

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.
- For masters- og ungdomskategorierne gælder det at alle øvelserne som er angivet, kan forekomme, men at vægtene og antallet af en given øvelse, kan skaleres.

Kettlebell & Dumbbell

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

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| Snatches (KB - DB) | Single (20/12 - 20/12,5) Variationer: Hang Power Squat | Single (20/12 - 20/12,5) Variationer: Hang Power Squat | Single (28/20 - 25/17,5) Dual (24/16 - 22,5/15) Variationer: Hang Power Squat | Single (32/24 - 30/22,5) Dual (28/20 - 22,5/15) Variationer: Hang Power Squat |
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Barbell

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

Gymnastic Movements & Skills

| Øvelse | Fundamentals | Scaled | Intermediate | RX |
|--------------------|--|--|--|---|
| Toes To Bar | Heels Above Hips Team Variationer: Sync Krav for alle atleter | Heels Above Hips Team Variationer: Sync Krav for alle atleter | Toes To Bar 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 | Pull Ups Team Variationer: Sync Krav for alle atleter | Pull Ups Chest To Bar Bar Muscle Ups Team Variationer: Sync (Pull Ups, Chest To Bar; Bar Muscle Ups) Krav for alle atleter | Pull Ups Chest To Bar Bar Muscle Ups Ring Muscle Ups Pull Overs Team Variationer: Sync Krav for alle atleter |
| Wall Walks | Et-Punkts-Standard (50 cm) Team Variationer: Sync Krav for alle atleter | To-Punkts-Standard (150/50 cm) Team Variationer: Sync Krav for alle atleter | To-Punkts-Standard (150/30 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 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 |

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| Skipping Rope | Single Unders | Single Unders | Double Unders Crossovers Tripple Unders | Double Unders Crossovers Tripple Unders Double Crossovers |
| 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 | Rope Climbs Variationer: Legless Seated Seated Legless Team Variationer: Krav for alle atleter |

Functional Movements

| Øvelse | Fundamentals | Scaled | Intermediate | 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 |
| Push-ups | - | Mænd: Push-ups Kvinder: Push-ups (på knæ) | Push-ups | Push-ups |
| Box Jumps | Box Step-ups Variationer: Overs + burpee | Box Jumps (60/50 cm) Variationer: Overs + burpee | Box Jumps (75/60 cm) Variationer: Overs + burpee | Box Jumps (75/60 cm) Variationer: Overs + burpee |
| Wall Ball Shots | 6/3 | 9/6 | 9/6 | 12/9 |
| GHD Sit-Ups | - | - | GHD-Sit-ups Variationer: Weighted | GHD-Sit-ups Variationer: Weighted |
| D-ball / Sandbag | Clean 45/30 Squat 30/20 | Clean 45/30 Squat 45/30 | Clean 60/45 Squat 60/45 | Clean 60/45 Squat 60/45 |