

Øvelses og niveauoversigt i Funktionel Fitness – U13-14, U15-16, U17-18

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	U13-14 Fundamentals	U15-16 Scaled	U15-16 RX	U17-18 Scaled	U17-18 RX
Kettlebell Swings	Russian (12/8)	Russian (16/12)	Russian (24/16) American (20/12)	American (20/12)	American (24/16)
Deadlifts (KB / DB)	Dual (16/12)	Dual (24/16 - 22,5/15)	Dual (28/20 - 30/22,5)	Dual (28/20 - 30/22,5)	Dual (32/24 - 30/22,5)
Squats, Lunges (KB / DB)	Single (6/3 – 6/3) Variationer: Two-hand hold/goblet Overhead	Single (16/12 – 15/10) Variationer: Two-hand hold/goblet Overhead	Single (24/16 - 22,5/15) Dual (20/12 – 20/12,5) Variationer: One-hand hold overhead (20/12 – 22,5/15)	Single (24/16 - 30/22,5) Dual (20/12 - 20/12,5) Variationer: Two-hand hold/goblet Overhead	Single (28/20 – 25/15) Dual (24/16 - 22,5/15) Variationer: One-hand hold overhead (20/12 – 22,5/15)
Cleans (KB / DB)	Single (6/3 - 6/3) Variationer: Hang Power Squat	Single (12/8 – 15/10) Variationer: Hang Power Squat	Single (16/12 – 17,5/12,5) Dual (12/8 – 12,5/10) Variationer: Hang Power Squat	Single (16/12 – 17,5/12,5) Dual (12/8 - 12,5/10) Variationer: Hang Power Squat	Single (24/16 - 22,5/15) Dual (16/12 – 15/10) Variationer: Hang Power Squat
Presses (KB / DB)	Single (6/3 - 6/3) Variationer: Anyhow Push Press	Single (12/8 – 12,5/8) Dual (10/6 – 10/6) Variationer: Anyhow	Single (16/12 - 17,5/12,5) Dual (12/8 - 12,5/8) Variationer: Anyhow Push Press	Single (16/12 - 17,5/12,5) Dual (12/8 - 12,5/8) Variationer: Anyhow Push Press	Single (20/12 - 22,5/15) Dual (16/12 - 20/12,5) Variationer: Anyhow Push Press Jerk

	Jerk	Push Press Jerk	Jerk	Jerk	
Thrusters (KB / DB)	Single (6/3 - 6/3)	Single (12/8 – 12,5/8) Dual (10/6 – 10/6)	Single (16/12 - 17,5/12,5) Dual (12/8 - 12,5/8)	Single (16/12 -17,5/12,5) Dual (12/8 - 12,5/8)	Single (20/12 - 22,5/15) Dual (16/12 - 20/12,5)
Snatches (KB / DB)	Single (6/3 – 6/3) Variationer: Hang Power Squat	Single (10/6 – 12,5/8) Variationer: Hang Power Squat	Single (16/12 - 17,5/12,5) Dual (12/8 - 12,5/8) Variationer: Hang Power Squat	Single (16/12 -17,5/12,5) Dual (12/8 - 12,5/8) Variationer: Hang Power Squat	Single (20/12 - 22,5/15) Dual (16/12 - 20/12,5) Variationer: Hang Power Squat

Barbell

Øvelse	U13-14 Fundamentals	U15-16 Scaled	U15-16 RX	U17-18 Scaled	U17-18 RX
Deadlifts	30/20	40/30	60/40	70/47,5	80/55
Squats, Lunges	-	30/20 Variationer: Front Back (squat fra rack +5/2,5 kg) Overhead	40/30 Variationer: Front Back (squat fra rack +10/5 kg) Overhead (30/20)	40/30 Variationer: Front Back (squat fra rack +10/5 kg) Overhead	50/35 Variationer: Front Back (squat fra rack +10/5 kg) Overhead (40/30)
Cleans	-	30/20 Variationer: Hang Power Squat	40/30 Variationer: Hang Power Squat	40/25 Variationer: Hang Power Squat	50/35 Variationer: Hang Power Squat
Presses	-	25/15 Variationer: Anyhow Push Press Jerk	35/20 Variationer: Anyhow Push Press Jerk	40/25 Variationer: Anyhow Push Press Jerk	50/35 Variationer: Anyhow Push Press Jerk
Thrusters	-	25/15	35/20	35/20	42,5/30
Snatches	-	-	35/20 Variationer: Hang Power Squat	-	42,5/30 Variationer: Hang Power Squat

