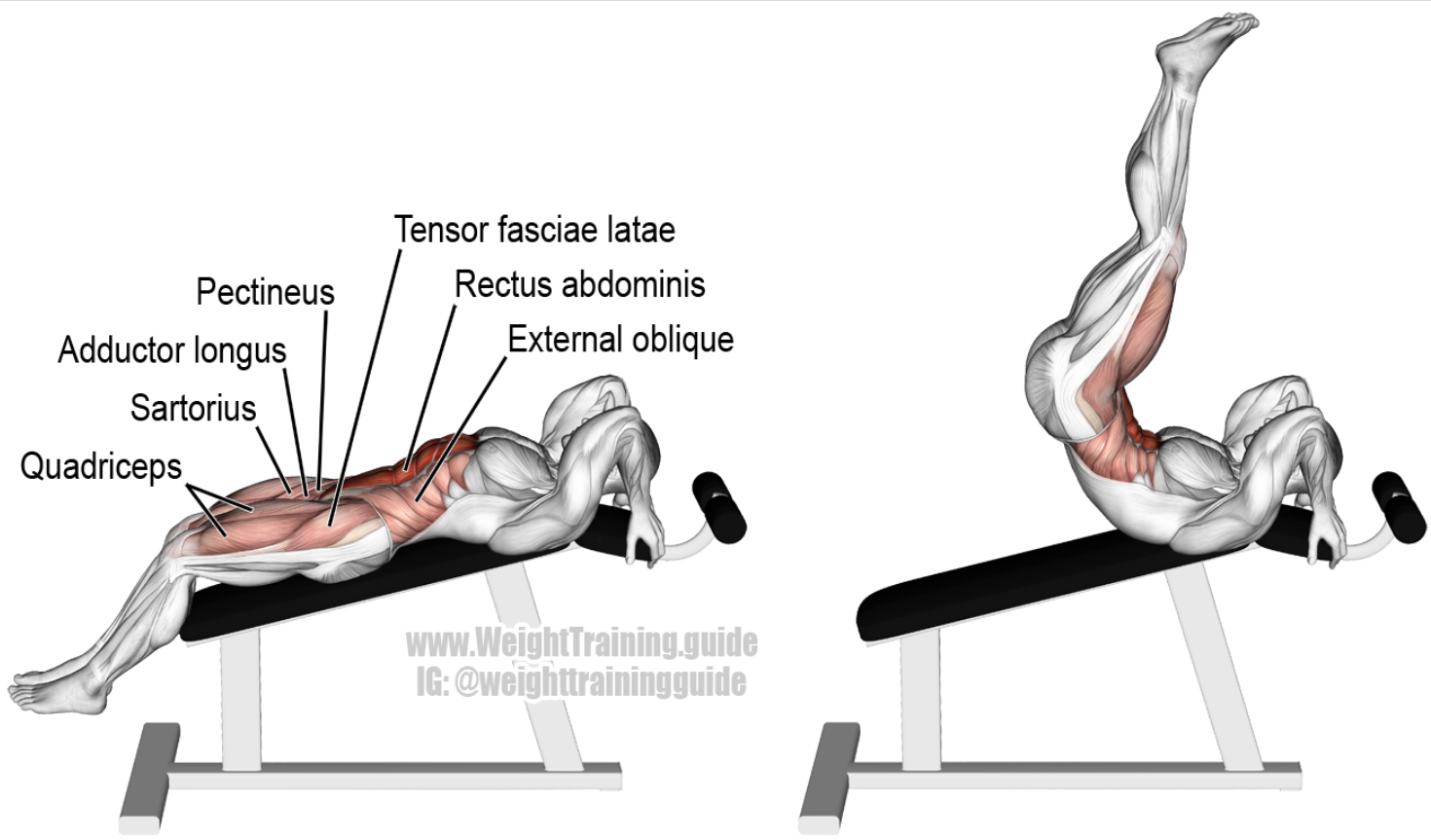
[Video](https://www.youtube.com/watch?v=VsxdNUc5Jb4)

