

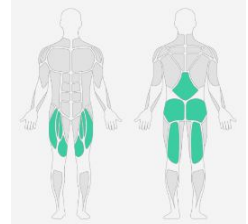

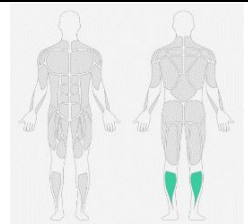

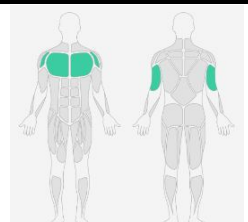

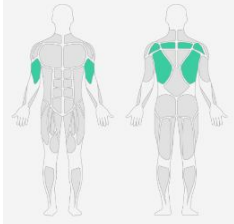

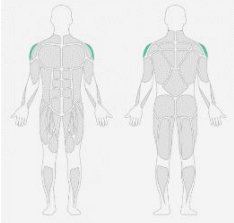

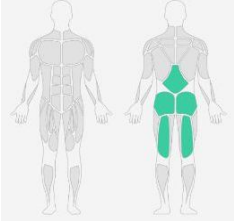

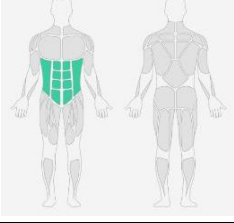

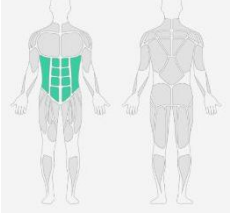


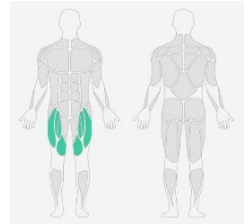
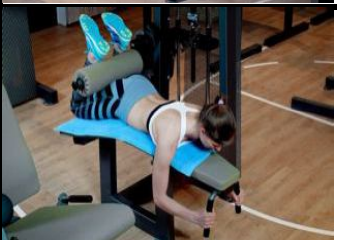
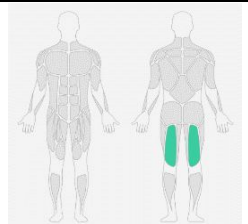

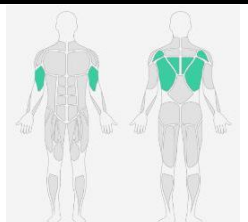



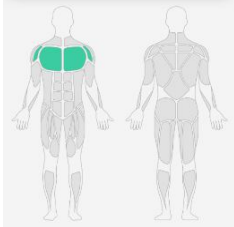

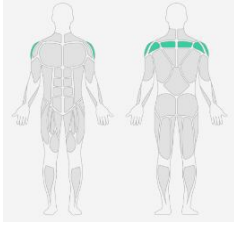

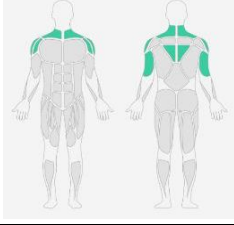

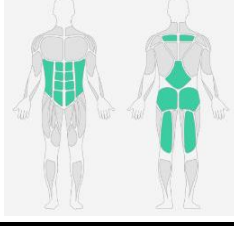

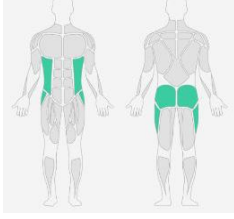
Ganzkörperplan Anfänger (10 Übungen) - Dauer 60 min

Trainingseinheit 1			Satz 1		Satz 2		Satz 3	
Übung			Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
CROSSTRAINER (WarmUp)		Dauer: 8 min						
BEINPRESSE				10 - 15		10 - 15		10 - 15
WADENHEBEN STEHEND				10 - 15		10 - 15		10 - 15
BRUSTPRESSE				10 - 15		10 - 15		10 - 15

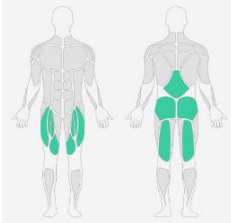
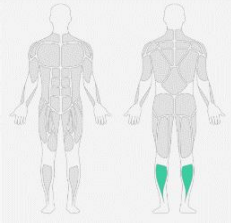
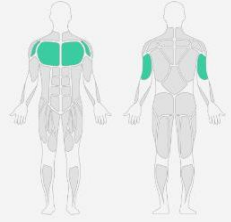
	Übung		Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
RUDERZUG- MASCHINE				10 - 15		10 - 15		10 - 15
SEITHEBE- MASCHINE				10 - 15		10 - 15		10 - 15
RÜCKENSTRECKER				10 - 15		10 - 15		10 - 15
CRUNCH DIAGONAL BAUCHBANK				15 - 25		15 - 25		15 - 25
CRUNCH BAUCHBANK				15 - 25		15 - 25		15 - 25

