

Warm-up	1	5 Cardiovascular warm up (i.E. rowing, running, jumping jacks...)	Legende		Repetition
	2	Individual warm up (recommended after long time sitting, a current injury or mobility issues) Before lifting heavy weight, do warm up sets. Start with little weight and increase it set by set)			Weight
				X	NO Set
				TOT	Total Reps

Increase Sets from 2 to 3 to 4	Maximum Reps per Set	TOT = greater than 45? Increase weight next session.
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Duration	Nr.	Exercise	15 RM Test	Sets	Break	TE1	TE2	TE3	TE4	TE5	TE6	TE7	TE8	TE9	TE10	TE11	TE12
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60 min	A1	Back Squats		1	60-90 Sek	10	10	10													
				2		10	10	10													
				3		X	X	10	10												
				X		X	X	X	10	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=
	A2	Military Press		1	10	10	10														
				2	10	10	10														
				3	X	X	10	10													
				X	X	X	X	10	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=							
	B1	Romanian Deadlift		1	10	10	10														
				2	10	10	10														
				3	X	X	10	10													
				X	X	X	X	10	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=							
	B2	Mountain Climber		1	10	10	10														
				2	10	10	10														
				3	X	X	10	10													
				X	X	X	X	10	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=							
	C1	Inverted Row		1	10	10	10														
				2	10	10	10														
				3	X	X	10	10													
				X	X	X	X	10	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=							
	C2	Farmers Walk with light weight		1	100	100	100														
2				100	100	100															
3				X	X	100	100														
D	High Intensity Interval Training	15m total	Exercise																		
			Intervall 1	2 min 65%	3 min 65%																
			Intervall 2	1 min 90%	2 min 90%																
			Distance																		

<p>INFO</p> <p>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. With this weight you will work from TE1-TE6. The weight is only increased from TE7. Your first training (preparation) is over now.</p> <p>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 Reps in total, increase weight in next training session.</p>	<p>Personal Notes:</p>
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Warm up: Before running, you can do individual warm up.
 Info: If you prefer rowing, decrease time by 15 minutes.

Legende Insert Data

Date:	Date:	Date:	Date:	Date:	Date:
Activity performed:					
Aim at a HR of 65 %	Aim at a HR of 65 %	Aim at a HR of 65 %	Average HR	Aim at a HR of 65 %	Average HR
Aim a duration of 1h	Aim a duration of 1h	Aim a duration of 1h	Duration	Aim a duration of 1h	Duration
Traveled distance	Traveled distance	Traveled distance	Traveled distance 6 km	Traveled distance	Traveled distance 7 km
Date:	Date:	Date:	Date:	Date:	Date:
Activity performed:					
Aim a duration of 65 %	Average HR	Aim a duration of 65 %	Average HR	Aim a duration of 65 %	Average HR
Aim a duration of 1h	Duration	Aim a duration of 1h	Duration	Aim a duration of 1h	Duration
Traveled distance	Traveled distance 8 km	Traveled distance	Traveled distance 9 km	Traveled distance	Traveled distance 10 km

Warm up	1	5 Min Cardiovascular warm up (i.E. rowing, running, jumping jacks...)	Legende		Repetition
	2	Individual warm up (recommended after long time sitting, a current injury or mobility issues) Before lifting heavy weight, do warm up sets. Start with little weight and increase it set by set)			Weight
				X	NO Set
				TOT	Total Reps

Increase Sets from 2 to 3 to 4	Maximum Reps per Set	TOT = greater than 45? Increase weight next session.
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Duration	Nr.	Exercise	15 RM Test	Sets	Break	TE1	TE2	TE3	TE4	TE5	TE6	TE7	TE8	TE9	TE10	TE11	TE12			
60 min	A1	Deadlift		1	60-90 Sek	10		10		10										
				2		10		10		10										
				3		X	X	10		10										
				X		X	X	X	10		TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=
	A2	Push up		1	10		10		10											
				2	10		10		10											
				3	X	X	10		10											
				X	X	X	X	10		TOT=	TOT=	TOT=	TOT=							
	B1	Pull up		1	10		10		10											
				2	10		10		10											
				3	X	X	10		10											
				X	X	X	X	10		TOT=	TOT=	TOT=	TOT=							
	B2	Lunge		1	10		10		10											
				2	10		10		10											
				3	X	X	10		10											
				X	X	X	X	10		TOT=	TOT=	TOT=	TOT=							
	C1	Plank		1	10		10		10											
				2	10		10		10											
				3	X	X	10		10											
				X	X	X	X	10		TOT=	TOT=	TOT=	TOT=							
	C2	Hanging (as long as possible)		1																
				2																
				3	X	X														
				X	X	X	X													
D	High Intensity Intervall Training	Total of 15 minutes	Exercise																	
			Intervall 1	2 min 65%	3 min 65%															
			Intervall 2	1 min 90%	2 min 90%															
			Distance																	

INFO

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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 Reps in total, increase weight in next training session.

Personal Notes: