POWERBUILDING PROGRAM | *TEMPLATES*

First Class Performance

acht
Trainingspläne

Templates

Nach der Assessment Woche (Beginner / Advanded), einem primären Schwerpunkt (Powerlifting / Bodybuilding) und den richtigen Prioritäten (5 Tage / Woche, 3 Tage die Woche) solltest du jetzt kein Problem haben den richtigen Trainingsplan zu finden. Auf den nächsten Seiten findest du detaillierte Trainingstage, die dir alle Informationen geben um deine Trainingseinheiten erfolgreich zu absolvieren.

Die Tabellen sind relativ selbsterklärend. Zu jeder Übung findest du außerdem Bilder und wenn du den QR-Code scannst auch Demo Videos, falls du dir nicht sicher sein solltest. Für unbekanntere oder neue Übungen werde ich außerdem ein Instructions-Video hinzufügen in dem ich dir alles erkläre, worauf du bei der Übung achten möchtest. Auch das funktioniert einfach über einen QR-Code. Für Notizen zu Lasten, Wiederholungszahlen, Befinden und Schwierigkeit der Einheit wird es auch Platz innerhalb des Plans geben. Das Einzige, das ihr noch brauchen werdet ist ein Stift.

Solltest du mal eine Abkürzung, ein Akronym oder eine Redewendung nicht kennen findest du zu allen gängigen eine kurze Erklärung im Glossar.

Trainingsfrequenz / Rhythmus*

3 Tage Template:

Der Standard wären hier wohl: Montag – Mittwoch – Freitag.
Bei drei Trainingstagen die Woche ist es fast egal, solange nicht alle direkt aufeinander folgen. Etwas auseinanderziehen ist hier allerdings schon sinnvoll. Nicht, dass man Montag-Mittwoch durchtrainiert und dann vier Tage Pause hat. Wenn das möglich ist, dann lieber ein bis zwei weitere Trainingstage hinzufügen.

3 Tage Template + 2 Classes:

Montag:	Powerbuilding
Dienstag:	Class
Mittwoch:	Powerbuilding
Donnerstag:	Rest
Freitag / Samstag:	Powerbuilding und Class (Joker sozusagen. Was euch besser passt. Welche Class euch besser gefällt.

5 Tage Template:

Der Klassiker:	Montag, Dienstag, Mittwoch, Freitag, Samstag
Off-Set Klassiker:	Montag, Dienstag, Donnerstag, Freitag, Samstag
3on1off:	Für Savages. Keine Verpflichtungen, keine Familie. Einfach 3 Tage trainieren, einen Pausetag. Unabhängig des Wochentages.

** alle korrekten Verlinkungen / QR Codes ohne Gewähr <3*

Templates Fokus Days

Die grobe Trainingsstruktur im Beginner Template wird so aussehen:

BODYBUILDING Beginner **3 - 4 Days / Week** Tag 1: Squat & Press Tag 2: Lift & Pull Tag 3: Push, Pull & Legs	**POWERLIFTING** Beginner **3 - 4 Days / Week** Tag 1: Volume Day Tag 2: Speed & Plyo Day Tag 3: Intensity Day
BODYBUILDING Advanced **5 Days / Week** Tag 1: Upper Body Heavy Tag 2: Lower Body Heavy Tag 3: Speed & Accessory Tag 4: Upper Body Medium Tag 5: Lower Body Medium	**POWERLIFTING** Advanced **5 Days / Week** Tag 1: Volume Day 1 Tag 2: Speed and Accessory 1 Tag 3: Speed and Olympic Lifting 1 Tag 4: Intensity Day Tag 5: Olympic Lifting and Accessory 2

Olympic Lifting?

Das einzige Template, in dem ihr Olympic Lifts wie Power Cleans und Power Snatches findet werdet, ist das „Advanced Powerlifting 3+5 Days / Week". Das hat folgende Gründe:

- Nicht Beginnerfreundlich. Zu wenig Return of Investment.
- Power Cleans werdet ihr an den Speed Tagen des Advanced 3D / W Template finden. Für Power Snatches ist zu wenig Zeit, die besser für Übungen genutzt werden können, wo der technische Flaschenhals nicht so eng ist, die euch wirklich stärker machen.
- Für Bodybuilding ist die Time under Tension zu niedrig um signifikanten Mehrwert für Muskelwachstum zu bringen. Ihr könnt gerne im Bodybuilding Advanced Template die OLY Parts aus dem Powerlifting Advanced übernehmern und ein paar Übungen ersetzen. Wenn ihr allerdings so starkes Interesse an den OLY-Parts habt, würde ich direkt das Powerlifting Advanced empfehlen.

POWERLIFTING

3D/W - W1D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5 / Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 80%
Back Squat Set #1: 5 Reps @ 80%
Bench Press Set #2: 5 Reps @ 80%
Back Squat Set #2: 5 Reps @ 80%
Bench Press Set #3: 5 Reps @ 80%
Back Squat Set #3: 5 Reps @ 80%
Bench Press Set #4: 5 Reps @ 80%
Back Squat Set #4: 5 Reps @ 80%
Bench Press Set #5: 5 Reps @ 80%
Back Squat Set #5: 5 Reps @ 80%

Rest 2:00 b/t Warmup Sets

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 5RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
8 Front Squats @ 50% Working Set Squats
10 Incline Dumbbell Bench Press @ RPE7
12 Turkish Situps

COOLDOWN

1:00 / Side Couch Stretch
1:00 / Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

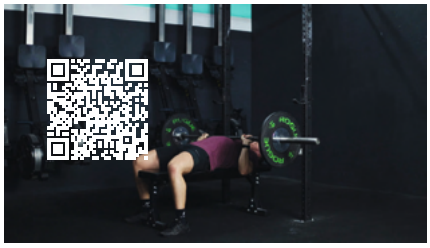
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

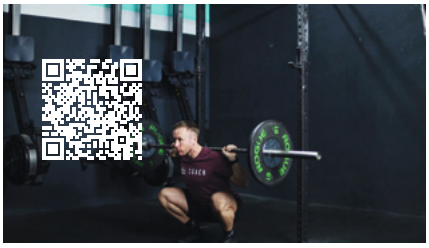
MOVEMENTS

how to -

WARMUP

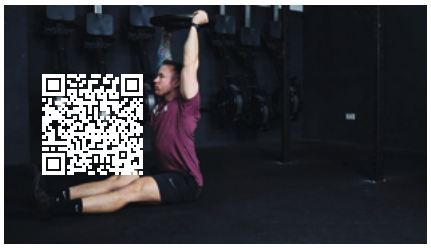
Strength Volume





Strength Intensity

Strength Accessory



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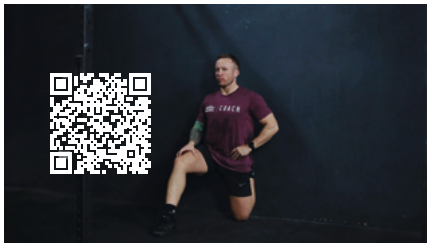
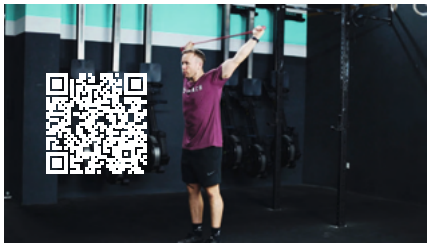
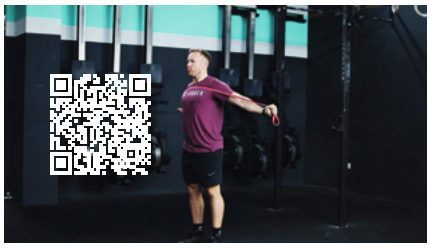






POWERLIFTING

3D/W - W1D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Mountain Climbers
10 Kettlebell Swings 16kg/12kg
10 Box Jumps

Speed & Power

Every 3:00 - 5 Sets
5 high Box Jumps 30"/24"
15 Kettlebell Swings 24kg/16kg

Speed & Power 2

EMOM15
3 Power Cleans @ 60%

Dead Stop. Kein Touch and Go.

Power Accessory

Every 3:00 - 4 Sets
8 Push Press RPE7
12 Supinated Barbell Row RPE7

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

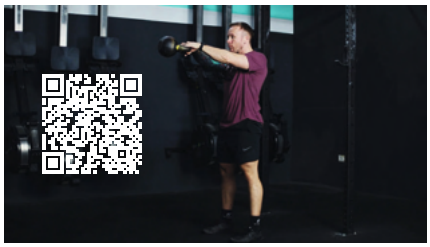
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

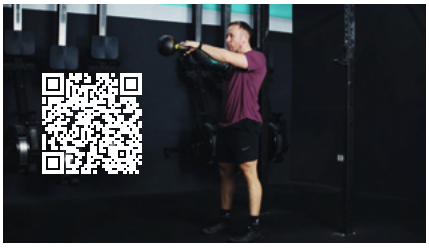
MOVEMENTS

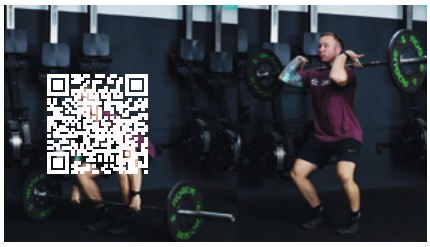
how to -

WARMUP

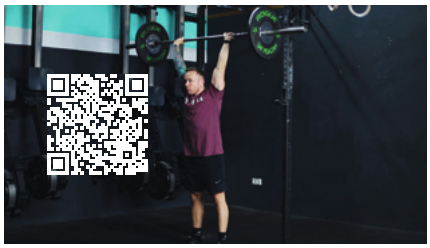


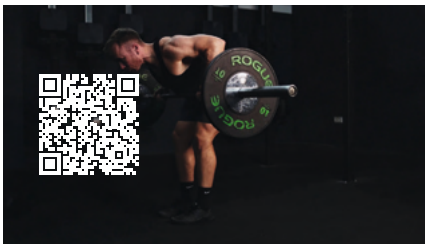
Speed & Power



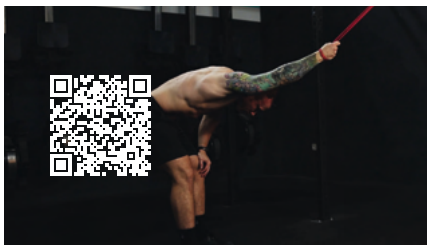


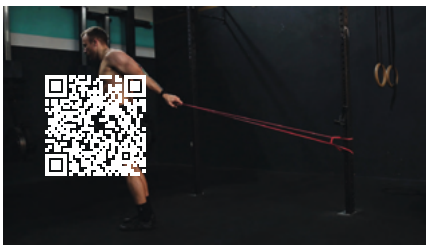
Power Accessory





COOLDOWN





POWERLIFTING

3D/W - W1D3

notes

WARMUP 8:00 Bike On the 0:00, 4:00 and 8:00 10 No Jump Burpees 15 Banded Good Mornings 20 Mountain Climbers	
Strength Intensity In 8 Sets or less work up to a 5RM Back Squat In 8 Sets or less work up to a 5RM Bench Press	
Strength Volume Every 3:00 - 4 Sets 4 Deadlifts @ 70% *Dead Stop. Kein Touch and Go.*	
Strength Accessory Every 4:00 - 4 Sets 6-8 Strict Pronated Pullups 10-12 Strict Parallel Bar Dips **Strength Accessory #2** 3 Sets 10-12 Barbell Curls 10-12 Barbell French Press	
COOLDOWN 1:00 / Side Couch Stretch 1:00 / Side Box Pigeon Stretch 10 Banded Pass Throughs 10 Banded Pull Aparts	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

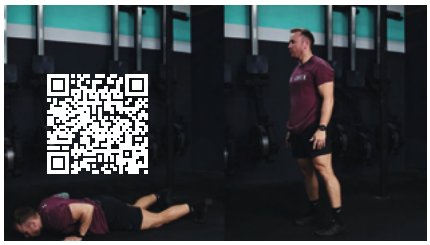
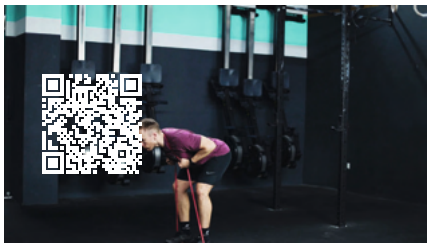
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

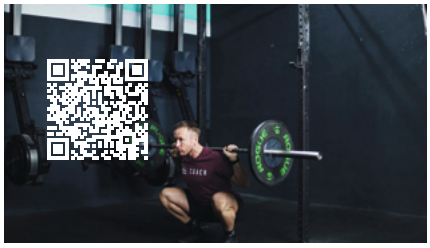
MOVEMENTS

how to -

WARMUP

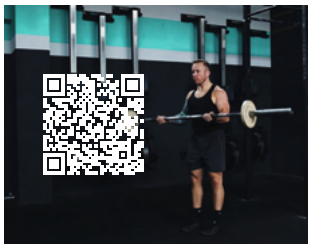
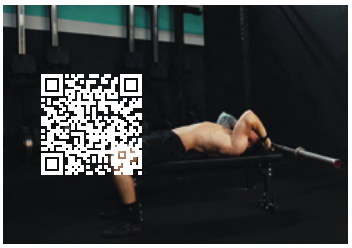



Strength Intensity

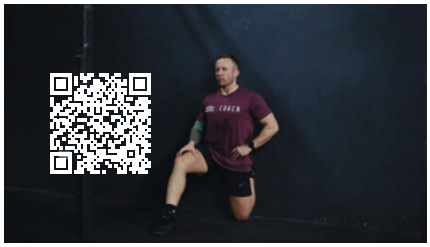


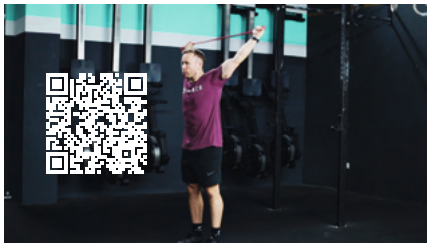
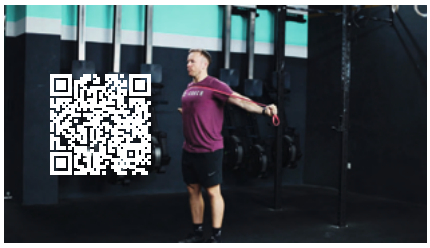
Strength Volume

Strength Accessory

COOLDOWN



POWERLIFTING

3D/W - W2D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5 / Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% 5RM
Back Squat Set #1: 5 Reps @ 90% 5RM
Bench Press Set #2: 5 Reps @ 90% 5RM
Back Squat Set #2: 5 Reps @ 90% 5RM
Bench Press Set #3: 5 Reps @ 90% 5RM
Back Squat Set #3: 5 Reps @ 90% 5RM
Bench Press Set #4: 5 Reps @ 90% 5RM
Back Squat Set #4: 5 Reps @ 90% 5RM
Bench Press Set #5: 5 Reps @ 90% 5RM
Back Squat Set #5: 5 Reps @ 90% 5RM

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 4RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
10 Front Squats @ 50% Working Set Squats
12 Incline Dumbbell Bench Press @ RPE7
14 Turkish Situps

COOLDOWN

1:00 / Side Couch Stretch
1:00 / Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

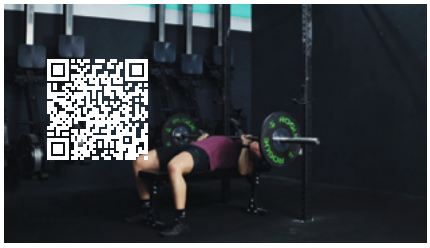
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

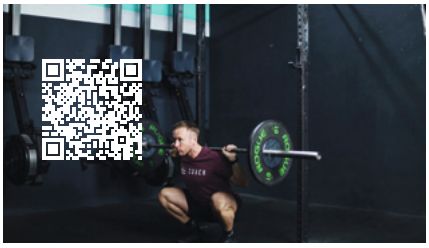
MOVEMENTS

how to -

WARMUP

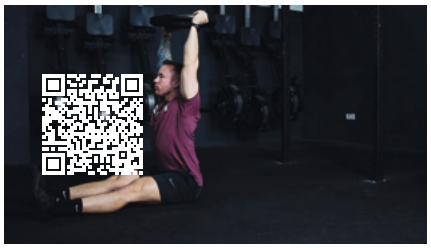
Strength Volume



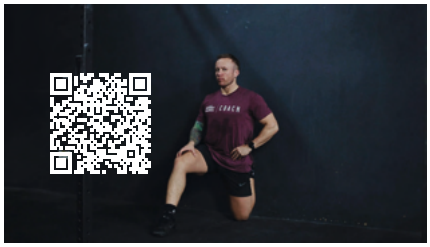


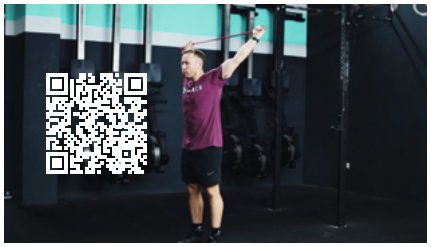
Strength Intensity

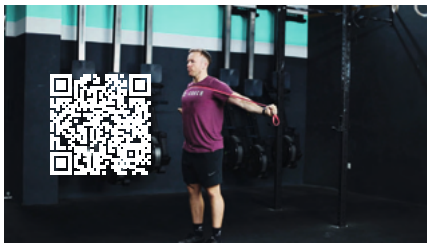
Strength Accessory



COOLDOWN







POWERLIFTING

3D/W - W2D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Banded Psoas March
12 Single arm Alt. Kettlebell Swings 16kg/12kg
8 Depths Box Jumps off 20kg Bumper

Speed & Power

Every 3:00 - 5 Sets
5x 24"/20" Hurdle to high Box Jumps 30"/24"
15 Banded Kettlebell Swings 24kg/16kg

Speed & Power 2

EMOM15
3 Power Cleans @ 60% + 2-5%

Dead Stop. Kein Touch and Go.

