

Øvelsesoversigt Funktionel Fitness Challenge & Ungdomsmesterskab 2026

V+U12 Fundamentals	U14 Fundamentals	U16 Scaled	U18 Scaled	U16 RX	U18 RX
Row	Row	Row	Row	Row	Row
Sync linefacing burpees	Sync linefacing burpees	Sync linefacing burpees	Sync linefacing burpees	Linefacing burpees	Linefacing burpees
Boxjump eller step up@50 cm	Boxjump eller step up@50 cm	Boxjump eller step up@60/50 cm	Boxjump eller step up@60/50 cm	Boxjump@60/50 cm	Boxjump@60/50 cm
Farmer walk 2 x KB	Farmer walk 2 x KB	Clean (anyhow)	Clean (anyhow)	Clean and jerk (anyhow)	Clean and jerk (anyhow)
KB goblet squat	KB goblet squat	Farmer walk 2 x KB	Farmer walk 2 x KB	Farmer walk 2 x KB	Farmer walk 2 x KB
Echo bike	Echo bike	KB goblet squat	KB goblet squat	KB goblet squat	KB goblet squat
DB hang to overhead	DB hang to overhead	Echo bike	Echo bike	Echo bike	Echo bike
Wall ball throw (kast til hinanden)	Wall ball throw (kast til hinanden)	DB hang to overhead	DB hang to overhead	DB hang to overhead	DB hang to overhead
Knees above hips	Knees above hips	Wall ball (ping pong)	Wall ball (ping pong)	Wall ball	Wall ball
		Heels above hips	Heels above hips	Toes to bar	Toes to bar
				Burpee double jump over DB	Burpee double jump over DB
				Pull ups	Pull ups
				Chest2bar	Chest2bar
				Bar Muscle Up (ikke krav)	Bar muscle up (ikke krav)

*Vægtene vil tage udgangspunkt i vores niveau og øvelsesoversigt som du finder her: [LINK](#)