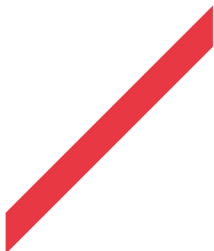




LEVEL 1	SET	ENDURTØKUR
SQUAT	3	10
GLUTE BRIDGE	3	10
PLANKA	3	30 sek
ARMBOYGGINGAR	3	10
HOPP	3	5
LONGDARLOP	3	5

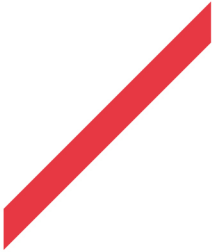


LEVEL 2	SET	ENDURTØKUR
GLUTE BRIGDE VIÐ EINUM BEINI	3	10
BULGARIAN SPLIT SQUAT	3	10
ARMBOYGGINGAR	3	10
PLANKA	3	30 sek
SÍÐU PLANKA	3	30 sek
LONGDARLOP	3	5



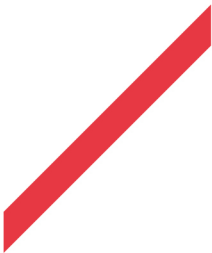


LEVEL 3	SET	ENDURTØKUR
SQUAT VIÐ VEKT	3	8
NORDIC HAMSTRING	3	6
ARMBOYGGINGAR	3	12
PULL UPS	3	6
PLANKA	3	40 sek
SÍÐU PLANKA	3	40 sek





LEVEL 4	SET	ENDURTØKUR
SQUAT VIÐ VEKT	3	8
NORDIC HAMSTRING	3	8
LANDMINE PRESS	3	8
PULL UPS	3	8
HOPP EINUM BEINI	3	5
LONGDARLOP EINUM BEINI	3	5





LEVEL 5	SET	ENDURTØKUR
BULGARIAN SPLIT SQUAT VIÐ VEKT	3	8
SWISS BALL LEG CURL	3	10
PULL UPS	3	8
LANDMINE PRESS	3	10
RUSSIAN TWIST	3	20
JUMPING LUNGES	3	10