Power Accessory

Every 3:00 - 4 Sets
10 Push Press RPE7
14 Supinated Barbell Row RPE7

Die Last bleibt dieselbe. Wir erhöhen die Reps.

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

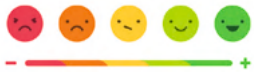
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

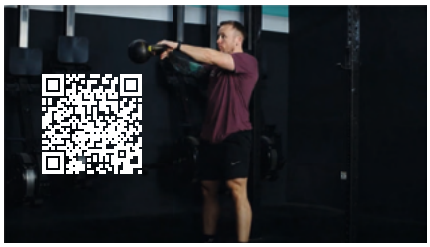
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



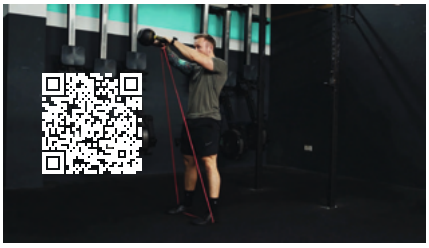
MOVEMENTS

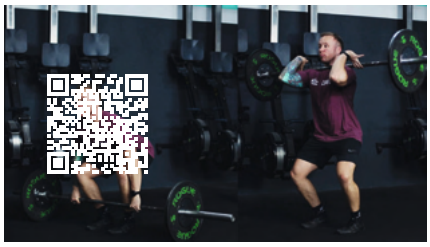
how to -

WARMUP

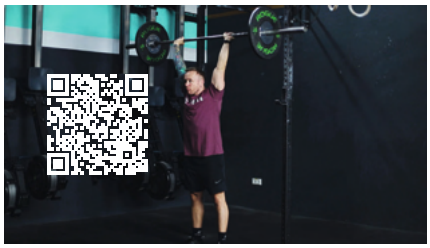


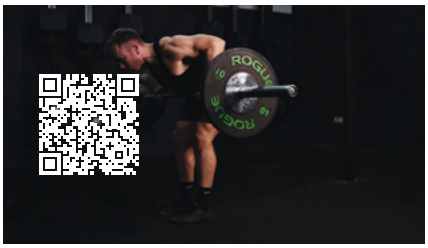
Speed & Power



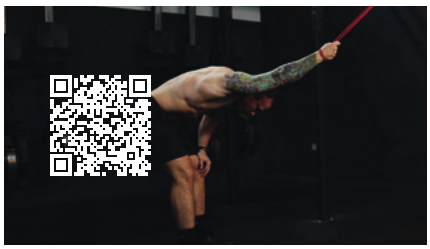


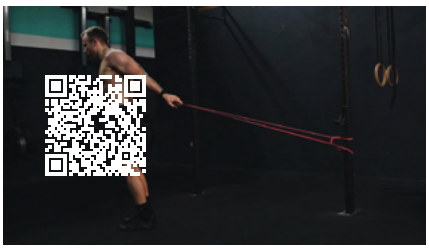
Power Accessory





COOLDOWN





POWERLIFTING

3D/W - W2D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

10 No Jump Burpees
15 Banded Good Mornings
20 Mountain Climbers

Strength Intensity

In 8 Sets or less work up to a new 5RM Back Squat

In 8 Sets or less work up to a new 5RM Bench Press

Strength Volume

Every 3:00 - 4 Sets
4 Deadlifts @ 80% Monday's 5RM

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
6-8 Strict Pronated Pullups
10-12 Strict Parallel Bar Dips

Goal: +1 Reps/Set zu letzter Woche

Strength Accessory #2

3 Sets
10-12 Barbell Curls
10-12 Barbell French Press

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

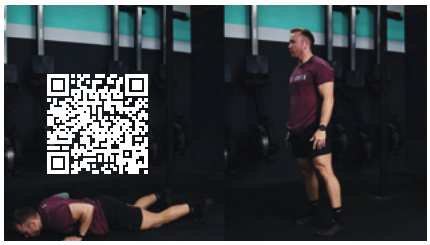
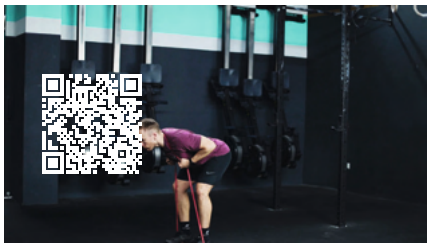
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

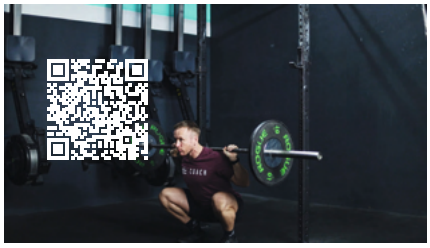
MOVEMENTS

how to -

WARMUP

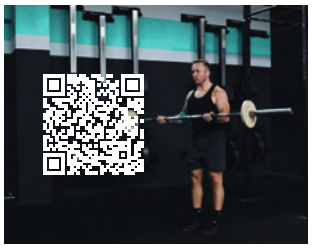
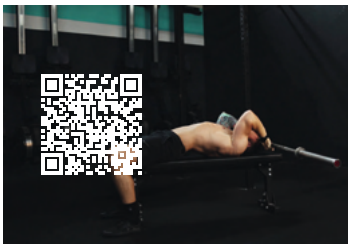



Strength Intensity



Strength Volume

Strength Accessory

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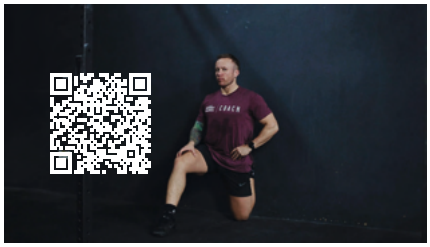
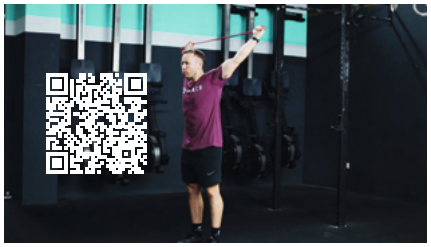
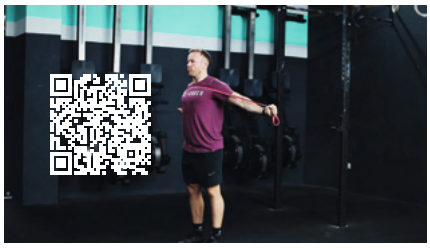


POWERLIFTING

3D/W - W3D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10 Rocking Push Ups
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
20s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% 5RM
Back Squat Set #1: 5 Reps @ 90% 5RM
Bench Press Set #2: 5 Reps @ 90% 5RM
Back Squat Set #2: 5 Reps @ 90% 5RM
Bench Press Set #3: 5 Reps @ 90% 5RM
Back Squat Set #3: 5 Reps @ 90% 5RM
Bench Press Set #4: 5 Reps @ 90% 5RM
Back Squat Set #4: 5 Reps @ 90% 5RM
Bench Press Set #5: 5 Reps @ 90% 5RM
Back Squat Set #5: 5 Reps @ 90% 5RM

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 3RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
10 Front Squats @ 50% Working Set Squats
14 Incline Dumbbell Bench Press @ RPE7
12-16 Turkish Situps

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

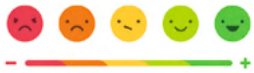
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

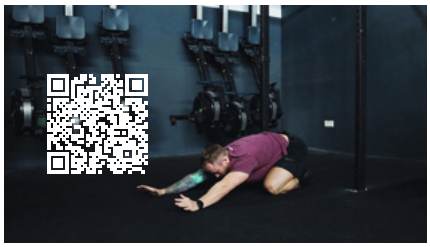
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

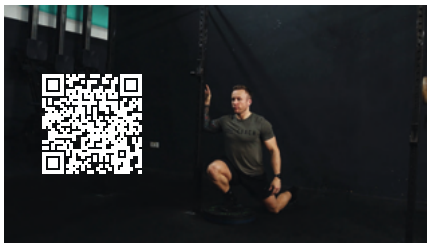


MOVEMENTS

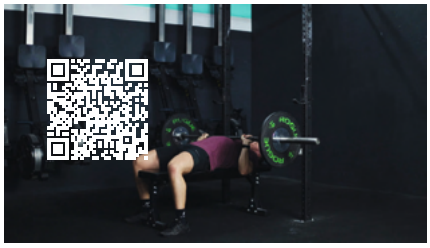
how to -

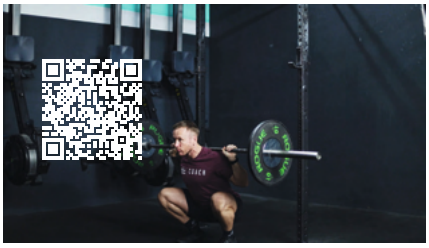
WARMUP





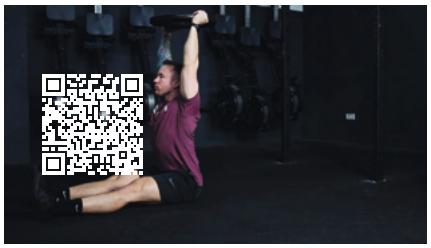
Strength Volume



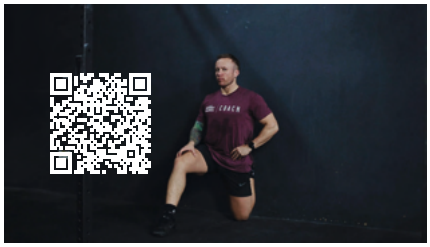


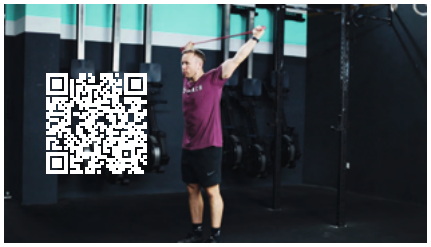
Strength Intensity

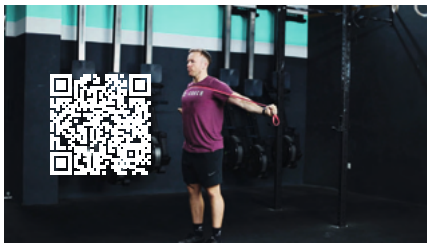
Strength Accessory



COOLDOWN







POWERLIFTING

3D/W - W3D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps

Speed & Power

Every 3:00 - 5 Sets
5x 2 24"/20" Hurdle to high Box Jumps 30"/24"
15 Banded Kettlebell Swings 24kg/16kg

Speed & Power 2

EMOM15
2 Power Cleans @ 70%

Dead Stop. Kein Touch and Go.

Power Accessory

Every 3:00 - 4 Sets
8 Push Press +2.5kg zu letzter Woche
10 Supinated Barbell Row RPE7

Die Last bleibt dieselbe. Wir erhöhen die Reps.

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

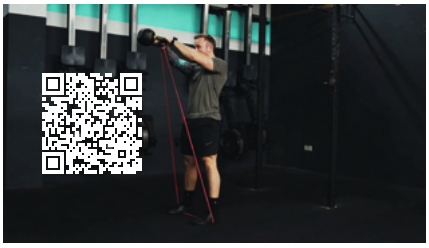
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

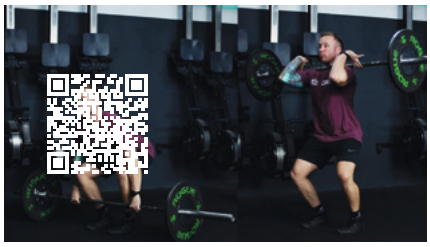
MOVEMENTS

how to -

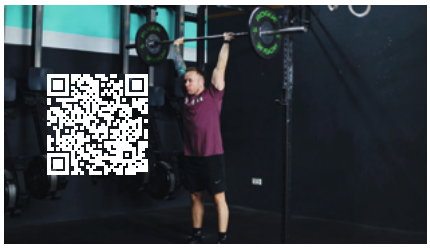
WARMUP

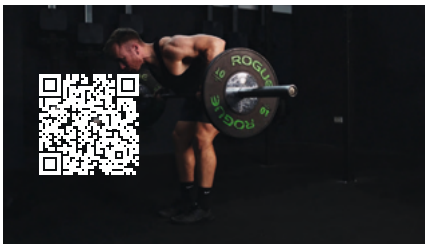
Speed & Power



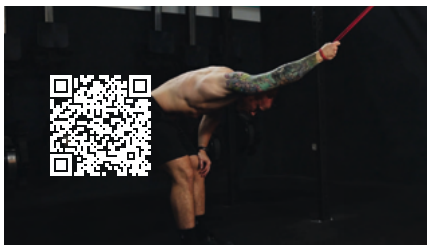


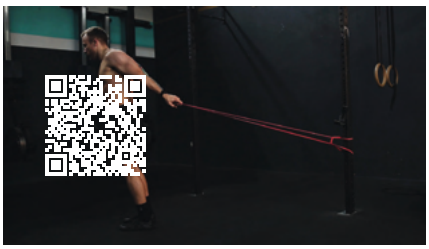
Power Accessory





COOLDOWN





POWERLIFTING

3D/W - W3D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

6 Down Up + Tuck Jump
8/Side Suitcase Deadlifts 16-24kg

Strength Intensity

In 8 Sets or less work up to a new 5RM Back Squat

In 8 Sets or less work up to a new 5RM Bench Press

Strength Volume

Every 3:00 - 4 Sets
3 Deadlifts @ 80% Monday's 3RM

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
6-8 Strict Pronated Pullups
10-12 Strict Parallel Bar Dips

Goal: +1 Reps/Set zu letzter Woche

Strength Accessory #2

3 Sets
8-10/Side seated Dumbbell Curls
10-12 Dumbbell French Press

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

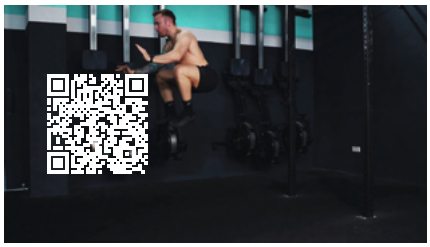
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

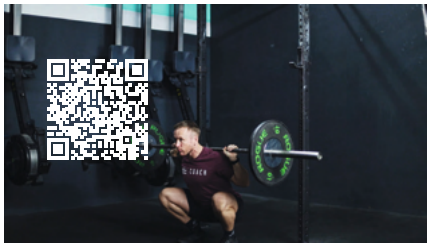
MOVEMENTS

how to -

WARMUP

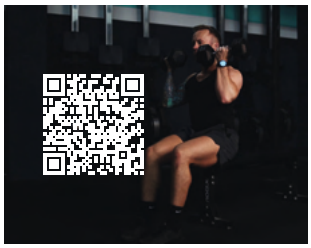


Strength Intensity

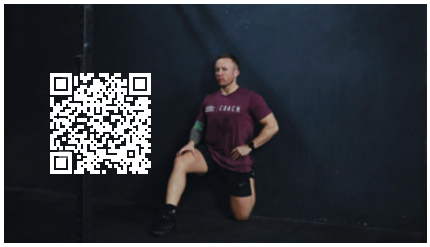


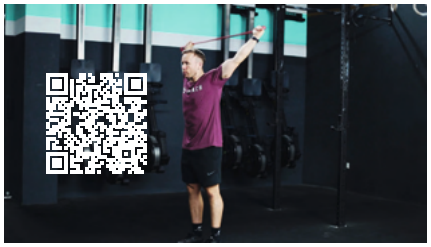
Strength Volume

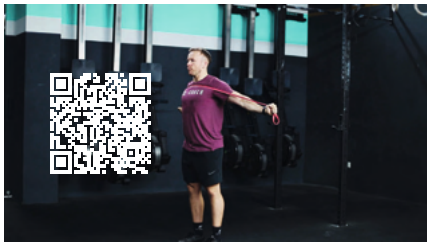
Strength Accessory



COOLDOWN







POWERLIFTING

3D/W - W4D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side See-Saw Bench Press
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
30s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% 5RM
Back Squat Set #1: 5 Reps @ 90% 5RM
Bench Press Set #2: 5 Reps @ 90% 5RM
Back Squat Set #2: 5 Reps @ 90% 5RM
Bench Press Set #3: 5 Reps @ 90% 5RM
Back Squat Set #3: 5 Reps @ 90% 5RM
Bench Press Set #4: 5 Reps @ 90% 5RM
Back Squat Set #4: 5 Reps @ 90% 5RM
Bench Press Set #5: 5 Reps @ 90% 5RM
Back Squat Set #5: 5 Reps @ 90% 5RM

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 5RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 3:00 - 4 Sets
10 Double Kettlebell Rack Squats RPE7
12-15 Push Ups
10-15 Dip Support Tuck Ups

COOLDOWN

1:00 / Side Couch Stretch
1:00 / Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

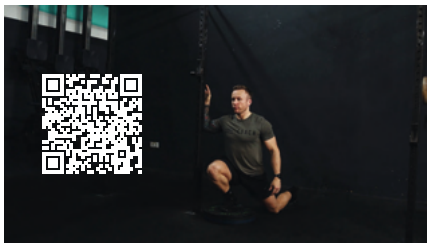
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

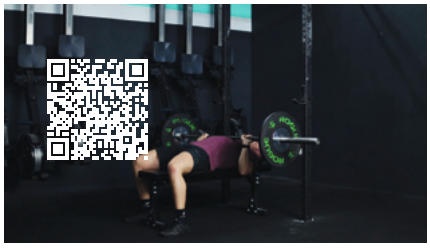
MOVEMENTS

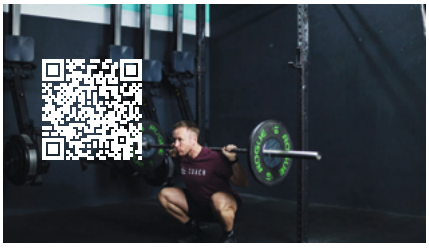
how to -

WARMUP



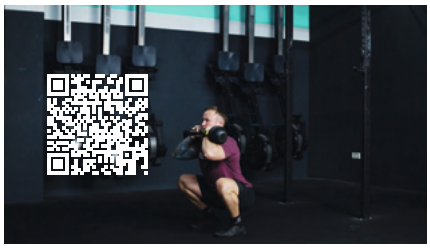
Strength Volume

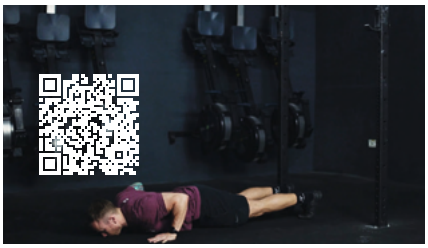




Strength Intensity

Strength Accessory





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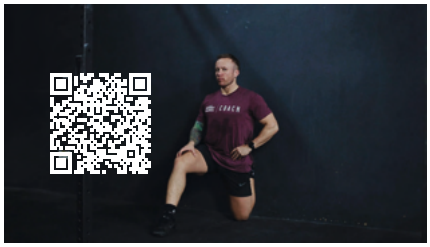
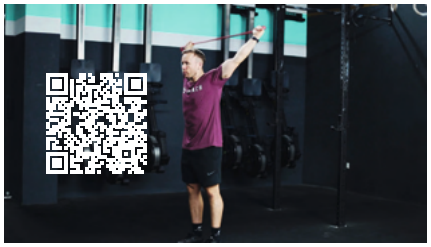
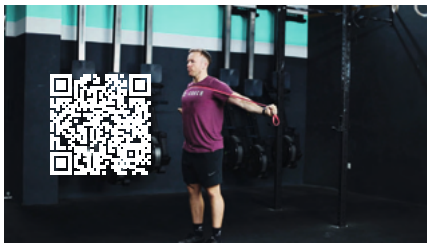






POWERLIFTING

3D/W - W4D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps on Plate

Speed & Power

Every 3:00 - 5 Sets
5 Knee Jump to Box Jump
15 Banded Kettlebell Swings 24kg/16kg

Speed & Power 2

Every 0:30 - 30 Sets
2 Power Cleans @ 50-60%

Dead Stop. Kein Touch and Go.

Power Accessory

Every 3:00 - 4 Sets
8/Side Single Arm DB Push Press
10 Supinated Feet Support Body Row

Die Last bleibt dieselbe. Wir erhöhen die Reps.

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

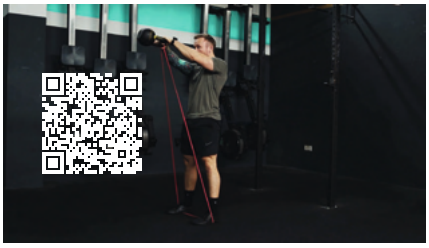
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

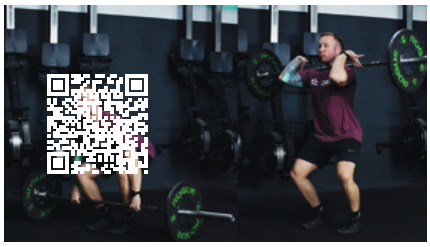
MOVEMENTS

how to -

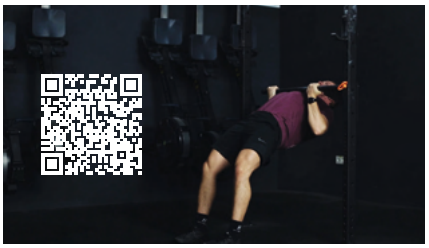
WARMUP

Speed & Power

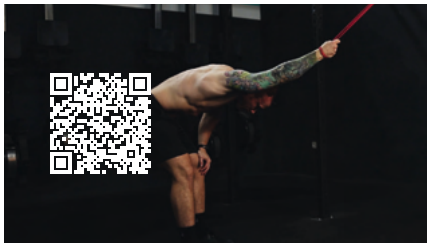


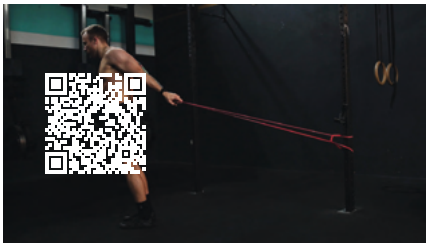


Power Accessory



COOLDOWN





POWERLIFTING

3D/W - W4D3

notes

WARMUP 8:00 Bike On the 0:00, 4:00 and 8:00 6 Down Up + Tuck Jump 10 Kettlebell Tater 16-24kg	
Strength Intensity In 8 Sets or less work up to a new 4RM Back Squat In 8 Sets or less work up to a new 4RM Bench Press	
Strength Volume Every 3:00 - 4 Sets 3 Deadlifts @ 80% Monday's 3RM *Dead Stop. Kein Touch and Go.*	
Strength Accessory Every 4:00 - 4 Sets 6-8 Neutral Grip Pullups 12-15 Pike Push Ups Goal: +1 Reps/Set zu letzter Woche **Strength Accessory #2** 3 Sets 10-12/Side seated Dumbbell Curls 12-14 Dumbbell French Press	
COOLDOWN 1:00/Side Couch Stretch 1:00/Side Box Pigeon Stretch 0:45/Side Prayer Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

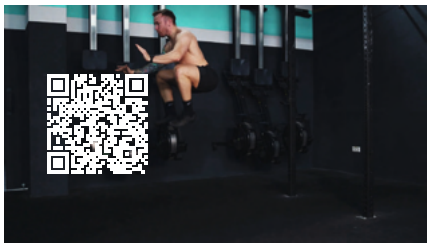
Wie hast du dich gefühlt?

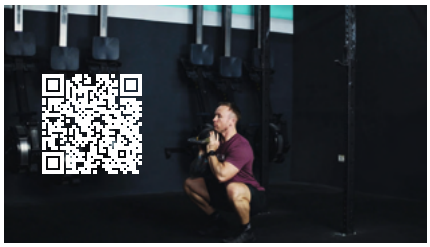
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

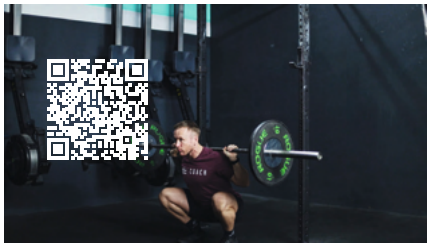
how to -

WARMUP



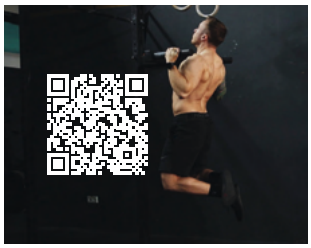


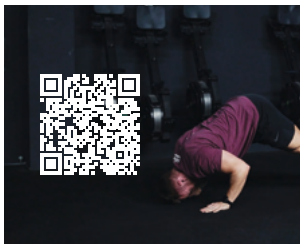
Strength Intensity

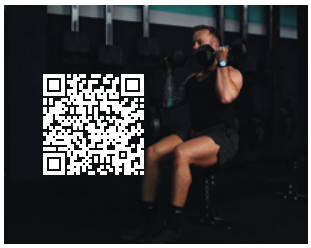


Strength Volume

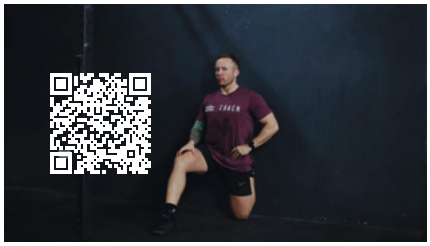
Strength Accessory

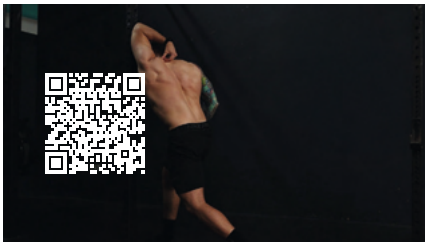






COOLDOWN





POWERLIFTING

3D/W - W5D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side See-Saw Bench Press
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
30s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% 4RM
Back Squat Set #1: 5 Reps @ 90% 4RM
Bench Press Set #2: 5 Reps @ 90% 4RM
Back Squat Set #2: 5 Reps @ 90% 4RM
Bench Press Set #3: 5 Reps @ 90% 4RM
Back Squat Set #3: 5 Reps @ 90% 4RM
Bench Press Set #4: 5 Reps @ 90% 4RM
Back Squat Set #4: 5 Reps @ 90% 4RM
Bench Press Set #5: 5 Reps @ 90% 4RM
Back Squat Set #5: 5 Reps @ 90% 4RM

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 4RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 3:00 - 4 Sets
12 Double Kettlebell Rack Squats RPE7
10-12 Parallette Push Ups
30s Dip Support Tuck Up Hold

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

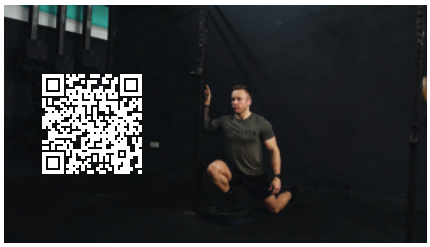
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

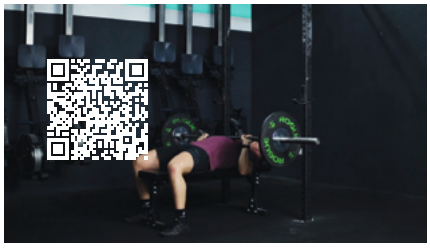
MOVEMENTS

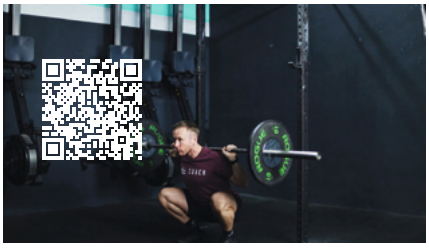
how to -

WARMUP



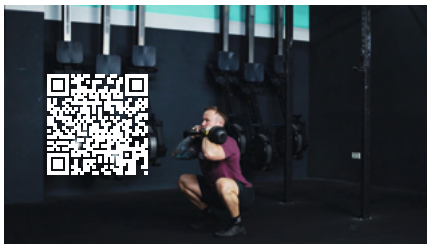
Strength Volume

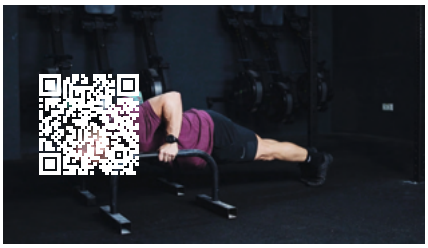




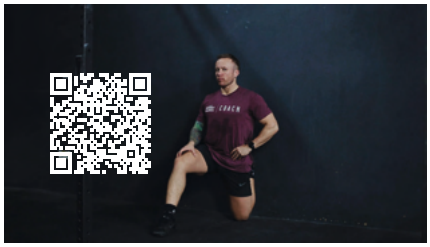
Strength Intensity

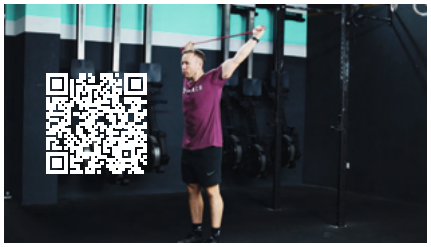
Strength Accessory

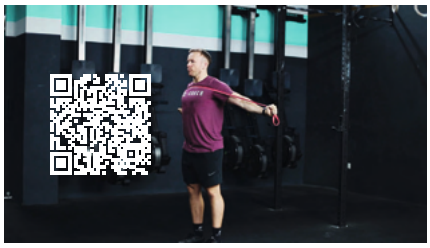




COOLDOWN







POWERLIFTING

3D/W - W5D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps on Plate

Speed & Power

Every 0:30 - 30 Sets
1 Power Clean @ 70-80%

Dead Stop. Kein Touch and Go.

Speed & Power 2

Every 3:00 - 5 Sets
9/7 Cal Echo Bike Sprint
6 Box Jumps 30"/24"

Power Accessory

Every 3:00 - 4 Sets
10/Side Single Arm DB Push Press
12 Supinated Feet Support Body Row

Die Last bleibt dieselbe. Wir erhöhen die Reps.

