

### Montag: Chest/ Calves

	Sätze	WHs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Barbell Incline Bench Press	4	12																
2 Machine Bench Press	3	20/12/10																
3 Incline Dumbbell Flyes	3	12/10/8																
<b>Triset (dreifach Satz)</b>																		
1 Dips - Chest Version (Weighted)	3	15/12/12																
2 Pushups	3	15/12/10																
3 Flat Bench Cable Flyes	3	15																
1 Calf Raises	4	10-15																

### Dienstag: Back

	Sätze	WHs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Pullups	3	12																
2 Barbell Deadlift	6	6																
3 Bent Over Two-Dumbbel Row	3	10																
4 Lying T-Bar Row	3	12																
5 Wide-Grip Lat Pulldown	3	10/8/8																
6 Barbell Shrug	3	10-12																

### Mittwoch: Cardio / Abs

### Donnerstag: Shoulders

	Sätze	WHs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Dumbbell Shoulder Press	4	8																
<b>Superset</b>																		
1 Front Plate Raise	3	10-12																
2 Side Lateral Raise	3	8-10																
<b>Superset</b>																		
1 Calbe Seated Lateral Raise	3	8-10																
2 Front Cable Raise	3	8-10																
1 Barbell Rear Delt Row																		
2 Face Pull	3	10-15																

### Freitag: Legs

	Sätze	WHs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Barbell Squat	4	3/3/3/15																
2 Leg Press	5	10																
3 Leg Extensions	4	15																
4 Seated Leg Curl	3	10																
1 Stiff-Legged Barbell Deadlift	4	12/12/12/20																
2 Calf Raises	4	10-15																

### Samstag: Arms

	Sätze	WHs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Dips - Triceps Version (Weighted)	3	10-12/8/6																
2 Barbell Curl	3	8-12																
3 Decline EZ Bar Triceps Extension	3	12/10/8																
4 Hammer Curls	3	12/8-10/10																
5 Triceps Pushdown	3	8-15																
6 Reverse Barbell Curl (EZ-Bar)	3	12/10/8																
7 Dumbbell Bicep Curl	3	8-12																

### Sonntag: Cardio / Abs

Trainingsplan:

Bodycheck: **Gewicht, Muskulatur und Fett**

**Start** \_\_\_\_\_

**Ende:** \_\_\_\_\_

Trainingsplan geht \_\_\_ **Wochen**.  
Danach Trainingsplan-Anpassung