Situps i bänk eller pilatesboll (3x Max)



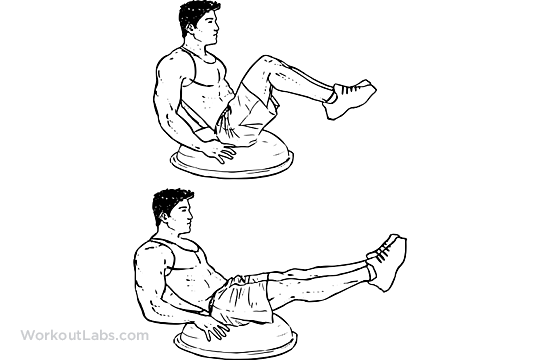
[Video](https://youtu.be/QhGU5cmNZds)

Ben och höftlyft (3 x Max)



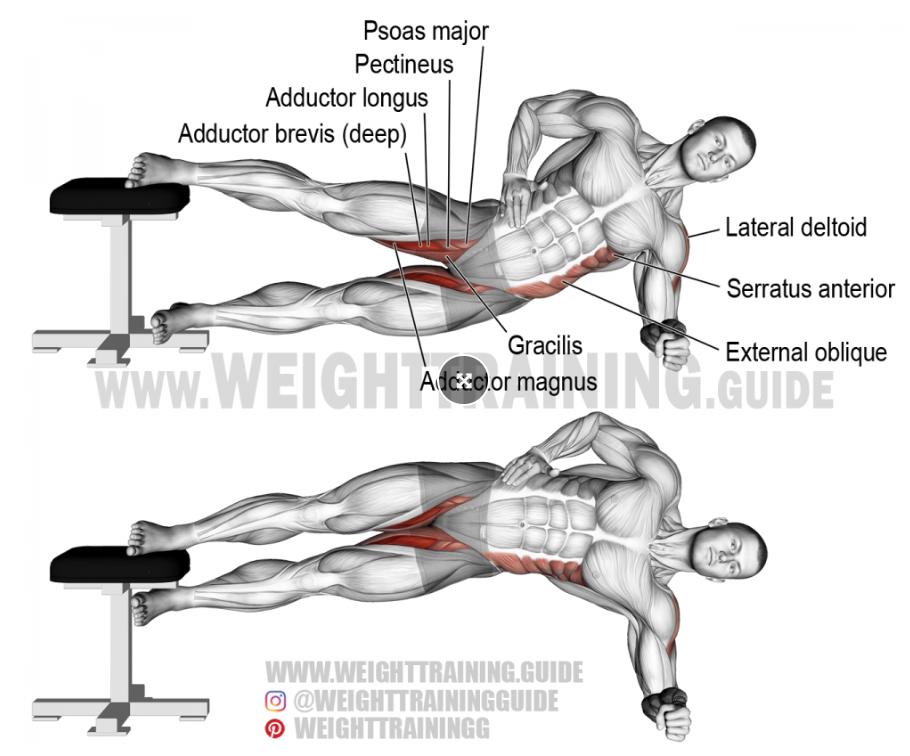
[Video](https://www.youtube.com/watch?v=7O9pLqr725g)

Bosu V-up (3 x Max)



