



CLASSIC STRENGTH

ANFÄNGER&FORTGESCHRITTEN
4ER-SPLIT

Tag 1

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Chest	BenchPress	3-4	8-12x	2-3Min.
UpperChest	Incline Bench Press Dumbbell	3-4	8-12x	2-3Min.
Lower Chest	Negativ Bench Press	3-4	8-12x	2-3Min.
Chest	Butterfly	2-3	8-Max.	2-3Min.
Biceps	Dumbbell Concentration Curl	3	8-12x	2-3Min.
Biceps	Hammer Curl	2-3	10-Max.	2-3Min.

Tag 2

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Legs	1. Squats 2. Leg Press 3. Alt. Back Lunges	3-4	8-12x	2-3Min.
Legs	1. Romanian Deadlift 2. Leg Curl Machine 3. Swissball Leg Curl	3	8-12x 8-12x 10-15x	2-3Min.
Biceps	a) Hammer Curls Dumbbell b) Biceps Curl Machine	2-3	8-Max.	2-3Min.



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Tag 3

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Shoulder	1. Dumbbell Shoulder Press 2. Dumbbell Front Raise 3. Dumbbell Lateral Raise 4. Arnold Press	3-4	8-12x	2-3Min.
Triceps	1. Cable Push Downs 2. French Press 3. Close Grip Bench Press	3-4	8-12x	2-3Min.

Tag 4

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Back	1. Pull Down 2. Deadlift	3-4	8-12x	2-3Min.
Back	1. Mid Row 2. Front Bent Row 3. Face Pull	3-4	8-12x	2-3Min.
Calf	1. Calf Raises Seated 2. Calf Raises	3	8-12x	2-3Min.
Core	1. Ab Crunches/Machine 2. Rotary Torso Machine	2-3	10-Max.	1-2Min.