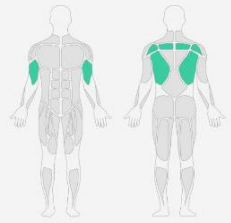
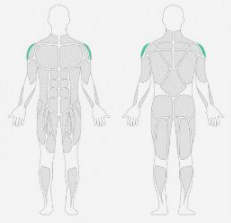
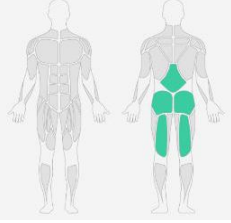
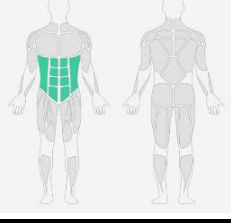
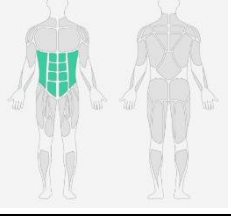
Ganzkörperplan Anfänger (10 Übungen) - Dauer 60 min

Trainingseinheit 2			Satz 1		Satz 2		Satz 3	
Übung			Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
CROSSTRAINER (WarmUp)		Dauer: 8 min						
BEINSTRECKER				10 - 15		10 - 15		10 - 15
BEINBEUGER				10 - 15		10 - 15		10 - 15
LATZUG- MASCHINE				10 - 15		10 - 15		10 - 15

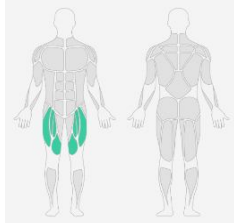
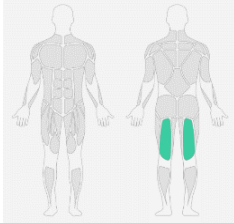
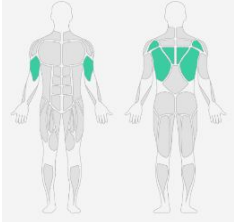
	Übung		Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
BUTTERFLY				10 - 15		10 - 15		10 - 15
BUTTERFLY REVERSE				10 - 15		10 - 15		10 - 15
SCHULTERPRESSE				10 - 15		10 - 15		10 - 15
UNTERARMSTÜTZ				60 Sek.		60 Sek.		60 Sek.
UNTERARMSEITSTÜTZ				30 Sek.		30 Sek.		30 Sek.

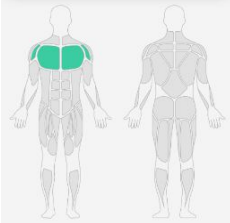
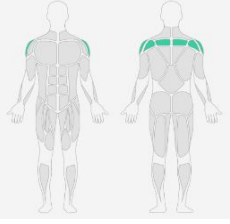
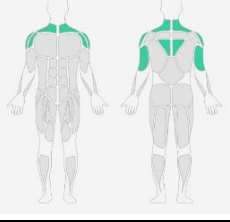
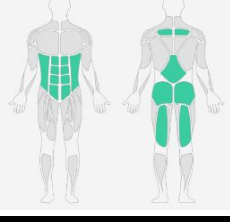
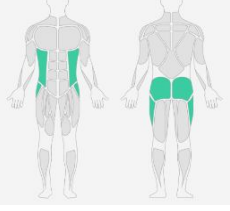
Ganzkörperplan Anfänger (10 Übungen) - Dauer 60 min

Trainingseinheit 1		Satz 1		Satz 2		Satz 3	
Übung		Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
CROSSTRAINER (WarmUp)	Dauer: 8 min						
BEINPRESSE			10 - 15		10 - 15		10 - 15
WADENHEBEN STEHEND			10 - 15		10 - 15		10 - 15
BRUSTPRESSE			10 - 15		10 - 15		10 - 15

Übung		Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
RUDERZUG- MASCHINE			10 - 15		10 - 15		10 - 15
SEITHEBE- MASCHINE			10 - 15		10 - 15		10 - 15
RÜCKENSTRECKER			10 - 15		10 - 15		10 - 15
CRUNCH DIAGONAL BAUCHBANK			15 - 25		15 - 25		15 - 25
CRUNCH BAUCHBANK			15 - 25		15 - 25		15 - 25

Ganzkörperplan Anfänger (10 Übungen) - Dauer 60 min

Trainingseinheit 2		Satz 1		Satz 2		Satz 3	
Übung		Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
CROSSTRAINER (WarmUp)	Dauer: 8 min						
BEINSTRECKER			10 - 15		10 - 15		10 - 15
BEINBEUGER			10 - 15		10 - 15		10 - 15
LATZUG- MASCHINE			10 - 15		10 - 15		10 - 15

Übung		Gewicht	Wdh.	Gewicht	Wdh.	Gewicht	Wdh.
BUTTERFLY			10 - 15		10 - 15		10 - 15
BUTTERFLY REVERSE			10 - 15		10 - 15		10 - 15
SCHULTERPRESSE			10 - 15		10 - 15		10 - 15
UNTERARMSTÜTZ			60 Sek.		60 Sek.		60 Sek.
UNTERARMSEIT-STÜTZ			30 Sek.		30 Sek.		30 Sek.