Gymnastic Movements & Skills

Øvelse	U13-14 Fundamentals	U15-16 Scaled	U15-16 RX	U17-18 Scaled	U17-18 RX
Toes To Bar	Knees Above Hips Team Variationer: Sync Krav for alle atleter	Heels Above Hips Team Variationer: Sync Krav for alle atleter	Heels Above Hips Toes To Bar Team Variationer: Sync (Heels Above Hips, Toes To Bar) Krav for alle atleter	Heels Above Hips Team Variationer: Sync Krav for alle atleter	Toes To Bar Team Variationer: Sync Krav for alle atleter
Pull-ups	Jumping Pull-ups Team Variationer: Sync Krav for alle atleter	Jumping Pull-ups Team Variationer: Sync Krav for alle atleter	Pull-ups Chest To Bar Bar Muscle-ups Pullovers Team Variationer: Sync (Pull-ups, Chest To Bar, Bar Muscle-ups) Krav for alle atleter	Pull-ups Team Variationer: Sync Krav for alle atleter	Pull-ups Chest To Bar Bar Muscle-ups Ring Muscle-ups Pullovers Team Variationer: Sync Krav for alle atleter
Wall Walks	Et-Punkts-Standard (50 cm) Team Variationer: Sync Krav for alle atleter	Et-Punkts-Standard (50 cm) Team Variationer: Sync Krav for alle atleter	To-Punkts-Standard (150/30 cm) Team Variationer: Sync Krav for alle atleter	Et-Punkts-Standard (50 cm) Team Variationer: Sync Krav for alle atleter	To-Punkts-Standard (150/30 cm) Team Variationer: Sync Krav for alle atleter
Handstand Push-ups	-	-	Handstand Push-ups Variationer: Strict Deficit Wall Facing Free Standing Team Variationer: Sync Krav for alle atleter	Handstand Push-ups skaleret 10 cm Variationer: Strict Deficit Wall Facing Free Standing Team Variationer: Sync Krav for alle atleter	Handstand Push-ups Variationer: Strict Deficit Wall Facing Free Standing Team Variationer: Sync Krav for alle atleter

Handstand Walk	-	-	Handstand Walk Variationer: Unbroken Obstacle Team variationer: Krav for alle atleter	-	Handstand Walk Variationer: Unbroken Obstacle Team variationer: Krav for alle atleter
Skipping Rope	Single Unders	Single Unders	Double Unders Crossovers Tripple Unders	Single Unders	Double Unders Crossovers Double Crossovers Tripple Unders
Pistols	-	-	Pistols Variationer: Alternating Weighted Team Variationer: Sync Krav for alle atleter	-	Pistols Variationer: Alternating Weighted Team Variationer: Sync Krav for alle atleter
Rope Climbs	Rope Climbs (op til 3 m) Team Variationer: Krav for alle atleter	Rope Climbs Variationer: Legless Seated Seated Legless Team Variationer: Krav for alle atleter	Rope Climbs Variationer: Legless Seated Seated Legless Team Variationer: Krav for alle atleter	Rope Climbs Variationer: Legless Seated Seated Legless Team Variationer: Krav for alle atleter	Rope Climbs Variationer: Legless Seated Seated Legless Team Variationer: Krav for alle atleter

Functional Movements

Øvelse	U13-14 Fundamentals	U15-16 Scaled	U15-16 RX	U17-18 Scaled	U17-18 RX
Endurance	Run Row Bike Airbike Ski Burpees/down-ups	Run Row Bike Airbike Ski Burpees/down-ups	Run Row Bike Airbike Ski Burpees/down-ups	Run Row Bike Airbike Ski Burpees/down-ups	Run Row Bike Airbike Ski Burpees/down-ups
Push-ups	Push-ups (på knæ)	Drenge: Push-ups Piger: Push-ups (på knæ)	Push-ups	Drenge: Push-ups Piger: Push-ups (på knæ)	Push-ups
Box Jumps	Box Step-ups (40 cm) Variationer: Overs + burpee	Box Jumps (60/50 cm) Variationer: Overs + burpee	Box Jumps (60/50 cm) Variationer: Overs + burpee	Box Jumps (60/50 cm) Variationer: Overs + burpee	Box Jumps (75/60 cm) Variationer: Overs + burpee
Wall Ball Shots	3/3 (med kast til væg foran hoved)	6/3	9/6	9/6	9/6
GHD Sit-Ups	-	-	GHD-Sit-ups Variationer: Weighted	-	GHD-Sit-ups Variationer: Weighted (6/3)
D-ball / Sandbag	Clean 9/6 Squat 9/6	Clean 45/25 Squat 25/15	Clean 45/25 Squat 45/25	Clean 45/25 Squat 25/15	Clean 45/25 kg Squat 45/25
Carries	Plate/Sandbag/KB/DB Variationer: Farmer/suitcase Front(rack) Overhead	Plate/Sandbag/KB/DB Variationer: Farmer/suitcase Front(rack) Overhead	Plate/Sandbag/KB/DB Variationer: Farmer/suitcase Front(rack) Overhead	Plate/Sandbag/KB/DB Variationer: Farmer/suitcase Front(rack) Overhead	Plate/Sandbag/KB/DB Variationer: Farmer/suitcase Front(rack) Overhead