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

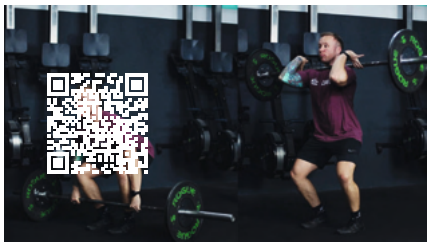
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

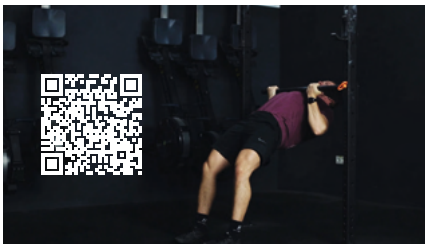
how to -

WARMUP

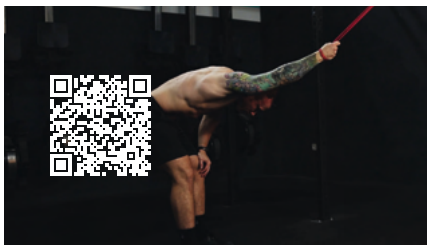
Speed & Power

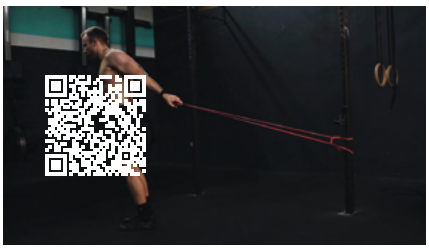


Power Accessory



COOLDOWN





POWERLIFTING

3D/W - W5D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

20s Wall Facing Handstand Hold
10 Kettlebell Tater 16-24kg
10/Side Copenhagen Raises

Strength Intensity

In 8 Sets or less work up to a new 3RM Back Squat

In 8 Sets or less work up to a new 3RM Bench Press

Strength Volume

Every 3:00 - 4 Sets
4 Deadlifts @ 80% Monday's 4RM

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
6-10 Supinated Grip Pullups
6-10 Clapping Push Ups

Goal: +1 Reps/Set zu letzter Woche

Strength Accessory #2

3 Sets
10-12/Side seated Dumbbell Curls
12-14 Dumbbell French Press

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
0:45/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

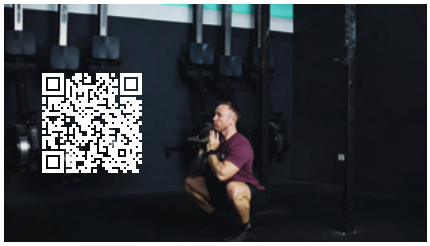
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

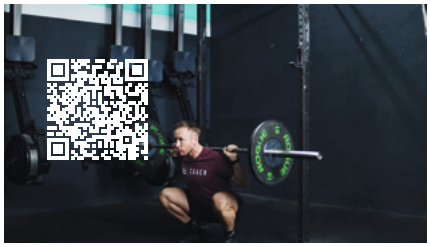
MOVEMENTS

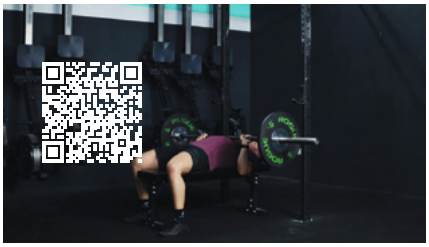
how to -

WARMUP



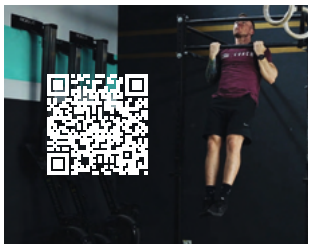
Strength Intensity

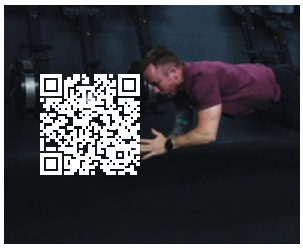




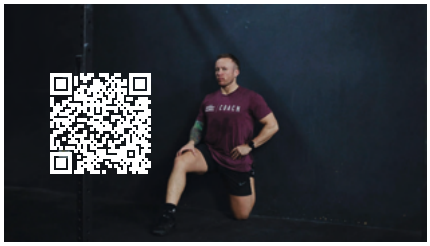
Strength Volume

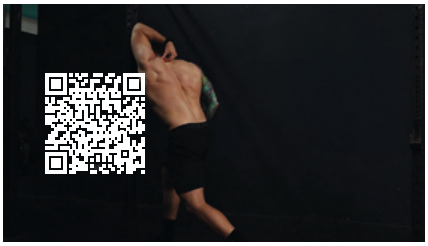
Strength Accessory





COOLDOWN





POWERLIFTING

3D/W - W6D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20 Mountain Climbers
30s Plank Hold
10 Tempo Pause Goblet Squats 31X0

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% 3RM
Back Squat Set #1: 5 Reps @ 90% 3RM
Bench Press Set #2: 5 Reps @ 90% 3RM
Back Squat Set #2: 5 Reps @ 90% 3RM
Bench Press Set #3: 5 Reps @ 90% 3RM
Back Squat Set #3: 5 Reps @ 90% 3RM
Bench Press Set #4: 5 Reps @ 90% 3RM
Back Squat Set #4: 5 Reps @ 90% 3RM
Bench Press Set #5: 5 Reps @ 90% 3RM
Back Squat Set #5: 5 Reps @ 90% 3RM

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 4RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

4 Rounds
15 Incline Dumbbell Bench Press
12 Hanging Tuck Ups /w 10kg/7.5kg DB
9 Supinated Ring Row /w Hold at top
Rest 2:00 b/t Rounds

COOLDOWN

1:00/Side Box Pigeon Stretch
0:45/Side Banded Lat Stretch
0:45/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

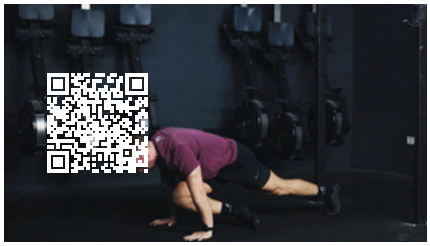
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

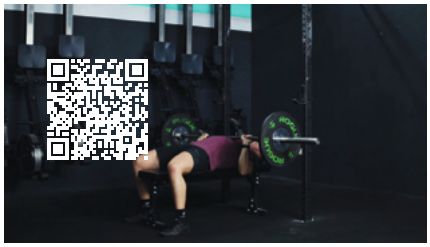
MOVEMENTS

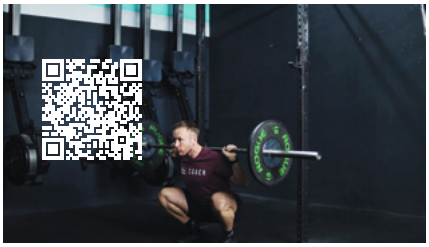
how to -

WARMUP



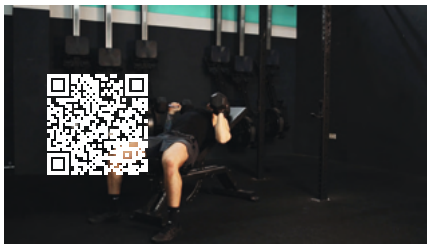
Strength Volume

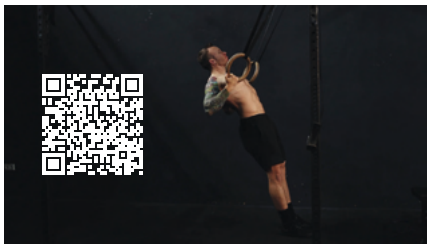




Strength Intensity

Strength Accessory





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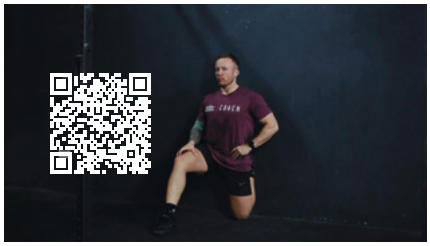
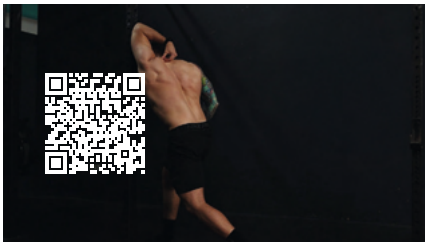




POWERLIFTING

3D/W - W6D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps on Plate

Speed & Power

In 10:00 Work up to a heavy Single Power Clean

Then:

EMOM10
2x65%

Power Accessory

Every 3:00 - 4 Sets
8 Dual DB Push Press
12 Supinated Feet Support Body Row

Die Last bleibt dieselbe. Wir erhöhen die Reps.

Speed Conditioning

AMRAP12
2-4-6-8-12-14-16-...
Goblet Tall Kneeling to Standing (L+R = 2)
Pike Leg Lift over Kettlebell (L+R = 1)
200m Run after each Set

COOLDOWN

1:00/Side Couch Stretch
10/Side Shinbox Switch
0:45/Side Child's Pose Lat Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

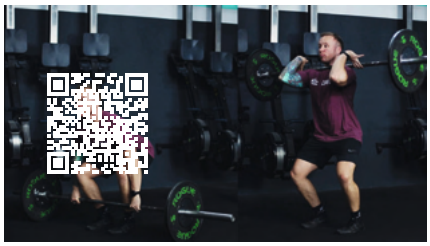
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

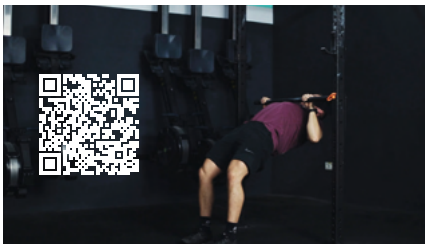
how to -

WARMUP

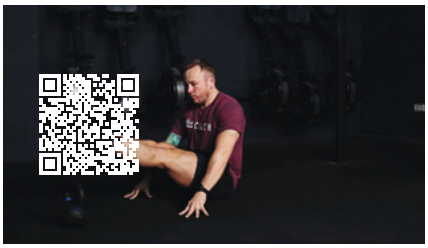
Speed & Power



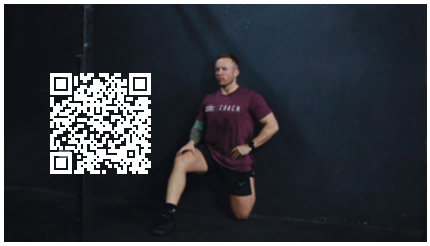
Power Accessory



Speed Conditioning



COOLDOWN



POWERLIFTING

3D/W - W6D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

5 Push Up to Downward Dog
30s Bottom of the Squat hold
10/Side Copenhagen Raises

Strength Intensity

In 8 Sets or less work up to a new 2RM Back Squat

In 8 Sets or less work up to a new 2RM Bench Press

Strength Volume

Every 3:00 - 4 Sets
4 Deadlifts @ 80% Monday's 4RM

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
6-10 Supinated Grip Pullups
10-12 Feet elevated Parallette Push Ups

Goal: +1 Reps/Set zu letzter Woche

Strength Accessory #2

3 Sets
12-14 Barbell Curls
12-14 Standing Single Arm DB overhead Triceps Extensions

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
0:45/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

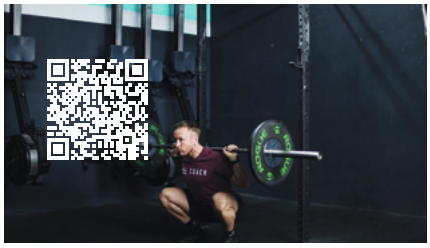
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

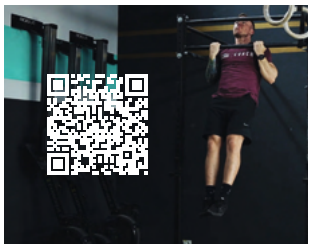
WARMUP

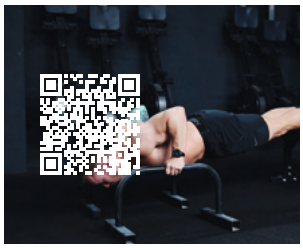
Strength Intensity

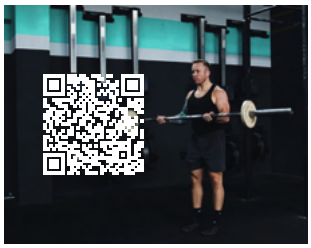


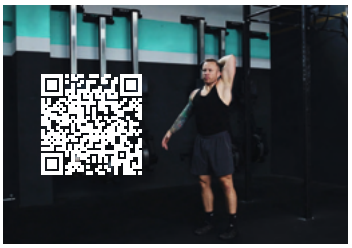
Strength Volume

Strength Accessory









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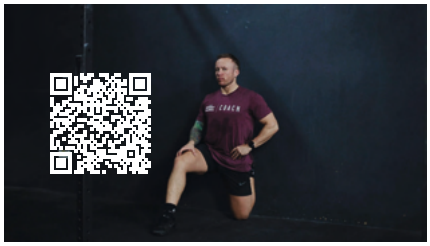
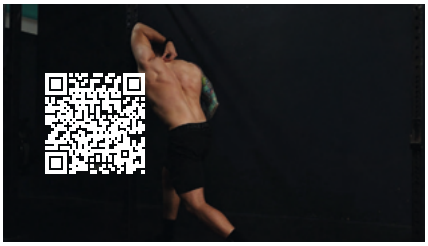




POWERLIFTING

3D/W - W7D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20 Mountain Climbers
30s Plank Hold
10 Tempo Pause Goblet Squats 31X0

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% 2RM
Back Squat Set #1: 5 Reps @ 90% 2RM
Bench Press Set #2: 5 Reps @ 90% 2RM
Back Squat Set #2: 5 Reps @ 90% 2RM
Bench Press Set #3: 5 Reps @ 90% 2RM
Back Squat Set #3: 5 Reps @ 90% 2RM
Bench Press Set #4: 5 Reps @ 90% 2RM
Back Squat Set #4: 5 Reps @ 90% 2RM
Bench Press Set #5: 5 Reps @ 90% 2RM
Back Squat Set #5: 5 Reps @ 90% 2RM

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 8RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

2xEMOM6
5 Strict Pullups
10 Push Ups
15 Air Squats
Rest 3:00 b/t Rounds

COOLDOWN

1:00/Side Box Pigeon Stretch
0:45/Side Banded Lat Stretch
0:45/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

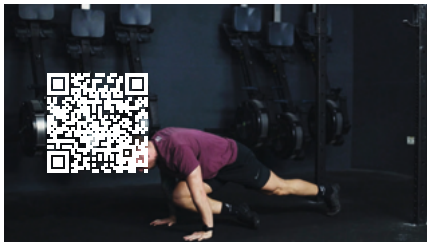
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

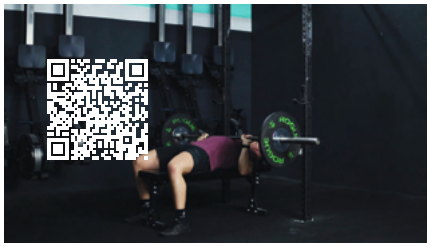
MOVEMENTS

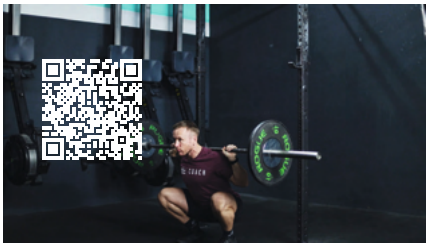
how to -

WARMUP



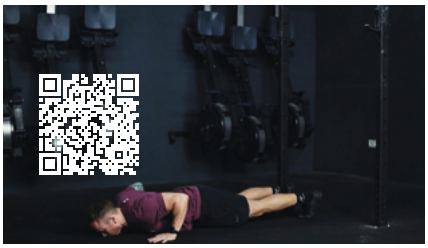
Strength Volume



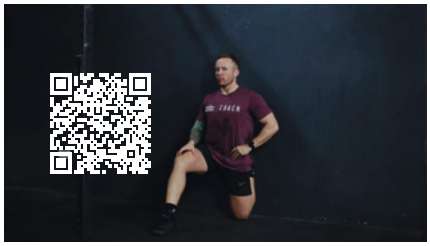


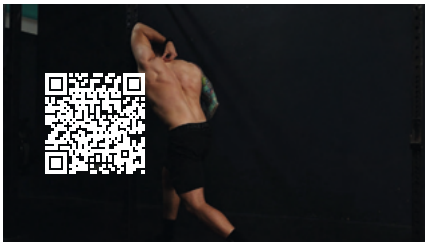
Strength Intensity

Strength Accessory



COOLDOWN





POWERLIFTING

3D/W - W7D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Banded Psoas March
6/Side Tall Kneeling Press
6/Side Tall Kneeling Windmill
20 Ballistic KB Rows

Speed & Power

EMOM20
1 Power Clean 70-80%

Power Conditioning

4 Sets:
125m Row hard
7 Dumbbell Snatches links
7 Single Arm Dumbbell Push Press links
7 Dumbbell Snatches rechts
7 Single Arm Dumbbell Push Press rechts
125m Row hard
Rest 1:30 b/t Sets

Strength Accessory

3 Giant Sets
12 Lateral Raises
12 Bent over Lateral Raises
12 Turkish Situps
Rest 2:00 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
15 Banded Face Pulls
15 Banded Good Mornings
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

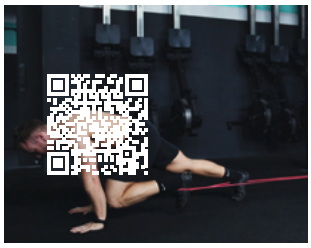
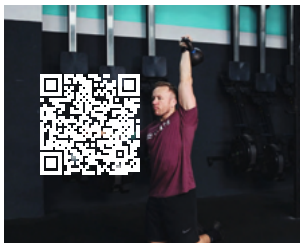
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