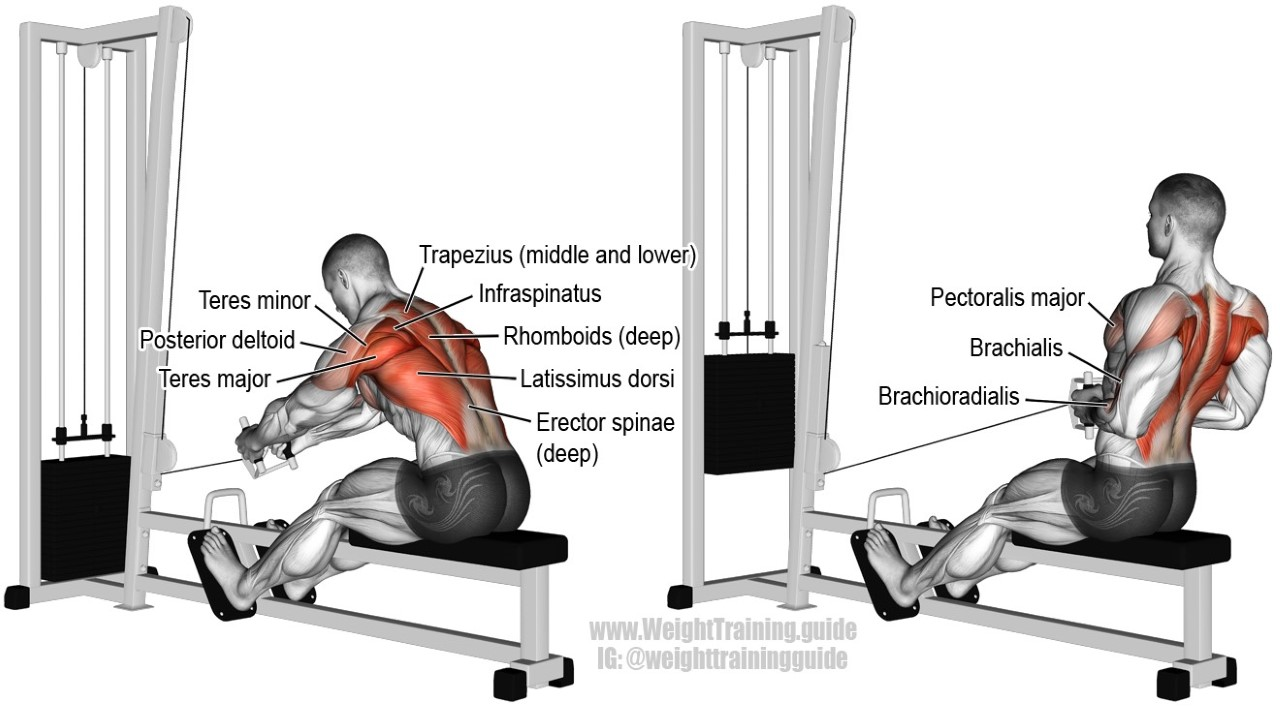
[Video](https://www.youtube.com/watch?v=1TtEwEoCZtU)

Copenhagen adductor TRX (3x30s/ben)



