

# AHTWithProgression

## From Wiki

## Overall

Pause mellem single sæts holdes til 30-60 sekunder

Pause mellem 5x5 skal være ca 1 minut

Pause mellem 3x8 skal være ca 2-3 minutter

Store sæt vokser hver uge med 2.5%, udgangspunkt i henholdsvis 75% og 65% af 1RM.

3x8 er det vi kan køre 1x8 all-out med, minus 2.5 per uge, dvs feks. curls fra 22kg -> 20 første uge, 18 næste

## Day 1

Max: 92.5kg on smith

Gut: 250 x 30

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
X									

Excercise	Reps	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10
Incline Benchpress (smith)	10 Singles	70	72.5	75	77.5	80	82.5	85	87.5	90	92.5
Incline Benchpress (smith)	5x5	60	62.5	65	67.5	70	72.5	75	77.5	80	82.5
Dumbbell Shoulderpress	3x8	22	20	18	16	14	12	10	8	6	4
Dips	3x8	30	32.5	35	37.5	40	42.5	45	47.5	50	42.5

## Day 2

Max: 100kg - took 45 off, which was too little, so a jump, but hey.

Gut: 250 @ 30

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
X									

Excercise	Reps	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10
Chinups	10 Singles	45	37.5	35	32.5	30	27.5	25	22.5	20	17.5
Chinups	5x8	55	47.5	45	42.5	40	37.5	35	32.5	30	27.5
Tight row	3x8	105	102.5	100	97.5	95	92.5	90	87.5	85	82.5

Barbell curls	3x8	35	32.5	30	27.5	25	22.5	20	17.5	15	12.5
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## Day 4

Max: 50

Gut: 250 x 30

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
X									

Excercise	Reps	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10
Military press	10 Singles	37.5	37.5	40	40	42.5	42.5	45	45	47.5	47.5
Military press	5x5	32.5	32.5	35	35	37.5	37.5	40	40	42.5	42.5
Incline Benchpress	3x8	60	57.5	55	52.5	50	47.5	45	42.5	40	37.5
Close Grip Benchpress	3x8	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5

## Day 5

Max: n/a

Calfs: n/a

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
X									

Excercise	Reps	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10
Stiff-Legged Deadlift	10 Singles	77.5	80	82.5	85	87.5	90	92.5	95	97.5	100
Stiff-Legged Deadlift	5x5	77.5	80	82.5	85	87.5	90	92.5	95	97.5	100
Wide row	3x8	105 (100)	102.5	100	97.5	95	92.5	90	87.5	85	82.5
Dumbell Curls	3x8	22 (20)	21	20	19	18	17	16	15	14	13

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- This page was last modified on 9 May 2010, at 14:26.