

Tag 1

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Chest	a) Chest Press Machine b) Bankdrücken Langhantel	3-4	8-12x	2-3Min.
UpperChest	a) Incline Bench Press b) Incline Press Machine	3-4	8-12x	2-3Min.
Lower Chest	a) Negativ Bench Press b) Dips	3	8-12x	2-3Min.
Triceps	a) Triceps Push Down b) French Press	2-3	8-Max	2-3Min.
Shoulder	a) Arnold Press b) Shoulder Press Machine	3	8-12x	2-3Min.
Shoulder	a) Dumbbell Front Raises b) Cable Front Raises	2-3	10-15x	2-3Min.

Tag 2

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Back	a) Pull Ups b) Pull Down Machine	3-4	8-12	2-3Min.
Back	a) Front Bent Rows b) Mid Row	3-4	8-12x	2-3Min.
Back	a) Single Arm Dumbbell Row b) Straight Arm Pulldown	3	8-12x	2-3Min.
Rotator Cuff	a) Ext. Shoulder-Rotation	3	15-20x	1-2Min.
Rear Delt	a) Face Pulls b) Cable Rear-Delt-Flys	2-3	15-20x	2-3Min.
Biceps	a) Hammer Curls Dumbbell b) Biceps Curl Machine	2-3	8-Max.	2-3Min.



CLASSIC STRENGTH

ANFÄNGER&FORTGESCHRITTEN
3ER-SPLIT

Tag 3

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Leg	a) Squat b) Leg Press Machine	3-4	8-12x	2-3Min.
Leg	a) Split Squat b) Leg Extension Machine	3	8-12x	2-3Min.
Leg	a) Romanian Deadlift b) Leg Curl Machine	3	8-12x	2-3Min.
Glutes	a) Single Leg Deadlift b) Hip Thrust/Machine	3	8-12x	2-3Min.
Abs	a) Crunches b) Abdominal crunch Machine	2-3	15-20x	1-2Min.
Abs	a) Leg Raises b) Slow Mountain climbers	2-3	15-20x	1-2Min.