

## Treningsprogram

2 og 2 øvelser kjøres sammen

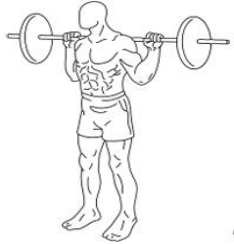
<b>Mandag</b>						
Knebøy	4 x 8					
Sit-ups	4 x 8					
Skråbenk	3 x 8					
Pullups						
Nedtrekk bredt	3 x 8					
Sidehev	3 x 8					
Roing	3 x 8					
Nedtrekk tau	3 x 8					

<b>Onsdag</b>						
Langkjøring	8-10 km					
Sittende crunches	3 x 20					
Armhevinger	3 x 20					
Sit-ups	3 x 20					
Planken	3 x 30 sek					

<b>Fredag</b>						
Benkpress	3 x 15					
Sit-ups	3 x 15					
Dips	3 x 15					
Pullups	3 x 15					
Omvendt roing	3 x 15					
Skulderpress	3 x 15					
Utfall	3 x 16					
Bicepscurl	3 x 15					

## Øvelser

### Knebøy



nettport.com



nettport.com

### Sit-Ups



### Skråbenk



nettport.com



nettport.com

### Pull-Ups



nettport.com



nettport.com

### Nedtrekk bredt



nettport.com

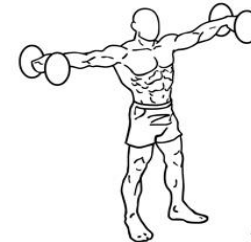


nettport.com

### Sidehev



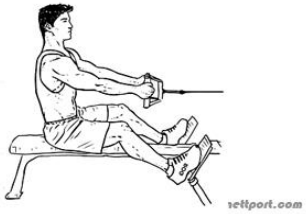
nettport.com



nettport.com

## Øvelser

### Roing



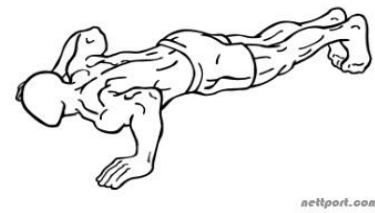
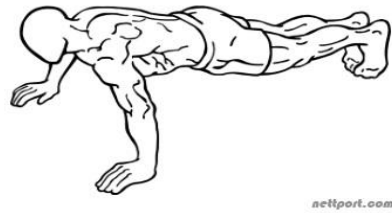
### Nedtrekk tau



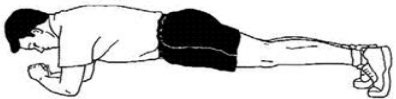
### Sittende cruches



### Armhevninger



### Planken



### Benkpress

## Øvelser

### Dips



nettporf.com



nettporf.com

### Omvendt roing



### Skulderpress



nettporf.com



nettporf.com

### Utfall



nettporf.com



nettporf.com

### Bicepscurl



nettporf.com



nettporf.com