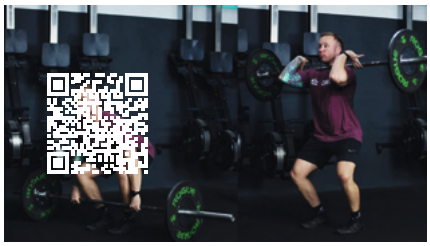
MOVEMENTS

how to -

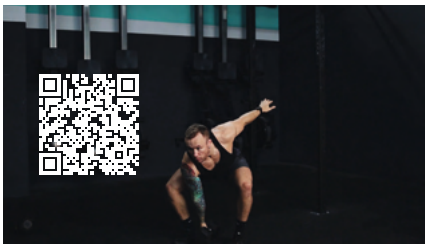
WARMUP

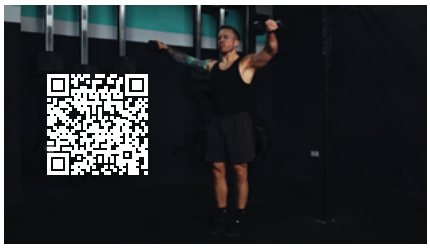
Speed & Power

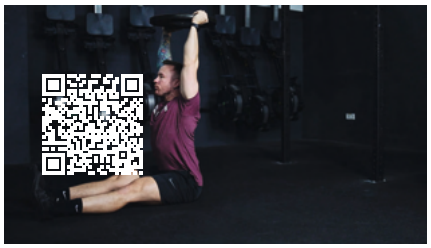


Power Conditioning

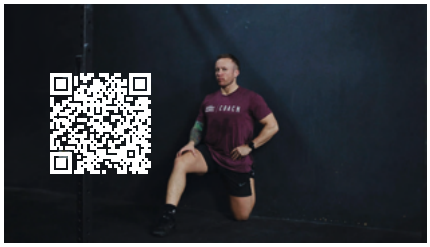
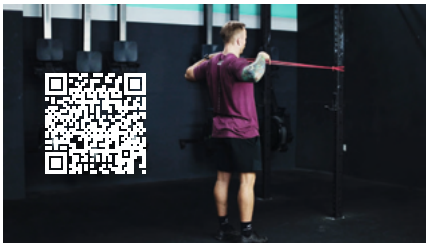


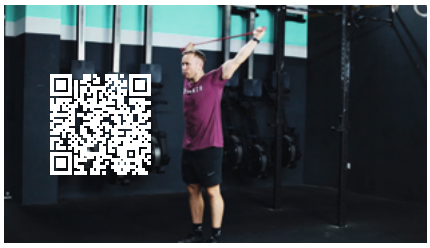
Strength Accessory





COOLDOWN



POWERLIFTING

3D/W - W7D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Plate Ground to Overhead /w 1s Hold
10 Plate Good Mornings/RDL
10 Jumping Air Squats

Strength Intensity

In 8 Sets or less work up to a new 1RM Back Squat

In 8 Sets or less work up to a new 1RM Bench Press

Aim for 105-110%

Strength Volume

Every 3:00 - 3 Sets
8 Deadlifts @ 80% Monday's 8RM

Dead Stop. Kein Touch and Go.

Strength Capacity

1 Set: ME Strict Pronated Pullups
1 Set: ME Strict Parallel Bar Dips

Then:
Alternate b/t 3x30% of ME each
Rest 1:30-2:00 b/t Sets

Strength Accessory #2

3 Sets
8 Zottman Curls
12 Barbell French Press

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
0:45/Side Prayer Stretch
0:45/Side Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

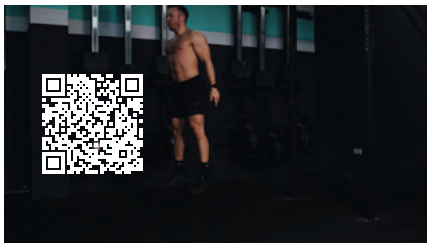
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

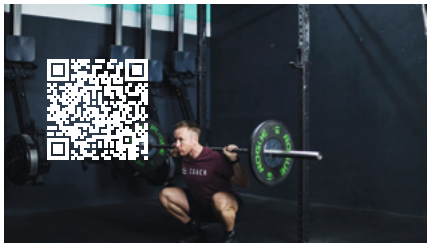
MOVEMENTS

how to -

WARMUP

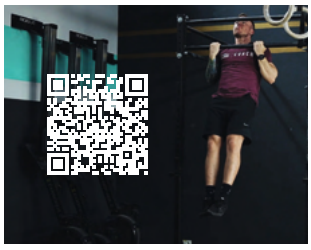


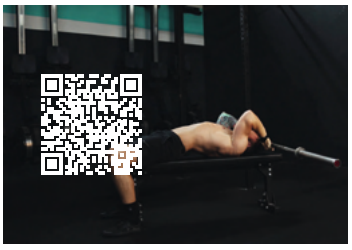
Strength Intensity



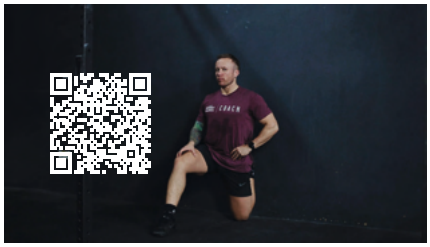
Strength Volume

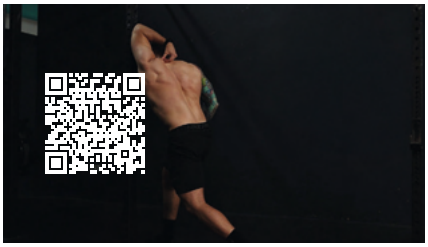
Strength Capacity & Accessory

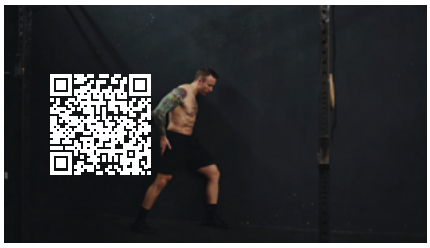




COOLDOWN







POWERLIFTING

3D/W - W8D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
30s Plank Shoulder Taps
30s Half Push Up Plank Hold
10 Kettlebell Tater

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 1 Reps @ 90% new 1RM
Back Squat Set #1: 1 Reps @ 90% new 1RM
Continue for 9 more Sets for a total of 10 each

10x1 Back Squat @ 90%
10x1 Bench Press @ 90%

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Volume

Every 3:00 - 3 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- 3x8 @ 60%

Dead Stop. Kein Touch and Go.

Strength Accessory

3 Sets:
10 Front Squats 40-60kg/20-40kg
10 Hand Release T-Push Ups
10 Supinated Body Rows

COOLDOWN

1:00/Side Box Pigeon Stretch
0:45/Side Banded Lat Stretch
1:00 Shoulder Extension Stretch on Floor

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

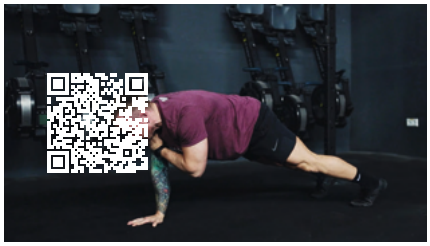
Wie hast du dich gefühlt?

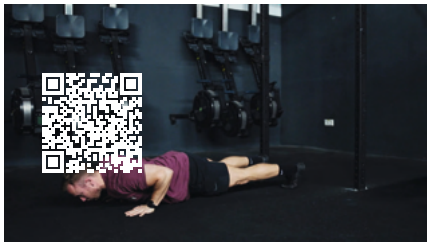
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

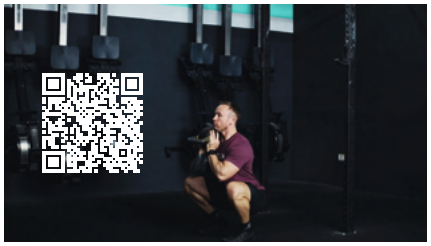
MOVEMENTS

how to -

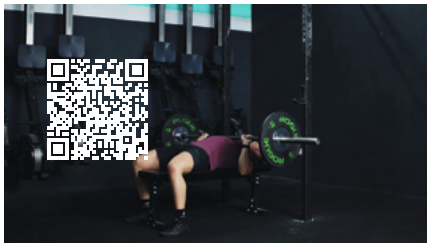
WARMUP

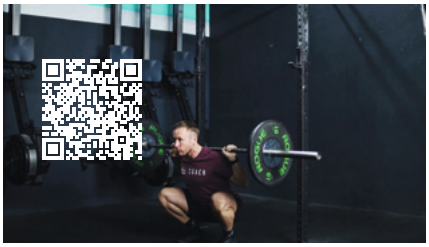




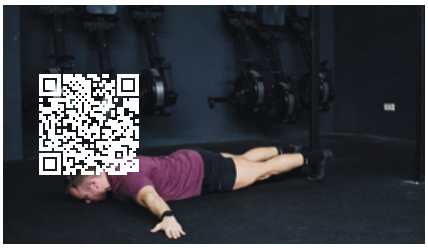


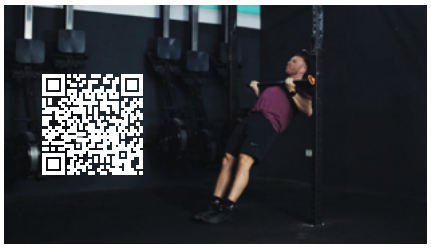
Strength Volume



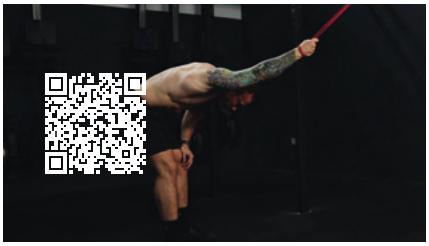


Strength Accessory





COOLDOWN



POWERLIFTING

3D/W - W8D2

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15sec Hard Echo Bike 20 Dynamic Box Step Ups 24"/20" 15 Kettlebell Swings 10 Downward Dog Toe Taps	
Speed & Power EMOM15 2 Power Clean 65-75%	
Strength Accessory Every 3:00 - 4 Sets 8 Pendlay Row 8-12 Dip Support Tuck Ups	
Power Conditioning 5 Sets: 125m Row 8 Box Jump Over 24"/20" 6 Kettlebell Burpees 2x24kg/2x16kg Rest 1:30 b/t Sets	
COOLDOWN 1:00/Side Couch Stretch 15 Banded Face Pulls 15 Banded Good Mornings 10 Banded Pass Throughs	

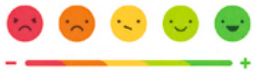
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

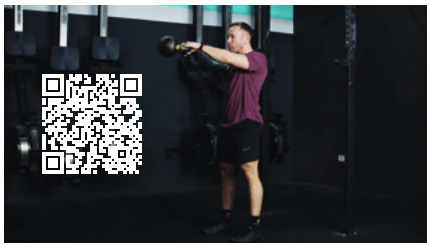
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



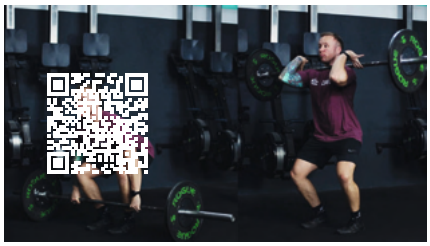
MOVEMENTS

how to -

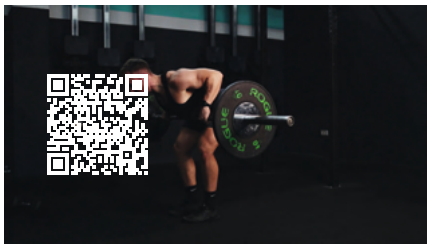
WARMUP



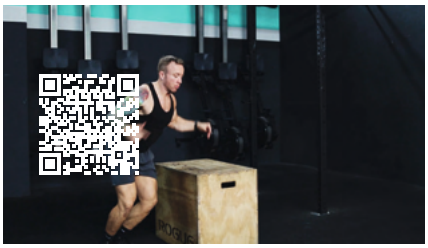
Speed & Power

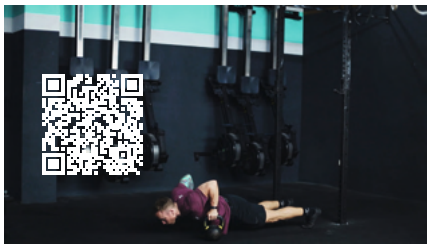


Strength Accessory

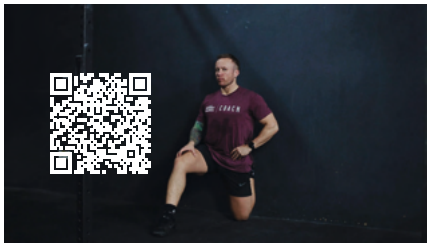


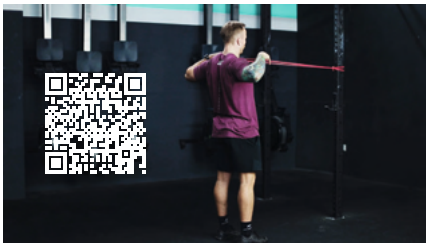
Power Conditioning

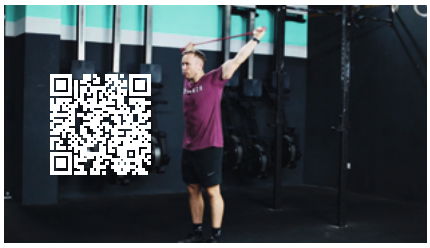




COOLDOWN







POWERLIFTING

3D/W - W8D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Long Lunge
12 Alt. Single Arm DB Snatch
6/Side Dumbbell Z Press

Strength Intensity

In 8 Sets or less work up to a new 5RM Back Squat

In 8 Sets or less work up to a new 5RM Bench Press

Aim for ~85% of 1RM

Strength Volume

Every 3:00 - 3 Sets
4 Deadlifts @ 70%

Dead Stop. Kein Touch and Go.

Strength Capacity

3 Sets:
30-40% ME Parallette Bar Dips
30-40% ME Pronated Strict Pullups

Alternate b/t Exercises
Rest 1:30-2:00 b/t Sets

Strength Accessory #2

3 Sets
10 Zottman Curls
14 Barbell French Press

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
0:45/Side Prayer Stretch
0:45/Side Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

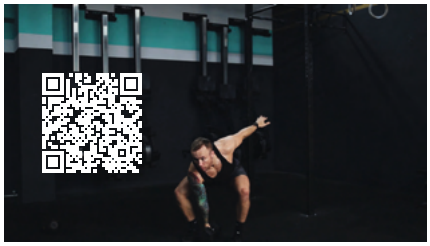
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

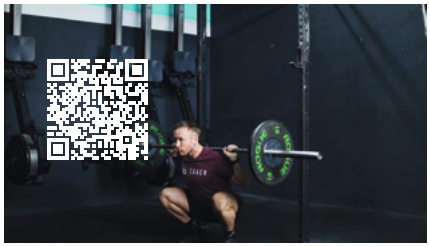
MOVEMENTS

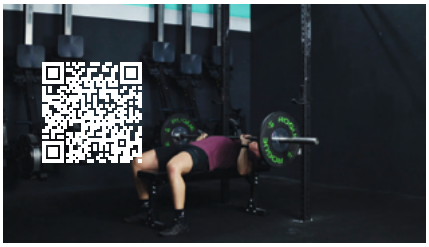
how to -

WARMUP



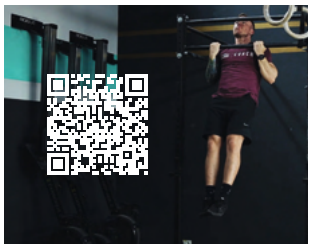
Strength Intensity

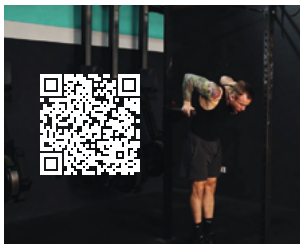


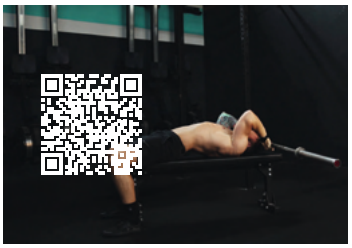


Strength Volume

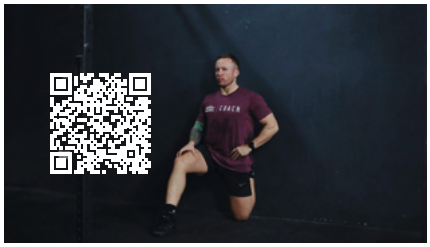
Strength Capacity & Accessory

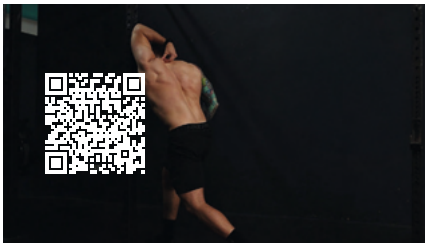






COOLDOWN





POWERLIFTING

3D/W - W9D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Shoulder Bridges
10 Blackburns
7/Side Hand Supported Kossack Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 5 Reps @ 90% new 5RM
Back Squat Set #1: 5 Reps @ 90% new 5RM
Continue for 4 more Sets for a total of 5 each

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Volume

Every 3:00 - 3 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- 3x4 @ 70%

Dead Stop. Kein Touch and Go.

