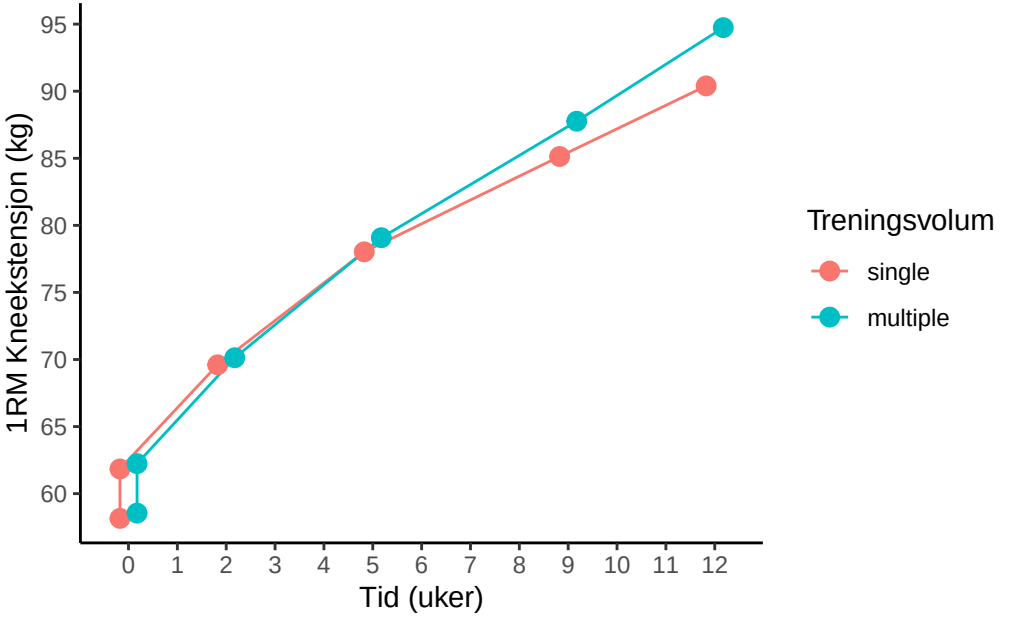
A


95
90
85
80
75
70
65
60
1RM Kneekstensjon (kg)
0
1
2
3
4
5
6
7
8
9
10
11
12
Tid (uker)
Treningsvolum
single
multiple