

Tag 1

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Brust	a) Chest Press Machine b) Bankdrücken Langhantel	3	15-20x	2-3Min.
Brust	a) Incline Bench Press b) Incline Press Machine	3-4	15-20x	2-3Min.
Rücken	a) assisted Pull-ups b) Lat. Pull Down	3	15-20x	2-3Min.
Rücken	a) Ring Rows b) Mid Row Machine	3-4	15-20x	2-3Min.
Unterer Rücken	a) Back Extension b) Back Extension Machine	2-3	10-15x	1-2Min.
Core/Abs	a) Plank b) Abdominal Crunch	2-3	30sec.-1Min 10-15x	1-2Min.

Tag 2

Muskelgruppe	Übung	Sätze	Wiederholungen	Pause
Bein	a) Langhantel Squats b) Leg press Machine	3-4	15-20x	2-3Min.
Bein	a) Leg Extension b) Leg Curl	3	15-20x	2-3Min.
Po	a) Hip Thrust b) Abd Machine	3	15-20x	2-3Min.
Adduktoren	a) Adductor Machine	3	15-20x	2-3Min.
Wade	a) Calf raises b) Calf raises Machine	2-3	15-20x	1-2Min.
Core/Abs	a) Swiss Ball Crunch	2-3	10x	1-2Min