

Warm-up	1	5 Min Cardiovascular Warm up (i.E. Rowing, running, jumping jacks...)	Legende		Repetitions
	2	Individual Warm up if needed. Recommended after long time sitting, a current injury or mobility issues.			Weight
				X	NO SET
				TOT	Total repetition of all sets



Increase Sets from 2 to 3 to 4 Maximum Reps per Set If you reach 45 Total Reps (field TOT) or more. Increase the weight in your next training session. Do small steps.

Duration	Nr.	Exercise	15 RM Test	Sets	Break	TE1	TE2	TE3	TE4	TE5	TE6	TE7	TE8	TE9	TE10	TE11	TE12	TE13	TE14	TE15	TE16	TE17	TE18		
60 min	A1	Goblet Squat	Weight for 15 reps	1 2 3 X	60 sek	10		10		10															
							10		10		10														
							X	X	10		10			X	X		X	X		X	X		X	X	
							X	X	X	X	10			X	X	TOT=	X	X	TOT=	X	X	TOT=	X	X	TOT=
	A2	Push up	Weight for 15 reps	1 2 3 X		10		10		10															
						10		10		10															
						X	X	10		10			X	X		X	X		X	X		X	X		
						X	X	X	X	10			X	X	TOT=	X	X	TOT=	X	X	TOT=	X	X	TOT=	
	A3	Romanian Deadlift	Weight for 15 reps	1 2 3 X		10		10		10															
						10		10		10															
						X	X	10		10			X	X		X	X		X	X		X	X		
						X	X	X	X	10			X	X	TOT=	X	X	TOT=	X	X	TOT=	X	X	TOT=	
	A4	Plank	Your time:	1 2 X		t=		t=		t=															
						X	X	t=		t=			X	X	t=		X	X	t=		X	X	t=		
						X	X	X	X	t=		X	X	X	X	X	X	X	X	X	X	X	X	X	
	A5	Inverted Row	Weight for 15 reps	1 2 3 X		10		10		10															
						10		10		10															
						X	X	10		10			X	X		X	X		X	X		X	X		
						X	X	X	X	10			X	X	TOT=	X	X	TOT=	X	X	TOT=	X	X	TOT=	
	A6	Farmers Walk 50 Meter	Weight for 50 meters:	1 2 3		50		50		50															
						50		50		50															
						X	X	50		50			X	X		X	X		X	X		X	X		
	B	Endurance	X	Exercise Duration Heartrate Distance		20m	20m	20m	20m	20m	40m	20m	40m	20m	40m	20m	40m	20m	40m	20m	40m	20m	40m		
						65%HRmax	65%HRmax	65%HRmax	65%HRmax	65%HRmax	65%HRmax	75%HRmax	65%HRmax	75%HRmax	65%HRmax	75%HRmax	65%HRmax	75%HRmax	65%HRmax	75%HRmax	65%HRmax	75%HRmax	65%HRmax		

Info:
 Before your first training session, determine the weight that will allow you to complete 15 repetitions when correctly executed. Slowly approach this weight. Place the weight in column 15 RM (Orange, on the right side of Exercises). With this weight you will work from TE1-TE6. The weight is only increased from TE7. Your first training (preparation) is over now.
 In TE1 - TE3 the sets, repetitions and weight (see 15 RM test) are given.
 In TE4 - TE6 you try to do as many repetitions as possible. The weight remains the same as in the first 3 units (see 15 RM test)
 From TE7: Complete 15 Repetitions in each set. As soon as you reach 45 Repetitions in Total (field TOT) , you can increase the weight in the next unit.

Personal Notes: