

## Øvelses og niveauoversigt i FF - Open Age, U19-20, U21-22, M30-34, M35-39, M40-44, M45-49

### Hvordan skemaet læses:

- Oversigten er vejledende og der kan forekomme tilpasninger fra event til event.
- Oversigten skal læses som den sværhed en given øvelse har og som udøveren kan forvente programmeres i en test/workout.
- Sværhedsgraden kan dog være over eller under afhængigt udformningen af testen/workouten.
- Alle angivne tal skal læses som "kg". Første angivne vægt er mand/dreng og den anden angivne vægt er kvinde/pige.
- Forkortelser: DB = Dumbbell. KB = Kettlebell.

### Kettlebell & Dumbbell

| Øvelse                   | Fundamentals                                                                                   | Scaled                                                                                         | Intermediate                                                                                                                 | RX                                                                                                                           |
|--------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Kettlebell Swings        | Russian (20/12)                                                                                | Russian (24/16)                                                                                | Russian (32/24)<br>American (24/16)                                                                                          | American (32/24)                                                                                                             |
| Deadlifts (KB - DB)      | Dual (20/12)                                                                                   | Dual (24/16 - 22,5/15)                                                                         | Dual (32/24 - 30/22,5)                                                                                                       | Dual (+32/+24 - +30/+22,5)                                                                                                   |
| Squats, Lunges (KB - DB) | Single (20/12 - 20/12,5)<br><br><b>Variationer:</b><br>Two-hand hold<br><del>Overhead</del>    | Single (20/12 - 22,5/15)<br><br><b>Variationer:</b><br>Two-hand hold<br><del>Overhead</del>    | Single (32/24 - 30/22,5)<br>Dual (24/16 - 22,5/15)<br><br><b>Variationer:</b><br>One-hand hold<br>Overhead (20/12 - 22,5/15) | Single (32/24 - 30/22,5)<br>Dual (28/20 - 22,5/15)<br><br><b>Variationer:</b><br>One-hand hold<br>Overhead (20/12 - 22,5/15) |
| Cleans (KB - DB)         | Single (20/12 - 20/12,5)<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                  | Single (20/12 - 22,5/15)<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                  | Single (32/24 - 30/22,5)<br>Dual (24/16 - 22,5/15)<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                      | Single (32/24 - 30/22,5)<br>Dual (28/20 - 22,5/15)<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                      |
| Presses (KB - DB)        | Single (20/12 - 20/12,5)<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br><del>Jerk</del> | Single (20/12 - 22,5/15)<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br><del>Jerk</del> | Single (28/20 - 25/17,5)<br>Dual (24/16 - 22,5/15)<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br>Jerk                | Single (32/24 - 30/22,5)<br>Dual (28/20 - 22,5/15)<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br>Jerk                |
| Thrusters (KB - DB)      | Single (20/12 - 20/12,5)                                                                       | Single (20/12 - 22,5/15)<br>Dual (16/12 - 17,5/12,5)                                           | Single (28/20 - 25/17,5)<br>Dual (24/16 - 22,5/15)                                                                           | Single (32/24 - 30/22,5)<br>Dual (28/20 - 22,5/15)                                                                           |
| Snatches (KB - DB)       | Single (20/12 - 20/12,5)<br><br><b>Variationer:</b>                                            | Single (20/12 - 20/12,5)<br><br><b>Variationer:</b>                                            | Single (28/20 - 25/17,5)<br>Dual (24/16 - 22,5/15)                                                                           | Single (32/24 - 30/22,5)<br>Dual (28/20 - 22,5/15)                                                                           |

|  |                                   |                                   |                                               |                                               |
|--|-----------------------------------|-----------------------------------|-----------------------------------------------|-----------------------------------------------|
|  | Hang<br>Power<br><del>Squat</del> | Hang<br>Power<br><del>Squat</del> | <b>Variationer:</b><br>Hang<br>Power<br>Squat | <b>Variationer:</b><br>Hang<br>Power<br>Squat |
|--|-----------------------------------|-----------------------------------|-----------------------------------------------|-----------------------------------------------|

## Barbell

| Øvelse         | Fundamentals                                                                                         | Scaled                                                                                             | Intermediate                                                                                      | RX                                                                                                |
|----------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Deadlifts      | 60/40                                                                                                | 80/55                                                                                              | 100/70                                                                                            | 120/85                                                                                            |
| Squats, Lunges | 42,5/30<br><br><b>Variationer:</b><br>Front<br>Back (squat fra rack +10/5 kg)<br><del>Overhead</del> | 50/35<br><br><b>Variationer:</b><br>Front<br>Back (squat fra rack +10/5 kg)<br><del>Overhead</del> | 70/47,5<br><br><b>Variationer:</b><br>Front<br>Back (squat fra rack +10/5 kg)<br>Overhead (60/40) | 100/65<br><br><b>Variationer:</b><br>Front<br>Back (squat fra rack +20/10 kg)<br>Overhead (80/55) |
| Cleans         | 42,5/30<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                                         | 50/35<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                                         | 70/47,5<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                                      | 100/65<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                                       |
| Presses        | 42,5/30<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br><del>Jerk</del>                        | 50/35<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br><del>Jerk</del>                        | 70/47,5<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br>Jerk                                | 100/65<br><br><b>Variationer:</b><br>Anyhow<br>Push Press<br>Jerk                                 |
| Thrusters      | 40/25                                                                                                | 42,5/30                                                                                            | 60/40                                                                                             | 85/55                                                                                             |
| Snatches       | -                                                                                                    | -                                                                                                  | 60/40<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                                        | 80/55<br><br><b>Variationer:</b><br>Hang<br>Power<br>Squat                                        |

## Gymnastic Movements & Skills

| Øvelse             | Fundamentals                                                                                                      | Scaled                                                                                                                | Intermediate                                                                                                                                                                                                                          | RX                                                                                                                                                                                                                                             |
|--------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Toes To Bar        | Heels Above Hips<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>           | Heels Above Hips<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>               | Toes To Bar<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>                                                                                                                                    | Toes To Bar<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>                                                                                                                                             |
| Pull Ups           | Jumping Pull Ups<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>           | Pull Ups<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>                       | Pull Ups<br>Chest To Bar<br>Bar Muscle Ups<br><br><b>Team Variationer:</b><br><del>Sync (Pull Ups, Chest To Bar, Bar Muscle Ups)</del><br><del>Krav for alle atleter</del>                                                            | Pull Ups<br>Chest To Bar<br>Bar Muscle Ups<br>Ring Muscle Ups<br>Pull Overs<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>                                                                             |
| Wall Walks         | Et-Punkts-Standard (50 cm)<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del> | To-Punkts-Standard (150/50 cm)<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del> | To-Punkts-Standard (150/30 cm)<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>                                                                                                                 | To-Punkts-Standard (150/30 cm)<br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del>                                                                                                                          |
| Handstand Push-ups | -                                                                                                                 | -                                                                                                                     | Handstand Push-ups<br><br><b>Variationer:</b><br><del>Strict</del><br><del>Deficit</del><br><del>Wall Facing</del><br><del>Free Standing</del><br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del> | Handstand Push-ups skaleret<br><br><b>Variationer:</b><br><del>Strict</del><br><del>Deficit</del><br><del>Wall Facing</del><br><del>Free Standing</del><br><br><b>Team Variationer:</b><br><del>Sync</del><br><del>Krav for alle atleter</del> |
| Handstand Walk     | -                                                                                                                 | -                                                                                                                     | Handstand Walk<br><br><b>Variationer:</b><br><del>Unbroken</del><br><del>Obstacle</del><br><br><b>Team variationer:</b><br><del>Krav for alle atleter</del>                                                                           | Handstand Walk<br><br><b>Variationer:</b><br><del>Unbroken</del><br><del>Obstacle</del><br><br><b>Team variationer:</b><br><del>Krav for alle atleter</del>                                                                                    |

|               |               |                                                                                                                                                                                    |                                                                                                                                                                  |                                                                                                                                        |
|---------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Skipping Rope | Single Unders | Single Unders                                                                                                                                                                      | Double Unders<br><del>Crossovers</del><br><del>Tripple Unders</del>                                                                                              | Double Unders<br>Crossovers<br>Tripple Unders<br>Double Crossovers                                                                     |
| Pistols       | -             | -                                                                                                                                                                                  | Pistols<br><br><b>Variationer:</b><br><del>Alternating</del><br><del>Weighted</del><br><br><b>Team Variationer:</b><br>Sync<br><del>Krav for begge atleter</del> | Pistols<br><br><b>Variationer:</b><br>Alternating<br>Weighted<br><br><b>Team Variationer:</b><br>Sync<br>Krav for begge atleter        |
| Rope Climbs   | -             | Rope Climbs<br><br><b>Variationer:</b><br><del>Legless</del><br><del>Seated</del><br><del>Seated Legless</del><br><br><b>Team Variationer:</b><br><del>Krav for alle atleter</del> | Rope Climbs<br><br><b>Variationer:</b><br>Legless<br>Seated<br><del>Seated Legless</del><br><br><b>Team Variationer:</b><br>Krav for alle atleter                | Rope Climbs<br><br><b>Variationer:</b><br>Legless<br>Seated<br>Seated Legless<br><br><b>Team Variationer:</b><br>Krav for alle atleter |

## Functional Movements

| Øvelse           | Fundamentals                                                                                                       | Scaled                                                                                                  | Intermediate                                                                                 | RX                                                                                           |
|------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Endurance        | Run<br>Row<br>Bike<br>Airbike<br>Ski<br>Burpees/down-ups                                                           | Run<br>Row<br>Bike<br>Airbike<br>Ski<br>Burpees/down-ups                                                | Run<br>Row<br>Bike<br>Airbike<br>Ski<br>Burpees/down-ups                                     | Run<br>Row<br>Bike<br>Airbike<br>Ski<br>Burpees/down-ups                                     |
| Push-ups         | -                                                                                                                  | Mænd: Push-ups<br>Kvinder: Push-ups (på knæ)                                                            | Push-ups                                                                                     | Push-ups                                                                                     |
| Box Jumps        | Box Step-ups<br><br><b>Variationer:</b><br>Overs<br>+ burpee                                                       | Box Jumps (60/50 cm)<br><br><b>Variationer:</b><br>Overs<br>+ burpee                                    | Box Jumps (75/60 cm)<br><br><b>Variationer:</b><br>Overs<br>+ burpee                         | Box Jumps (75/60 cm)<br><br><b>Variationer:</b><br>Overs<br>+ burpee                         |
| Wall Ball Shots  | 6/3                                                                                                                | 9/6                                                                                                     | 9/6                                                                                          | 12/9                                                                                         |
| GHD Sit-Ups      | -                                                                                                                  | -                                                                                                       | GHD-Sit-ups<br><br><b>Variationer:</b><br><del>Weighted</del>                                | GHD-Sit-ups<br><br><b>Variationer:</b><br>Weighted                                           |
| D-ball / Sandbag | Clean 45/30<br><br>Squat 30/20                                                                                     | Clean 45/30<br><br>Squat 45/30                                                                          | Clean 60/45<br><br>Squat 60/45                                                               | Clean 60/45<br><br>Squat 60/45                                                               |
| Carries          | Plate/Sandbag/KB/DB<br><br><b>Variationer:</b><br>Farmer/suitcase<br><del>Front(rack)</del><br><del>Overhead</del> | Plate/Sandbag/KB/DB<br><br><b>Variationer:</b><br>Farmer/suitcase<br>Front(rack)<br><del>Overhead</del> | Plate/Sandbag/KB/DB<br><br><b>Variationer:</b><br>Farmer/suitcase<br>Front(rack)<br>Overhead | Plate/Sandbag/KB/DB<br><br><b>Variationer:</b><br>Farmer/suitcase<br>Front(rack)<br>Overhead |