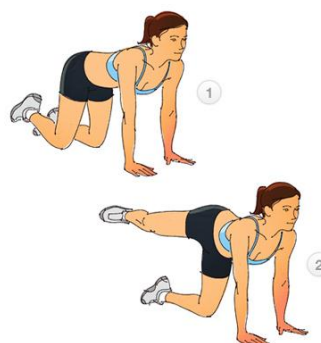


**WARM-UP** (A-B x 3 set)

- A. Bodyweight Squats – 15 reps
- B. Push-Ups – 10 reps

**CIRCUIT 1** (A-D uden pause x 2 set)

- A. **Squat with side leg raise**– 15 reps
- B. **T push-ups** – 10 reps
- C. Mountain climbers – 25 reps
- D. **Fire Hydrants** – 15 reps



*Fire Hydrants*

**CIRCUIT 2** (A-D uden pause x 2 set)

- A. **Seesaw lunges** – 10 reps
- B. **Split jumps** – 10-15 reps
- C. Burpees with push-up – 10 reps
- D. **Leg jacks** – 15-20 reps



*Seesaw lunges*

**CIRCUIT 3** (A-D uden pause x 2 set)

- A. Jump squats – 10-15 reps
- B. **Plank push-ups** – 10 reps
- C. Half-glute bridge with leg lift – 15 reps
- D. Dips – 10-15 reps

**CIRCUIT 4** (A-E uden pause x 2 set)  
(brug resistance band eller elastik)

- A. Bicep curl – 10 reps
- B. Punch outs – 10 reps
- C. Sideløft – 10 reps
- D. Tricep extension, over hovedet – 10 reps
- E. Sprællemænd – 60 reps



*Bicep curl med resistance band*

**CIRCUIT 5** (A-C uden pause x 2 set)

- A. Spiderman planks– 10 reps
- B. Reverse crunches – 20 reps
- C. Leg lifts – 10 reps