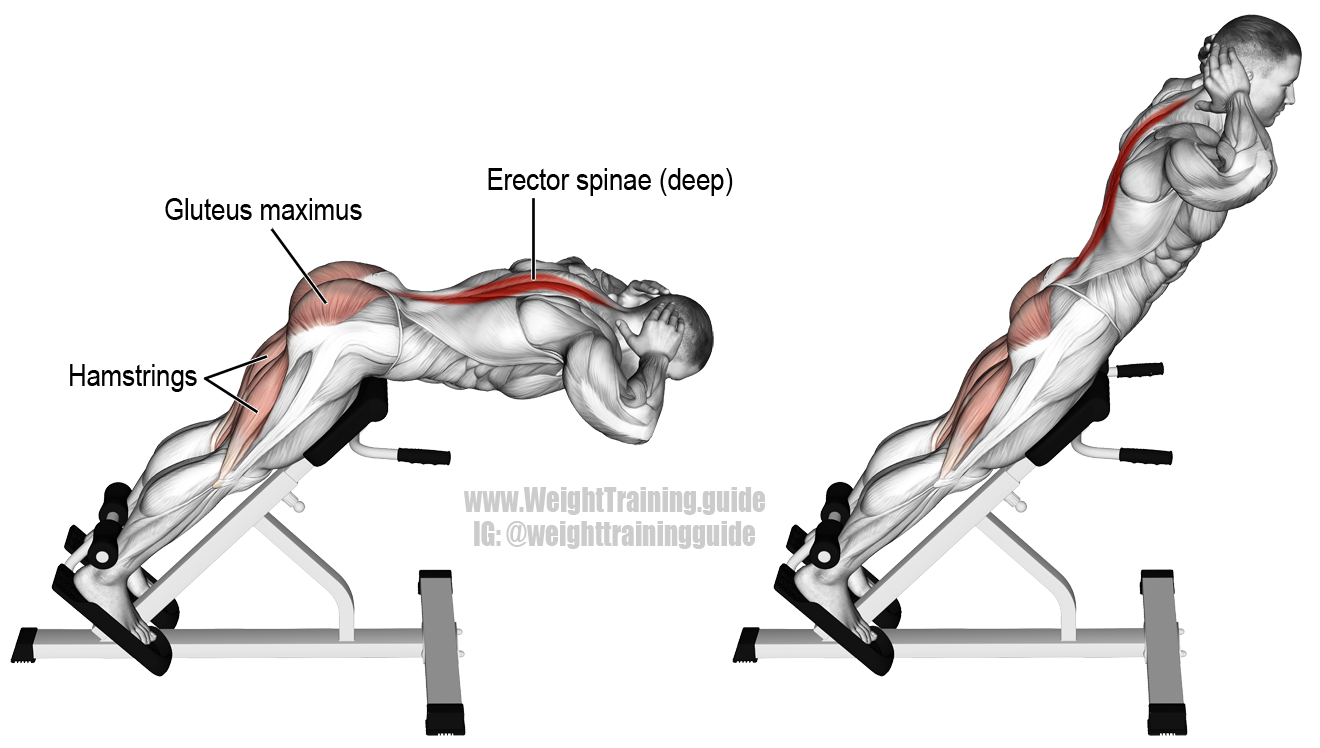
[Video](https://www.youtube.com/watch?v=ZFDTaOSxAiw)

Rodd i maskin (3x6-8)



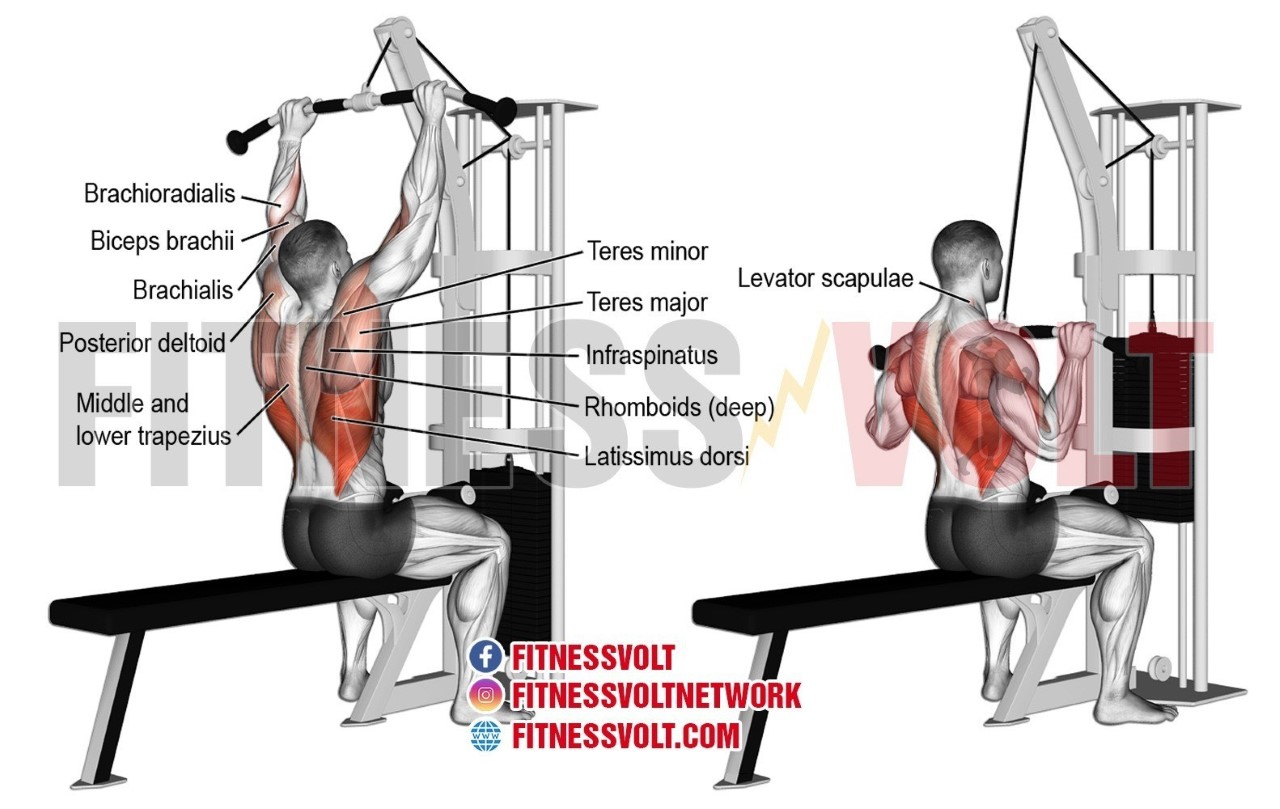
[Video](https://youtu.be/DZ0eN0RF2Jw)

