

Øvelses og niveauoversigt i M50-59 og M60+

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	M50-59	M60+
Kettlebell Swings	Russian (24/16) American (24/16)	Russian (24/16) American (24/16)
Deadlifts (KB - DB)	Dual (32/24 - 30/22,5)	Dual (24/16 - 22,5/15)
Squats, Lunges (KB - DB)	Single (28/20 - 25/17,5) Dual (24/16 - 22,5/15) Variationer: One-hand hold Overhead (20/12 - 22,5/15)	Single (24/16 - 22,5/15) Dual (16/12 - 15/10) Variationer: One-hand hold Overhead (16/10 - 15/10)
Cleans (KB - DB)	Single (24/16 - 22,5/15) Dual (16/12 - 15/10) Variationer: Hang Power Squat	Single (24/16 - 22,5/15) Dual (16/12 - 15/10) Variationer: Hang Power Squat
Presses (KB - DB)	Single (28/20 - 25/17,5) Dual (24/16 - 22,5/15) Variationer: Anyhow Push Press Jerk	Single (24/16 - 22,5/15) Dual (16/12 - 15/10) Variationer: Anyhow Push Press Jerk
Thrusters (KB - DB)	Single (28/20 - 25/17,5) Dual (20/12 - 22,5/15)	Single (24/16 - 22,5/15) Dual (16/12 - 15/10)
Snatches (KB - DB)	Single (24/16 - 22,5/15) Dual (16/12 - 15/10)	Single (24/16 - 22,5/15) Dual (16/12 - 15/10)

	Variationer: Hang Power Squat	Variationer: Hang Power Squat
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Barbell

Øvelse	M50-59	M60+
Deadlifts	100/70	80/55
Squats, Lunges	60/40 Variationer: Front Back (squat fra rack +10/5 kg) Overhead	50/35 Variationer: Front Back (squat fra rack +10/5 kg) Overhead
Cleans	60/40 Variationer: Hang Power Squat	50/35 Variationer: Hang Power Squat
Presses	60/40 Variationer: Anyhow Push Press Jerk	50/35 Variationer: Anyhow Push Press Jerk
Thrusters	42,5/30	42,5/30
Snatches	42,5/30 Variationer: Hang Power Squat	42,5/30 Variationer: Hang Power Squat

Gymnastic Movements & Skills

Øvelse	M50-59	M60+
Toes To Bar	<p>Heels Above Hips</p> <p>Team Variationer: Sync Krav for alle atleter</p>	<p>Toes To Bar</p> <p>Team Variationer: Sync Krav for alle atleter</p>
Pull Ups	<p>Pull Ups Chest To Bar Bar Muscle Ups</p> <p>Team Variationer: Sync (Pull Ups, Chest To Bar, Bar Muscle Ups) Krav for alle atleter</p>	<p>Pull Ups Chest To Bar</p> <p>Team Variationer: Sync (Pull Ups, Chest To Bar) Krav for alle atleter</p>
Wall Walks	<p>To-Punkts-Standard (150/30 cm)</p> <p>Team Variationer: Sync Krav for alle atleter</p>	<p>To-Punkts-Standard (150/30 cm)</p> <p>Team Variationer: Sync Krav for alle atleter</p>
Handstand Push-ups	<p>Handstand Push-ups</p> <p>Variationer: Strict Deficit Wall Facing Free Standing</p> <p>Team Variationer: Sync Krav for alle atleter</p>	<p>Handstand Push-ups</p> <p>Variationer: Strict Deficit Wall Facing Free Standing</p> <p>Team Variationer: Sync Krav for alle atleter</p>
Handstand Walk	<p>Handstand Walk</p> <p>Variationer: Unbroken Obstacle</p> <p>Team variationer: Krav for alle atleter</p>	<p>Handstand Walk</p> <p>Variationer: Unbroken Obstacle</p> <p>Team variationer: Krav for alle atleter</p>
Skipping Rope	<p>Double Unders Crossovers Tripple Unders</p>	<p>Double Unders Crossovers Tripple Unders</p>

Pistols	Pistols Variationer: Alternating Weighted Team Variationer: Sync Krav for begge atleter	Pistols Variationer: Alternating Weighted Team Variationer: Sync Krav for begge atleter
Rope Climbs	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	M50-59	M60+
Endurance	Run Row Bike Airbike Ski Burpees/down-ups	Run Row Bike Airbike Ski Burpees/down-ups
Push-ups	Push-ups	Push-ups
Box Jumps	Box Jumps (60/50 cm) Variationer: Overs + burpee	Box Jumps (60/50 cm) Variationer: Overs + burpee
Wall Ball Shots	9/6	9/6
GHD Sit-Ups	GHD-Sit-ups Variationer: Weighted	GHD-Sit-ups Variationer: Weighted
D-ball / Sandbag	Clean 60/45 Squat 60/45	Clean 45/30 Squat 45/30