

Surahammar IF 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	8,6,4	-1	1010	2min	
•	Lunge	ALTERNATING	3	2-5	-0	10X0	3min	
•	CX Reversed Wood Chop Integrated	LEFT, RIGHT	3	6/sida	-2	X0X0	2min	

U. STAC DANA 300

NOTES:

		SETS	REPS	INTENSITY		DURATION	REST	
				RELATIVE	WATTS			
•	E STAC DANA 300 m 6 x 50 m Shuttle	BILATERAL	2	3+2	85%	60sek	120sek	
NOTES: 2min vila mellan löpningar, 4min setvila								

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There are no notes for this program.
none

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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Sections:
B. Ben-bålprogram
U. STAC DANA 300