Rygglyft i bänk med eller utan vikt (3x max)



[Video](https://youtu.be/ph3pddpKzzw)

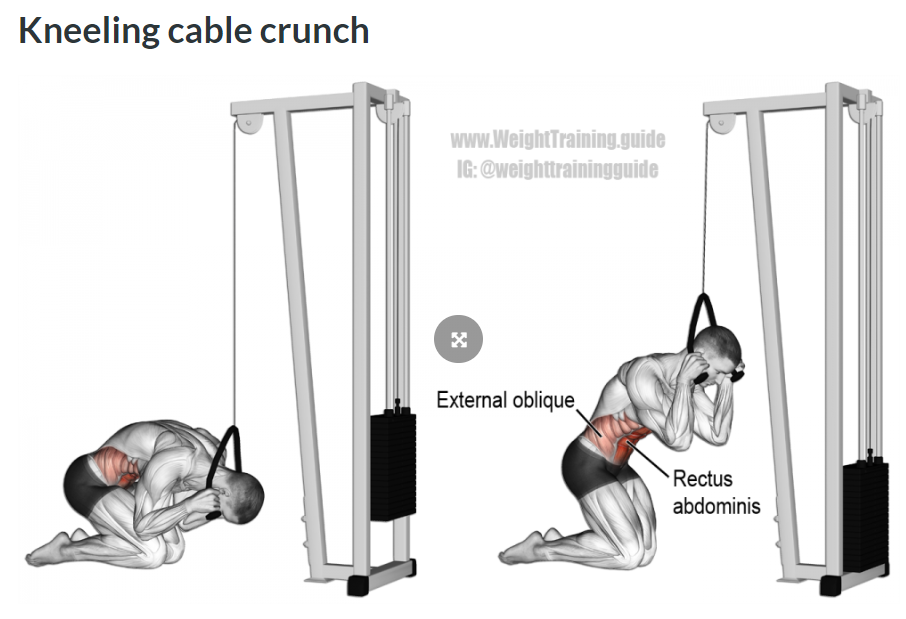
Latsdrag (3x6-8)



[Video](https://youtu.be/AOpi-p0cJkc)