Strength Conditioning

4 Sets:
150m/125m Row
10 Parallel Bar Dips
10 Dip Support Tuck Ups
5 High Box Jumps
Rest 1:30 b/t Sets

COOLDOWN

1:00/Side Box Pigeon Stretch
0:45/Side Banded Lat Stretch
0:45 Dumbbell Loaded Chest Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

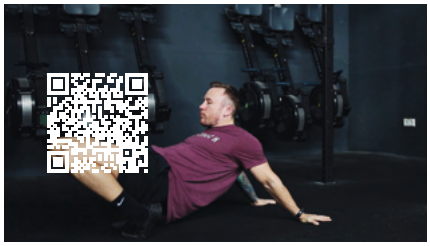
Wie hast du dich gefühlt?

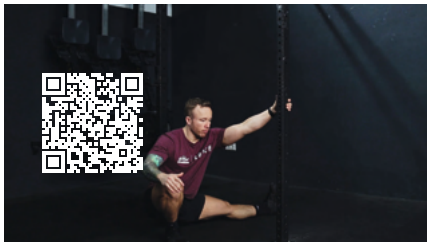
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

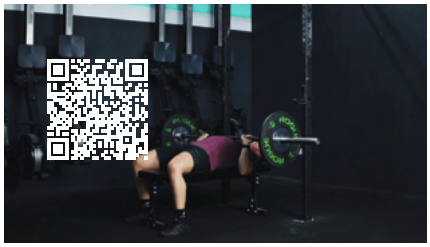
how to -

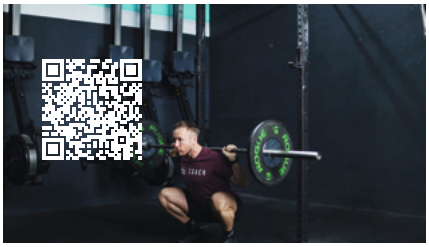
WARMUP



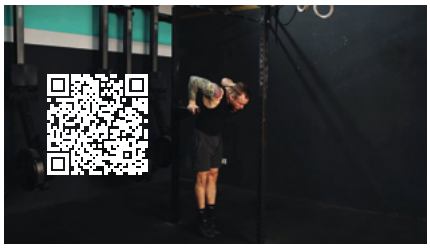


Strength Volume

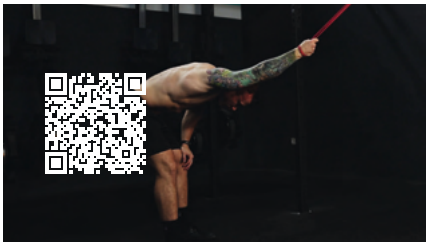


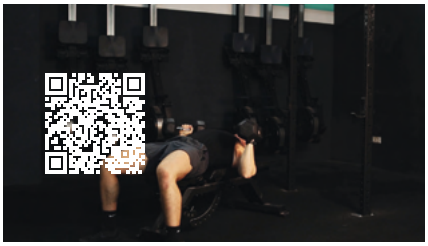


Strength Conditioning



COOLDOWN





POWERLIFTING

3D/W - W9D2

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15sec Hard Echo Bike 20 Mountain Climbers 15 Banded Good Mornings 30s Pronated Passive Hang	
Speed & Power EMOM15 3 Power Clean 60-70%	
Strength Accessory Every 3:00 - 4 Sets 6 Pendlay Row 10-14 Dip Support Tuck Up +2.5-5% bei den Pendlay Rows	
Power Conditioning 5 Sets: 125m Ski (Hard) 15 Kettlebell Swings 5 Burpee Tuck Jump Rest 1:30 b/t Sets	
COOLDOWN 10/Side Shinbox Good Mornings 15 Banded Face Pulls 10/Side Long Lunge Pulse	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

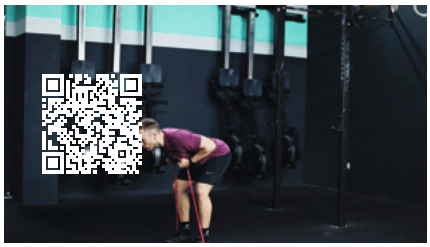
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

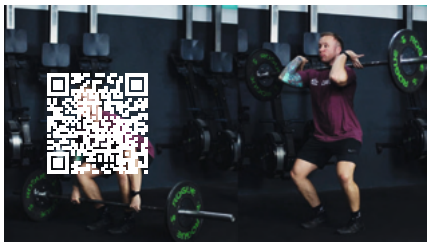
MOVEMENTS

how to -

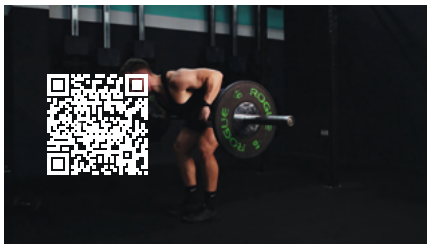
WARMUP



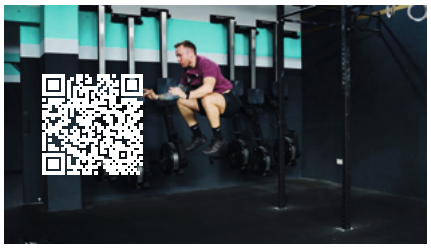
Speed & Power



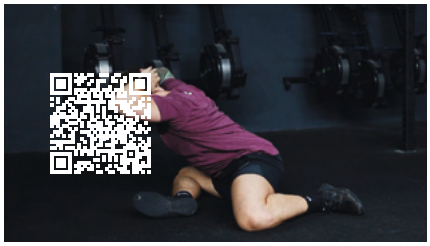
Strength Accessory

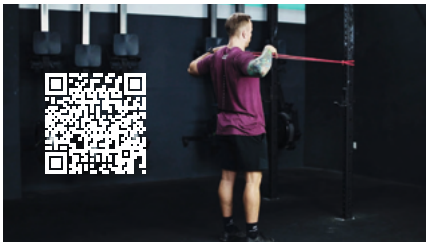


Power Conditioning



COOLDOWN





POWERLIFTING

3D/W - W9D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

6 Single Arm DB Snatch Links
6 Single Arm DB Rack Reverse Lunges Links
6 Single Arm DB Push Press Links
Repeat Rechts

Strength Intensity

In 8 Sets or less work up to a new 4RM Back Squat

In 8 Sets or less work up to a new 4RM Bench Press

Aim for ~87.5% of 1RM

Strength Volume

Every 3:00 - 3 Sets
5 Deadlifts @ 70%

Dead Stop. Kein Touch and Go.

Strength Capacity

3 Sets:
30-40% ME +2 Parallette Bar Dips
30-40% ME +1 Pronated Strict Pullups

Alternate b/t Exercises
Rest 1:30-2:00 b/t Sets

Strength Accessory #2

3 Sets
10 Barbell Curls
10 Dumbbell French Press

COOLDOWN

1:00/Side Couch Stretch
1:00 Pancake Stretch
0:45/Side Prayer Stretch
0:45/Side Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

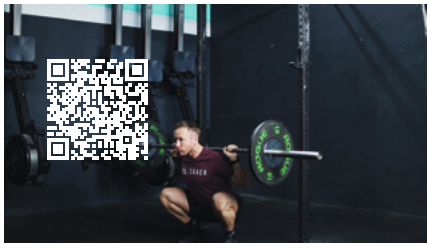
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

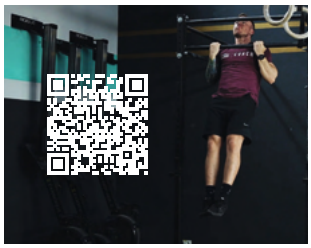
WARMUP

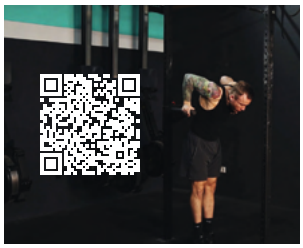
Strength Intensity



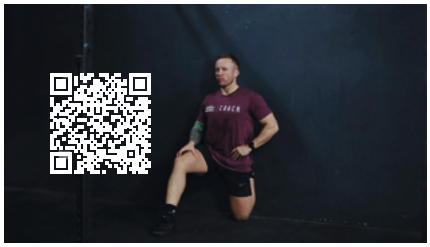
Strength Volume

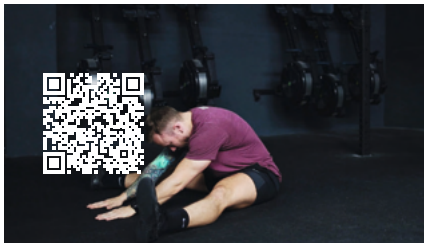
Strength Capacity & Accessory

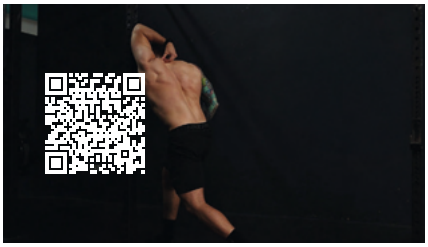


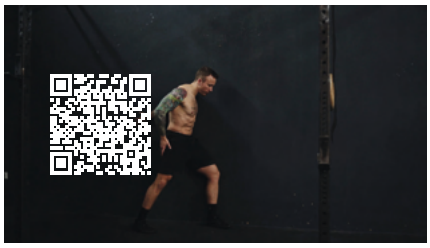


COOLDOWN









POWERLIFTING

3D/W - W10D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Shoulder Bridges
10 Blackburns
7/Side Hand Supported Kossack Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 4 Reps @ 90% new 4RM
Back Squat Set #1: 4 Reps @ 90% new 4RM
Wiederhole das Ganze für 4 weitere Sets für eine Gesamtsatzzahl von 5.

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Balance

Every 3:00 - 3 Sets
8/Side Suitcase Bulgarian Split Squats
8 Romanian Deadlifts RPE7

Strength Conditioning

4 Sets:
10 Cyclist Front Squats @ 40% Today's Back Squat
10 Incline Dumbbell Bench Press
Rest 2:00 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00 Plow Pose
0:45/Side Scorpion Chest Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

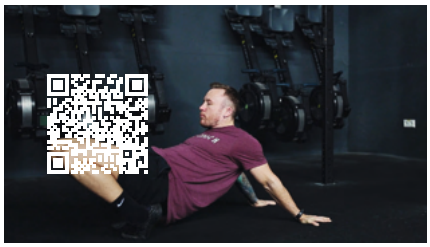
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

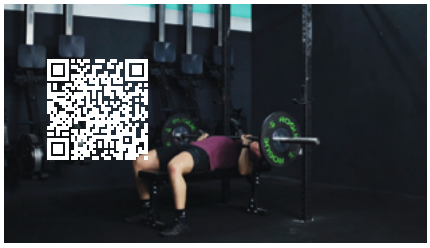
MOVEMENTS

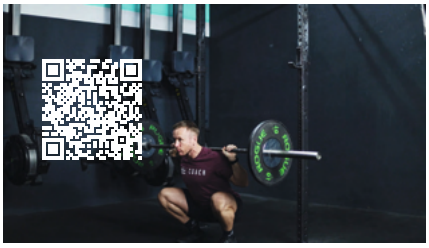
how to -

WARMUP



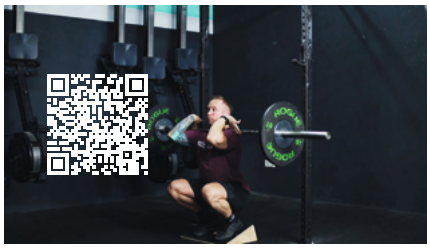
Strength Volume

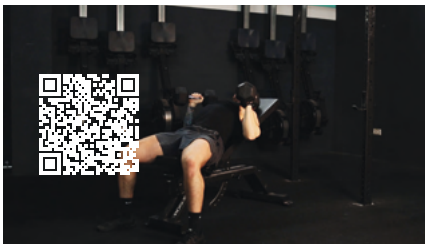




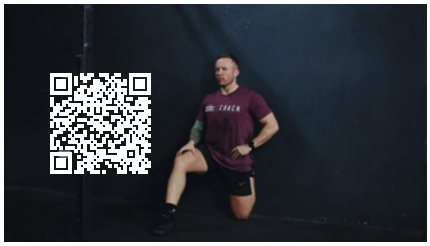
Strength Balance

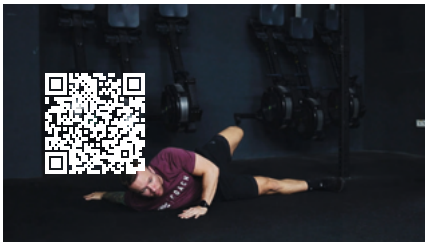
Strength Conditioning





COOLDOWN





POWERLIFTING

3D/W - W10D2

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15sec Hard Echo Bike 20 alt. Single Arm Kettlebell Swings 16 Ballistic Rows 12 Reverse Goblet Lunges	
Speed & Power EMOM 1-5: 3 Power Cleans 70% 6-10: 2 Power Cleans 80% 11-15: 1 Power Clean 90%	
Strength Accessory Every 3:00 - 4 Sets 8/Side Dumbbell Plank Row 10 Anchored Weighted Situps	
Power Conditioning 4-5 Sets: 250m Row 15 Kettlebell Swings 10 Goblet Box Step ups 20" @ 24kg/16kg Rest 1:30 b/t Sets	
COOLDOWN 10/Side Shinbox Good Mornings 15 Banded Face Pulls 10/Side Long Lunge Pulse	

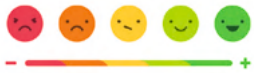
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

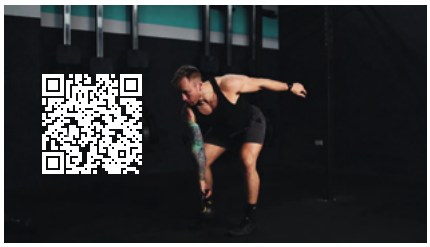
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

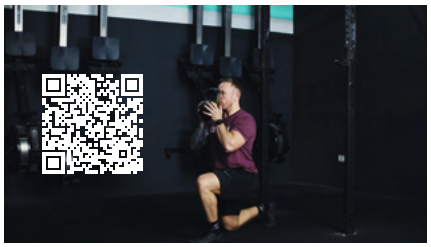


MOVEMENTS

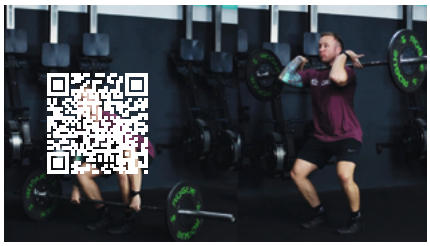
how to -

WARMUP



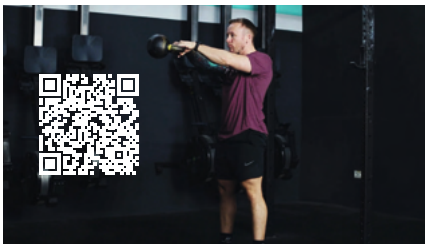


Speed & Power

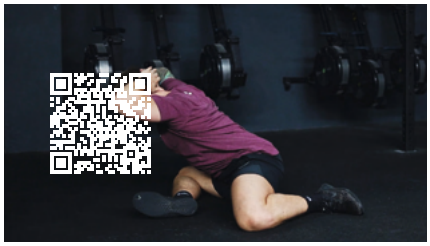


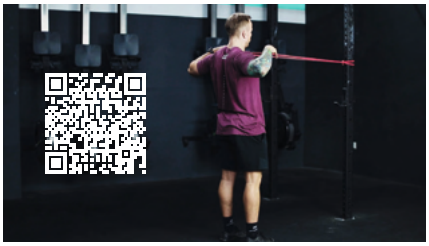
Strength Accessory

Power Conditioning



COOLDOWN





POWERLIFTING

3D/W - W10D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

12 Longe Lunge
9 Kettlebell Swings
6/Side Floor Press /w Kettlebell

Strength Intensity

In 8 Sets or less work up to a new 3RM Back Squat

In 8 Sets or less work up to a new 3RM Bench Press

Aim for ~90% of 1RM

Strength Volume

Every 3:00 - 3 Sets
5 Deadlifts

1. 65%
2. 75%
3. 5RM

Strength Capacity

1 Set ME Deficit Push Ups
1 Set ME Supinated Pullups

Then:
2x 30% ME jeweils
Rest 1:30-2:00 b/t Sets

Strength Accessory #2

3 Sets
10 Lateral Raises
10 alt. Dumbbell Curls/Side
10 Dumbbell French Press

COOLDOWN

10 Roll Over to Pancake
1:00/Side Box Pigeon
1:00/Side Deep Lunge Hold
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

