

PUSH - PULL - LEG PLAN

TRAININGSTAGE: 5 - 6 x / Woche



PUSH DAY

7 WOCHEN PHASE

2 GREEN WEEKS: **10 REPS** REP SPEED: **2 - 2**
 2 ORANGE WEEKS: **08 REPS** REP SPEED: **1 - 1 - 2**
 2 RED WEEKS: **06 REPS** REP SPEED: **1 - 3**
 1 WHITE WEEK: **10 REPS 50% WEIGHT** REP SPEED: **2 - 2**

NAME:

DATUM:

GEWICHTSPROGRESSION

| HAUPTÜBUNG - BRUST | ARBEITSSETS | BEMERKUNG | GEWICHTSPROGRESSION | | | | | | |
|--------------------------------|-------------|-----------|---------------------|------------|------------|------------|----------|----------|------------|
| | | | GREEN WEEK | GREEN WEEK | ORAN. WEEK | ORAN. WEEK | RED WEEK | RED WEEK | WHITE WEEK |
| FLACHBANKDRÜCKEN | 4 | | | | | | | | |
| ÜBUNG II - BRUST | | | | | | | | | |
| SCHRÄGBANKDRÜCKEN MIT KH | 3 | | | | | | | | |
| ZUSATZÜBUNG - BRUST | | | | | | | | | |
| FLIEGENDE AN DER MASCHINE | 3 | | | | | | | | |
| HAUPTÜBUNG - SCHULTERN | | | | | | | | | |
| SCHULTERPRESSE MIT LH STEHEND | 4 | | | | | | | | |
| ÜBUNG II - SCHULTERN | | | | | | | | | |
| REVERSE FLYES (KABELZUG) | 3 | | | | | | | | |
| ZUSATZÜBUNG - SCHULTERN | | | | | | | | | |
| SEITHEBEN KH | 3 | | | | | | | | |
| ÜBUNG I - TRIZEPS | | | | | | | | | |
| TRICEPS PUSHDOWN KZ | 4 | | | | | | | | |
| ÜBUNG II - TRIZEPS | | | | | | | | | |
| DIPS AN DER MASCHINE | 4 | | | | | | | | |

PUSH - PULL - LEG PLAN

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PULL DAY

7 WOCHEN PHASE

2 GREEN WEEKS: **10 REPS** REP SPEED: **2 - 2**
 2 ORANGE WEEKS: **08 REPS** REP SPEED: **1 - 1 - 2**
 2 RED WEEKS: **06 REPS** REP SPEED: **1 - 3**
 1 WHITE WEEK: **10 REPS 50% WEIGHT** REP SPEED: **2 - 2**

NAME:

DATUM:

GEWICHTSPROGRESSION

| HAUPTÜBUNG - RÜCKEN | ARBEITSSETS | BEMERKUNG | GREEN WEEK | GREEN WEEK | ORAN. WEEK | ORAN. WEEK | RED WEEK | RED WEEK | WHITE WEEK |
|-----------------------------|-------------|-----------|------------|------------|------------|------------|----------|----------|------------|
| KREUZHEBEN | 4 | | | | | | | | |
| ÜBUNG II - RÜCKEN | | | | | | | | | |
| KLIMMZÜGE STRIKT | 3 | | | | | | | | |
| ÜBUNG III - RÜCKEN | | | | | | | | | |
| T-BAR ROW ENG | 3 | | | | | | | | |
| ÜBUNG IIII - RÜCKEN | | | | | | | | | |
| BREITES RUDERN MASCHINE | 3 | | | | | | | | |
| ÜBUNG I - BIZEPS | | | | | | | | | |
| LH CURLS STEHEND | 3 | | | | | | | | |
| ÜBUNG II - BIZEPS | | | | | | | | | |
| KH CURLS SITZEND SCHRÄGBANK | 3 | | | | | | | | |
| ÜBUNG III - BIZEPS | | | | | | | | | |
| SCOTT-CURLS MASCHINE | 3 | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

PUSH - PULL - LEG PLAN

TRAININGSTAGE: 5 - 6 x / Woche



LEG DAY / ABS

7 WOCHEN PHASE

2 GREEN WEEKS: **10 REPS** REP SPEED: **2 - 2**
 2 ORANGE WEEKS: **08 REPS** REP SPEED: **1 - 1 - 2**
 2 RED WEEKS: **06 REPS** REP SPEED: **1 - 3**
 1 WHITE WEEK: **10 REPS 50% WEIGHT** REP SPEED: **2 - 2**

NAME:

DATUM:

GEWICHTSPROGRESSION

| HAUPTÜBUNG - BEINE | ARBEITSSETS | BEMERKUNG | GEWICHTSPROGRESSION | | | | | | |
|----------------------------|-------------|-----------|---------------------|------------|------------|------------|----------|----------|------------|
| | | | GREEN WEEK | GREEN WEEK | ORAN. WEEK | ORAN. WEEK | RED WEEK | RED WEEK | WHITE WEEK |
| FRONTSQUATS | 4 | | | | | | | | |
| ÜBUNG II - BEINE | | | | | | | | | |
| AUSFALLSCHRITTE | 4 | | | | | | | | |
| ÜBUNG III - BEINE | | | | | | | | | |
| LEG CURLS AN DER MASCHINE | 3 | | | | | | | | |
| ZUSATZÜBUNG - BEINE | | | | | | | | | |
| HIP THRUSTS | 3 | | | | | | | | |
| ÜBUNG I - WADEN | | | | | | | | | |
| WADEN STEHEND | 4 | | | | | | | | |
| ÜBUNG II - WADEN | | | | | | | | | |
| WADEN SITZEND | 4 | | | | | | | | |
| ÜBUNG I - BAUCH | | | | | | | | | |
| AB CRUNCH MASCHINE | 3 | | | | | | | | |
| ÜBUNG II - BAUCH | | | | | | | | | |
| TOE'S TO BAR | 3 | | | | | | | | |