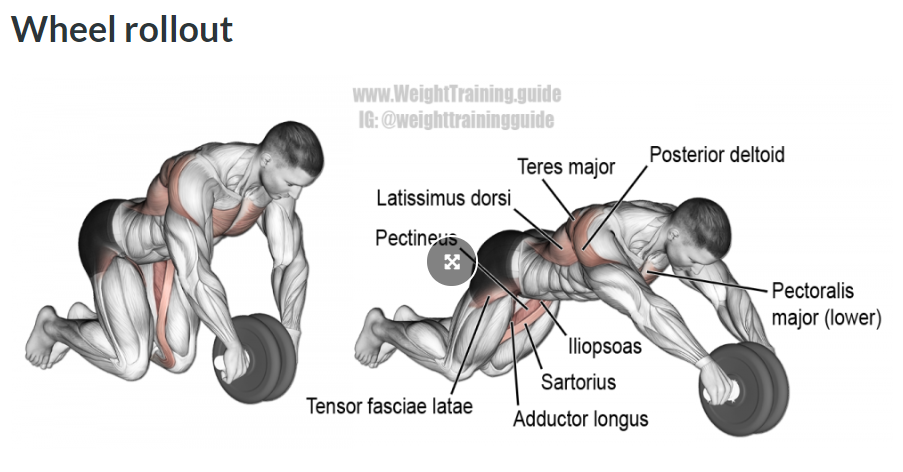
Alternativa övningar mage:

Sittande crunch i maskin (3x6-8)



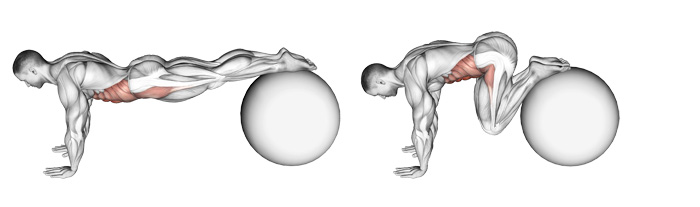
[Instruktionsvideo](https://www.youtube.com/watch?v=NJQROeaBiVE)

Wheel rollout (3x max)



[Instruktionsvideo](https://www.youtube.com/watch?v=IQYh0vB5X6c)

Fällkniv i TRX-band eller på Pilatesboll (3x max)



[Instruktionsvideo](https://www.youtube.com/watch?v=HMkA7f-4wAs)

Standing russian twist (3x6-8 åt varje håll)