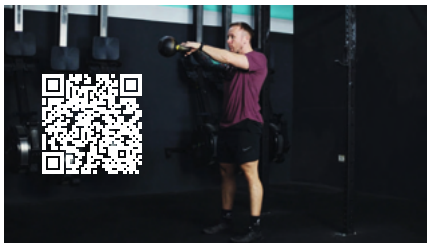
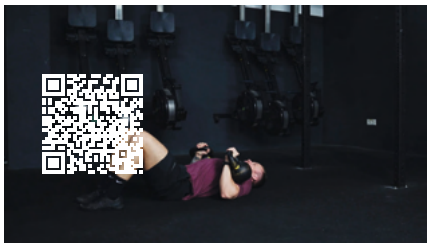
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

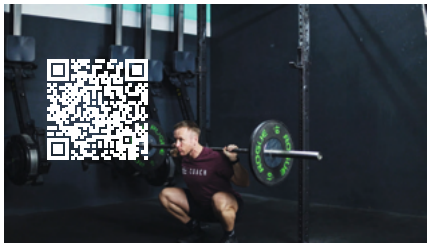
MOVEMENTS

how to -

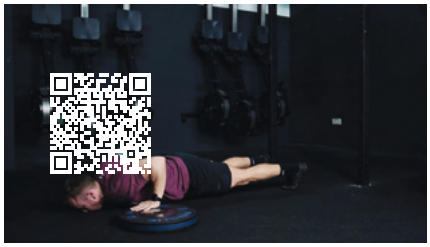
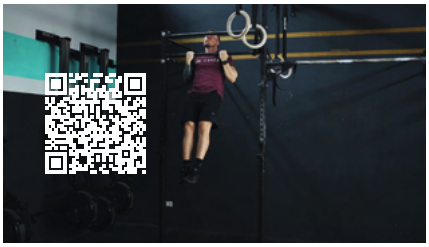
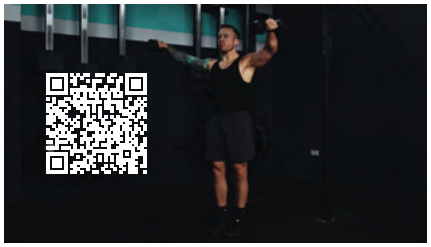
WARMUP

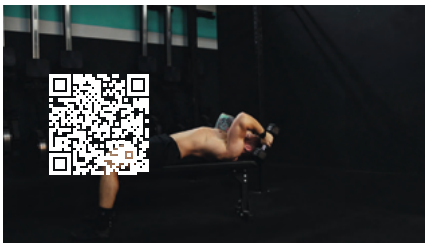



Strength Intensity & Volume

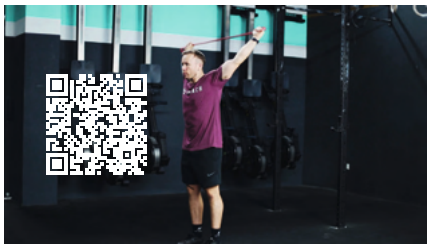
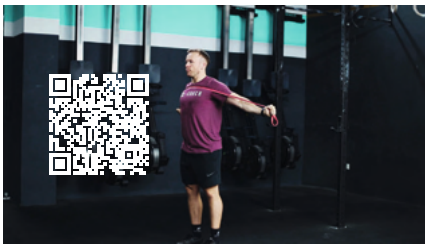


Strength Cpacity & Accessory



COOLDOWN

POWERLIFTING

3D/W - W11D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Beast to Leg Through
10 Blackburns
8/Side Hand Supported F.el. KOT Split Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press Set #1: 3 Reps @ 90% new 3RM
Back Squat Set #1: 3 Reps @ 90% new 3RM
Wiederhole das Ganze für 4 weitere Sets für eine Gesamtsatzzahl von 5.

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Balance

Every 3:00 - 3 Sets
10/Side Suitcase Bulgarian Split Squats
10 Romanian Deadlifts RPE7

Selbe Lasten wie letzte Woche

Strength Accessory

4 Sets:
8 Cyclist Front Squats @ 40% Today's Back Squat
12 Incline Dumbbell Bench Press
Rest 2:00 b/t Sets

Cyclist Squat +2.5-5%
Incline DB Bench gleiche Last wie letzte Woche

COOLDOWN

1:00/Side Couch Stretch
1:00 Plow Pose
0:45/Side Scorpion Chest Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

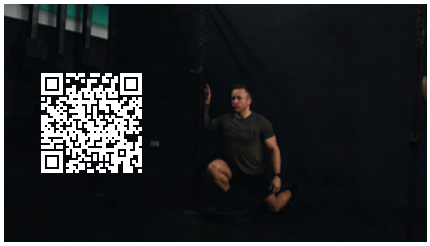
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

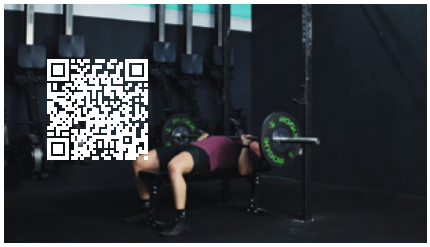
MOVEMENTS

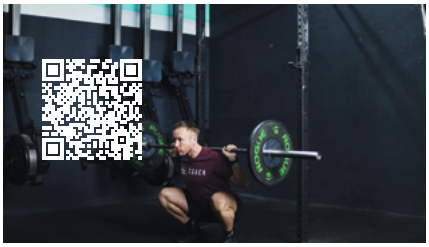
how to -

WARMUP

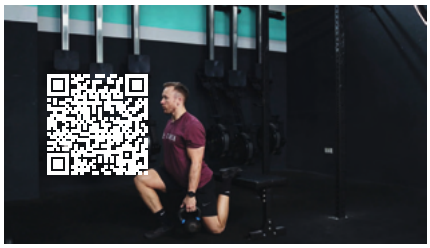


Strength Volume

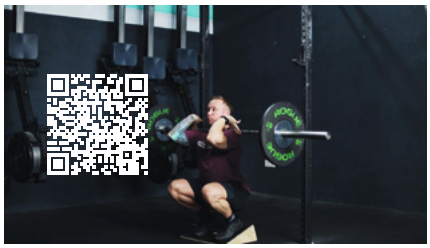


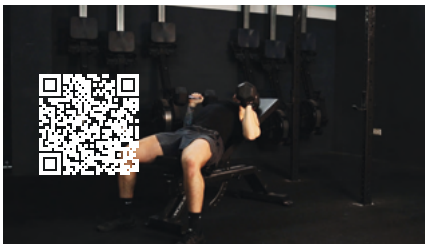


Strength Balance

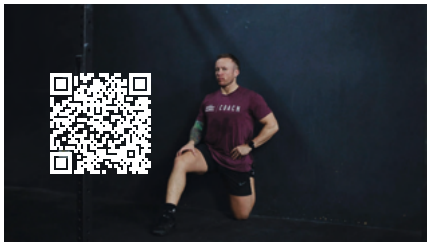


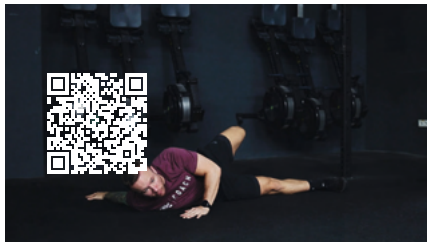
Strength Accessory





COOLDOWN





POWERLIFTING

3D/W - W11D2

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15sec Hard Echo Bike 10 Kettlebell Juggle Cleans links 8 Kettlebell Push Press links 6 Kettlebell Rack Kossack Squats Wiederhole auf rechts	
Speed & Power EMOM 1-4: 3 Power Cleans 75% 5-8: 2 Power Cleans 85% 9-12: 1 Power Clean 95%	
Strength Accessory Every 3:00 - 4 Sets 6/Side Renegade Row 12 Anchored Weighted Situps	
Power Conditioning 4-5 Sets: 250m Row 10 Kettlebell Tater 24kg/16kg 10 Pike Pushups Rest 1:30 b/t Sets	
COOLDOWN 10/Side Shinbox Good Mornings 1:00 Banded Shoulder Ext. Stretch 1:00/side Foot elevated Hamstring Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

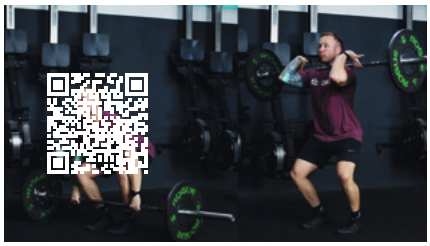
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

WARMUP

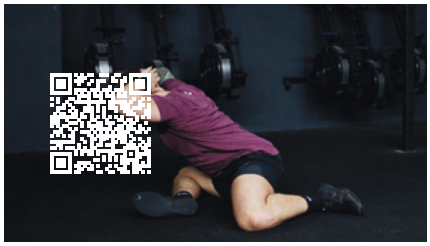
Speed & Power

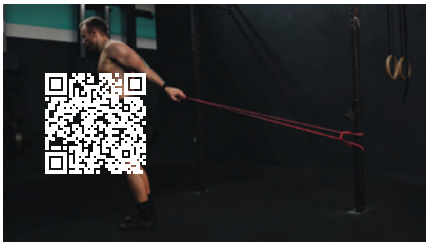


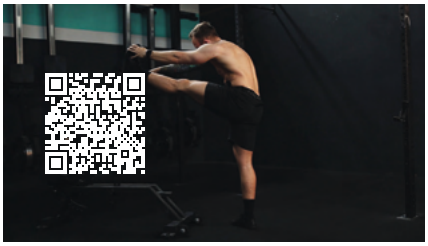
Strength Accessory

Power Conditioning

COOLDOWN







POWERLIFTING

3D/W - W11D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Pause Goblet Squats
10 Tuck Jumps
5 Push Up to downward Dog

Strength Intensity

In 8 Sets or less work up to a new 2RM Back Squat

In 8 Sets or less work up to a new 2RM Bench Press

Aim for ~95% of 1RM

Strength Volume

Every 3:00 - 3 Sets
3 Deadlifts

1. 75%
2. 85%
3. 3RM

Strength Capacity

3 Sets of 30% ME Deficit Push Ups
Alt. /w
3 Sets of 30% ME Supinated Pullups
Rest 1:30-2.00 b/t Sets

Strength Accessory #2

3 Sets
10 Seated Lateral Raises
10 Seated alt. Dumbbell Curls/Side
15-20 Banded Triceps Extensions

COOLDOWN

10 Roll Over to Pancake
1:00/Side Box Pigeon
1:00/Side Deep Lunge Hold
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

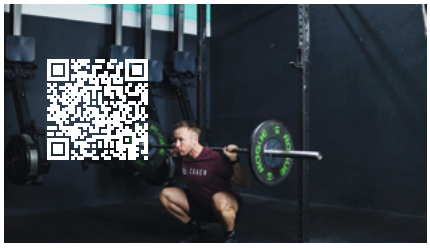
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

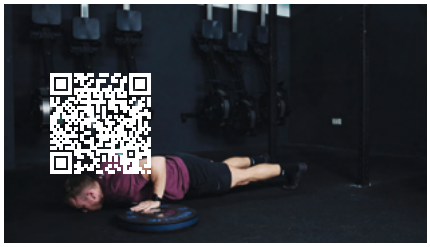
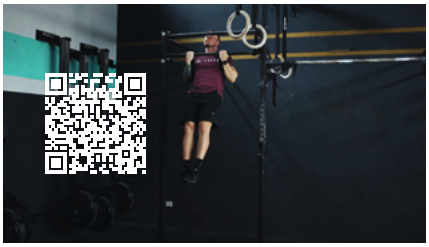
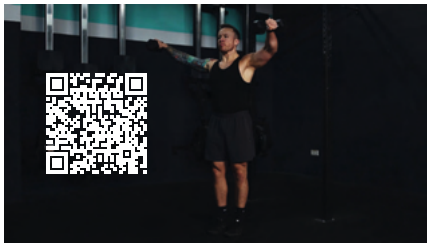
how to -

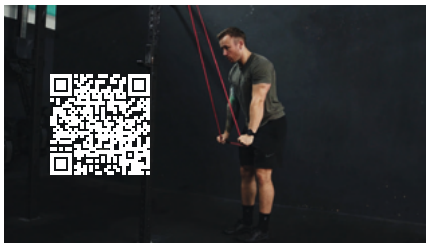
WARMUP

Strength Intensity & Volume



Strength Cpacity & Accessory



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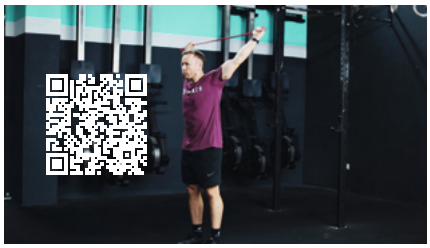
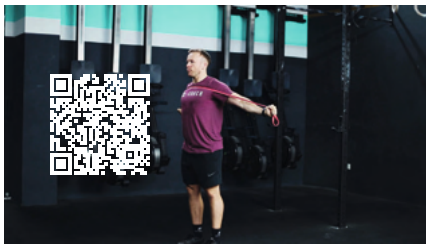



POWERLIFTING

3D/W - W12D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Blackburns
8/Side Hand Supported F.el. KOT Split Squats
5 Box Jumps
(Box jede Runde höher)

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Alternierend:
6x2 Back Squat @80%
/w
6x2 Bench Press @ 80%

Rest 2:00 b/t Sets;
3:00 b/t Sets, wenn du nicht alternierst

Strength Balance

Every 3:00 - 3 Sets
15-12-9
Incline Dumbbell Bench Press
Erhöhe das Gewicht von Satz zu Satz

Alternierend mit:
10-15 Pronated Body Rows

Selbe Lasten wie letzte Woche

Strength Conditioning

4 Rounds
20 Cal C2 Bike
15 Goblet Squats 24kg/16kg
20 Cal C2 Bike
15 Goblet Reverse Lunges 24kg/16kg

Cyclist Squat +2.5-5%
Incline DB Bench gleiche Last wie letzte Woche

COOLDOWN

1:00/Side Couch Stretch
1:00 Plow Pose
0:45/Side Scorpion Chest Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

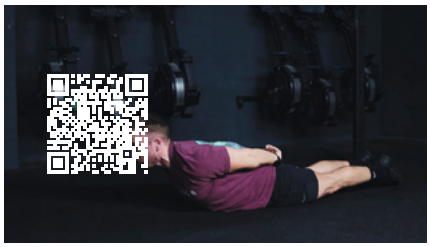
Wie hast du dich gefühlt?

