**Set\*Reps  
Maj: Juni: Juli: Augusti: September-Mars:**4\*15 4\*12 3\*8 4\*5 4\*10

# Pass 1:

**Standarduppvärmning**

**Olympisk Rörlighet**

**Knäböj – Hooklying Glute Squeezes, Foot Circles Point Flexes, Prone Heel Presses  
Bänkpress – Armcircles, 3 Position Wall Presses, Hooklying Palms Together Presses**

# Pass 2:

**Standarduppvärmning**

**Man Maker**

**Utfallssteg – In-Line Glute Squeezes, Hooklying Glute Squeezes, Prone Heel Presses  
Rodd – Armcircles, Static Back Reverse Presses + Goal Post Presses + Pullover Presses**