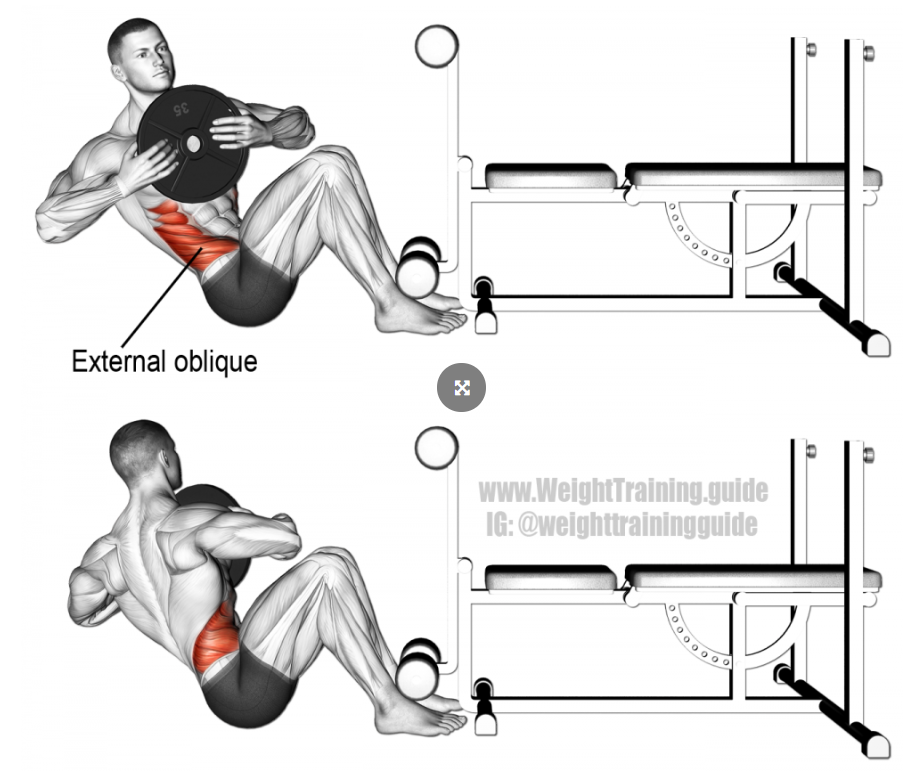
Istället för Windmill



[Instruktionsvideo](https://www.youtube.com/watch?v=TImmxdzX0gk)

Russian twist (3xmax åt varje håll)

Istället för Windmill

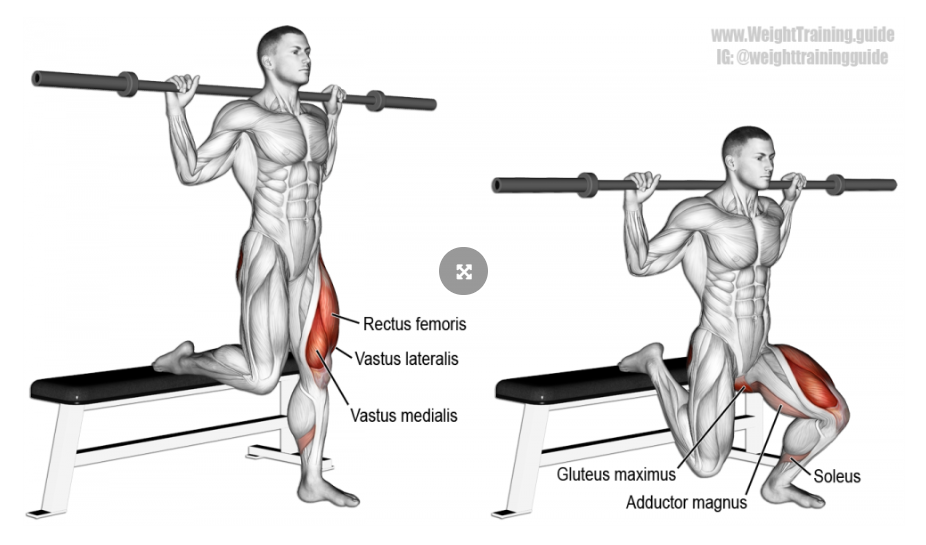


[Instruktionsvideo](https://www.youtube.com/watch?v=pDTHSnoGoEc)

Alternativa övningar ben

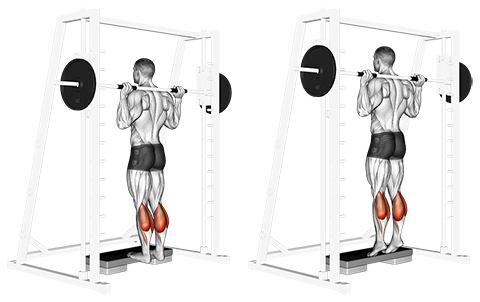
Bulgarian split squats (3x6-8 per ben)

(Istället för utfallssteg)



[Instruktionsvideo](https://www.youtube.com/watch?v=DPR7ZXXEFns)

Vadpress med skivstång (3x6-8)



[Instruktionsvideo](https://www.youtube.com/watch?v=K_jsGgztcGU)

Benpress i maskin (3x6-8)

(Istället för step up på bänk)



[Instruktionsvideo](https://www.youtube.com/watch?v=oujca3_Shgw)

Liggande hamstringscurls (3x6-8)

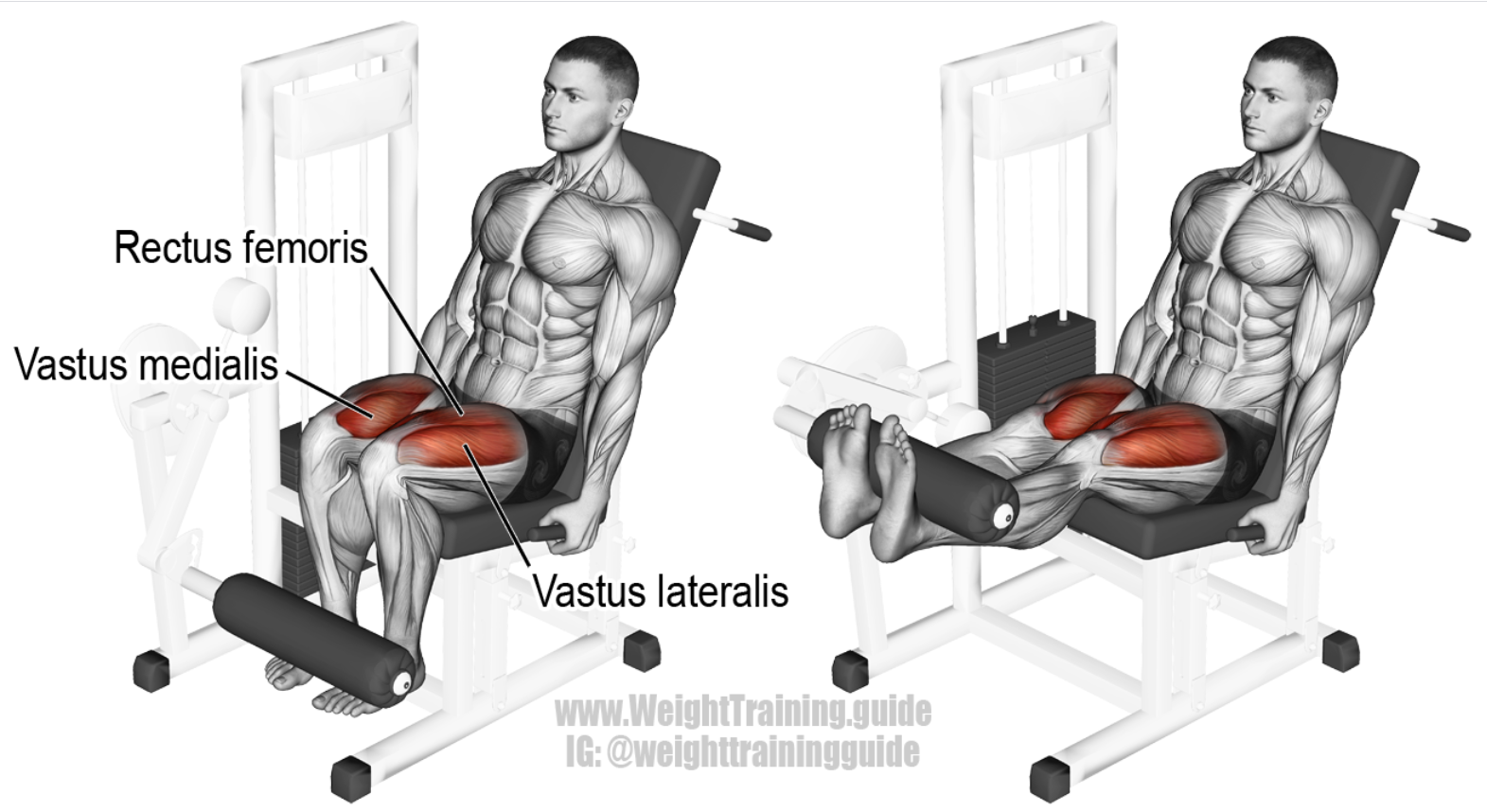
(Istället för höftlyft)



[Video](https://www.youtube.com/watch?v=1Tq3QdYUuHs)

Leg curls framsida lår (3x6-8)

(Istället för benböj)



[Video](https://www.youtube.com/watch?v=YyvSfVjQeL0)