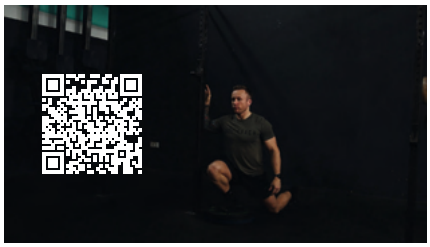
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

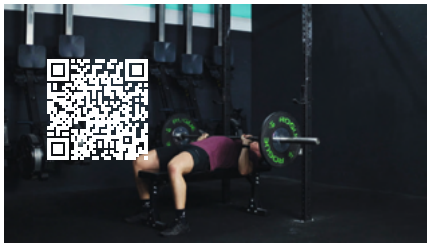
how to -

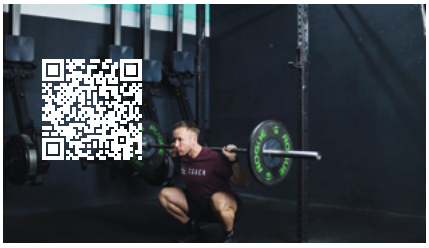
WARMUP



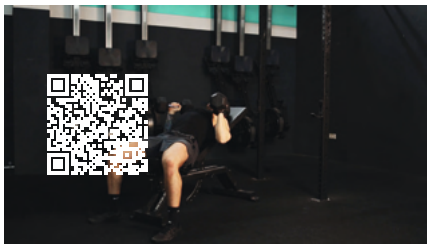


Strength Volume

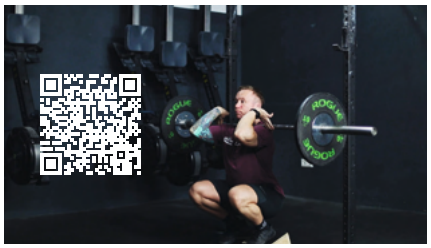




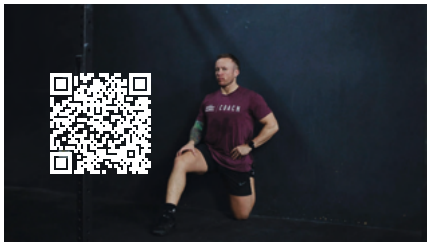
Strength Balance

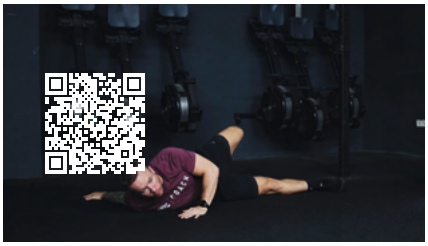


Strength Conditioning



COOLDOWN





POWERLIFTING

3D/W - W12D2

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15sec Hard Echo Bike 8 Kettlebell Suitcase Deadlift 6/Side Kettlebell Clean & Push Press	
Speed & Power In 12:00 hocharbeiten auf ein neues 1RM Power Clean.	
Strength Accessory Every 3:00 - 4 Sets 6/Side Renegade Row+K2E 10-12 Kettlebell Swings 28kg/20kg	
Power Conditioning 4-5 Sets: 10/8 Cal Echo Bike Sprint 8 Burpee Box Jump Over Rest 1:30 b/t Sets	
COOLDOWN 10/Side Shinbox Good Mornings 1:00 Banded Shoulder Ext. Stretch 1:00/side Foot elevated Hamstring Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

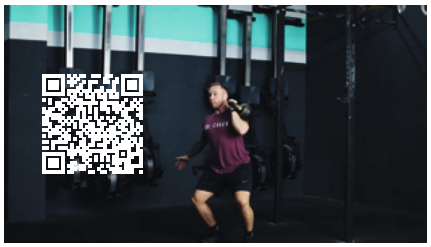
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

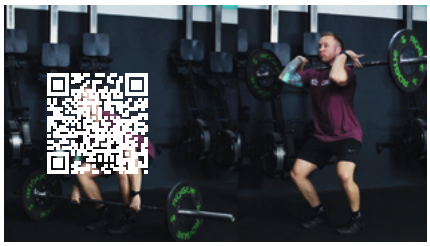
MOVEMENTS

how to -

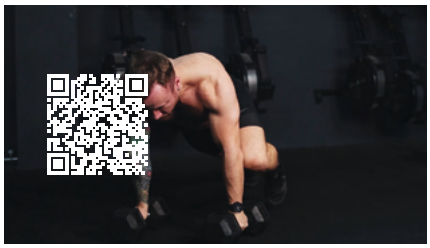
WARMUP

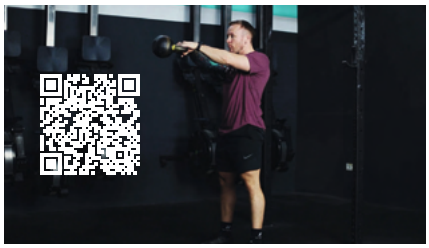


Speed & Power



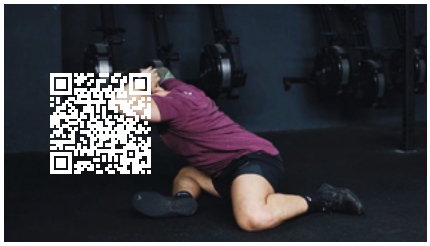
Strength Accessory

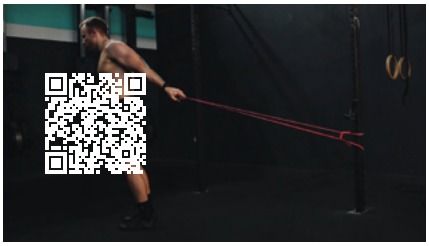


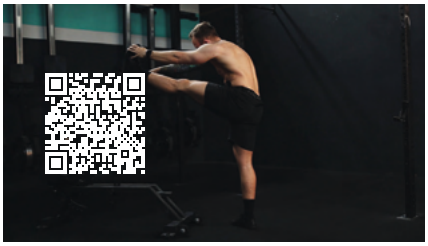


Power Conditioning

COOLDOWN







POWERLIFTING

3D/W - W12D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Pause Goblet Squats
10 Tuck Jumps
5 Push Up to downward Dog

Strength Intensity

In 8 Sets or less work up to a new 1RM Back Squat

In 8 Sets or less work up to a new 1RM Bench Press

Aim for 105% of 1RM

Strength Intensity #2

Every 3:00 - 5 Sets
Hocharbeiten auf ein neues 1RM Deadlift

Strength Capacity

3 Sets of 30%+3 ME Deficit Push Ups
Alt. /w
3 Sets of 30%+1-2 ME Supinated Pullups
Rest 1:30-2.00 b/t Sets

Strength Accessory #2

3 Sets
12 Seated Lateral Raises
12 Seated alt. Dumbbell Curls/Side
15-20 Banded Triceps Extensions

COOLDOWN

10 Roll Over to Pancake
1:00/Side Box Pigeon
1:00/Side Deep Lunge Hold
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

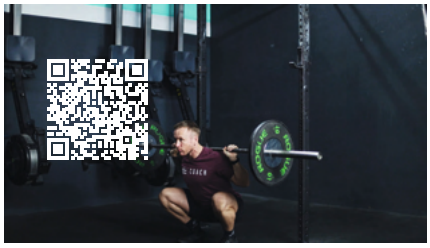
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

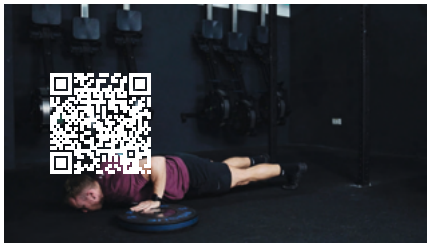
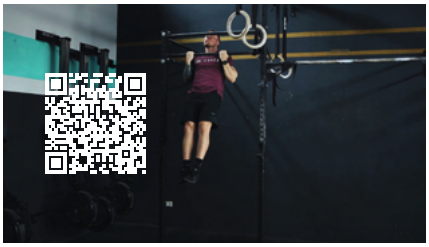
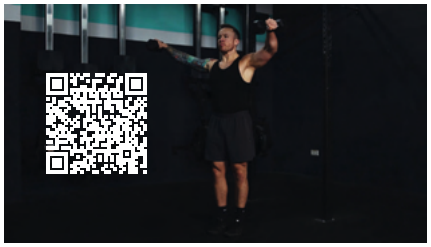
how to -

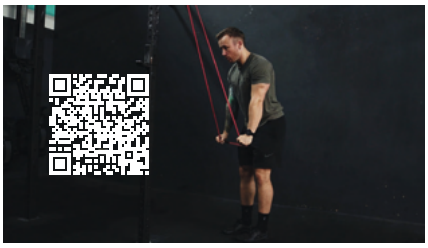
WARMUP

Strength Intensity

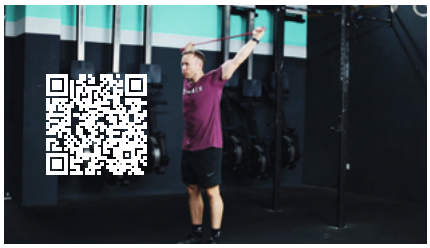
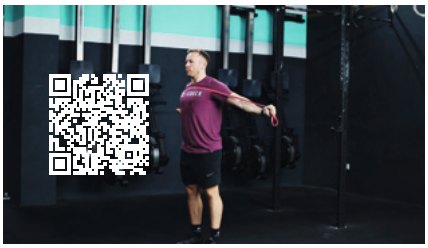


Strength Cpacity & Accessory



COOLDOWN

POWERLIFTING

5D/W - W1D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Intensity

Every 3:00 - 4 Sets
Deadlift Warmup Set #1: 8 Reps @ 50% Back Squat Working Set
Deadlift Warmup Set #2: 6 Reps @ 75% Back Squat Working Set

- Find 5RM Deadlift

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
8 Front Squats @ 50% Working Set Squats
10 Incline Dumbbell Bench Press @ RPE7
12 Turkish Situps

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

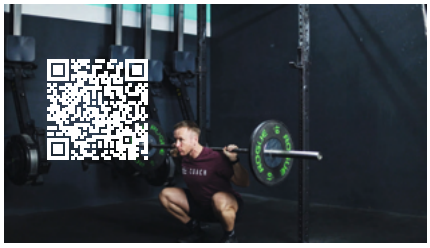
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

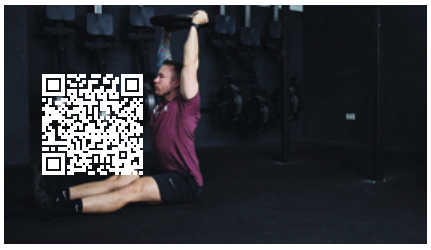
WARMUP

Strength Volume

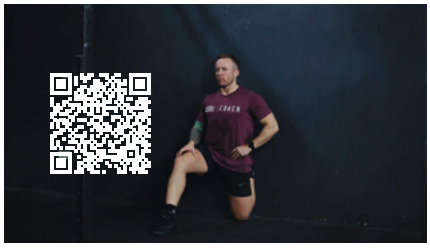


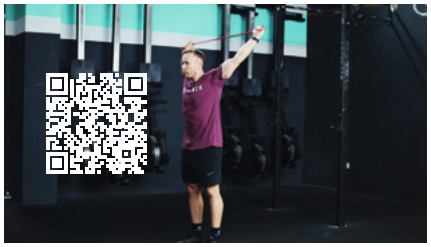
Strength Intensity

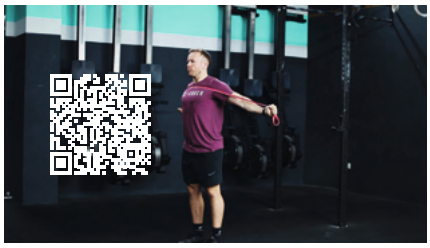
Strength Accessory



COOLDOWN







POWERLIFTING

5D/W - W1D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Mountain Climbers
10 Kettlebell Swings 16kg/12kg
10 Box Jumps

Speed & Power

EMOM20
1-5 Warmup:
6-20: 3 Power Snatches @ 60%

Dead Stop. Kein Touch and Go.

Speed & Power 2

EMOM20
1-5 Warmup:
6-20: 3 Power Cleans @ 60%

Dead Stop. Kein Touch and Go.

Speed & Power 3

Every 3:00 - 5 Sets
5 high Box Jumps 30"/24"
15 Banded Kettlebell Swings 24kg/16kg

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

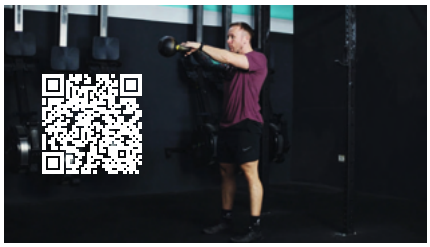
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

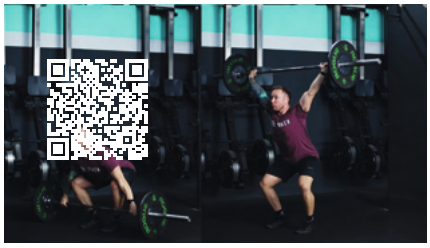
MOVEMENTS

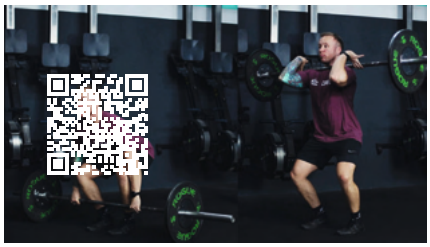
how to -

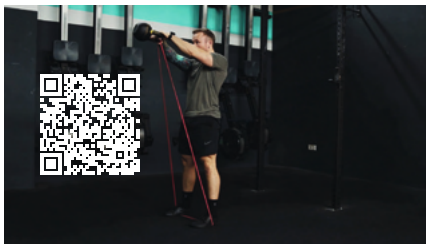
WARMUP



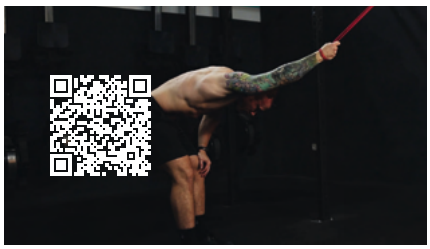
Speed & Power

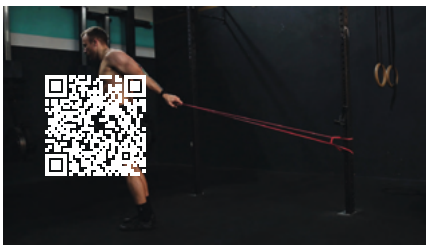






COOLDOWN





POWERLIFTING

5D/W - W1D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

10 No Jump Burpees
15 Banded Good Mornings
20 Mountain Climbers

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 6x2 @ 80%
Alternierend mit Strict Pullups 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
10 Back Supported Dumbbell Shoulder Press
10 Dumbbell Rows

Strength Conditioning

Every 4:00 - 4 Sets
15/12 Cal Row
12 Alternating Dumbbell Snatches 30kg/20kg
6+6 Single Arm Dumbbell Push Press 30kg/20kg

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts
1:00 Banded Shoulder Ext. Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

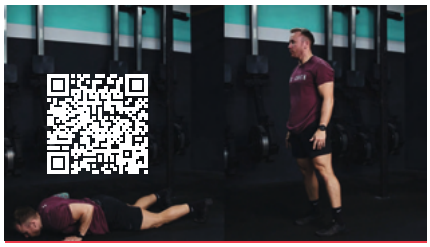
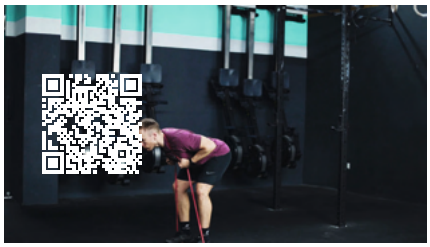
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

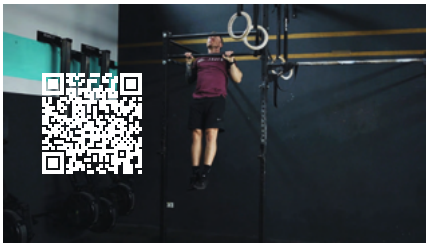
MOVEMENTS

how to -

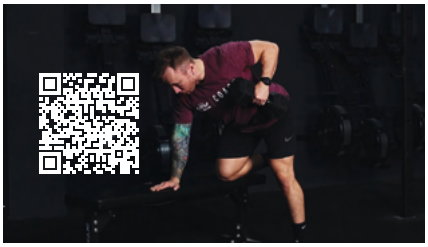
WARMUP

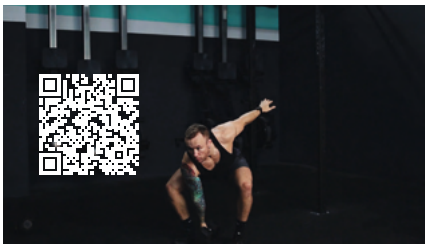
Strength Volume



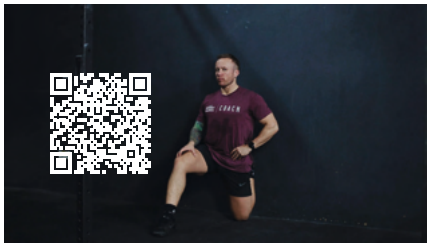
Strength Balance

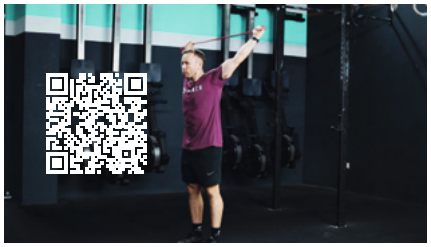
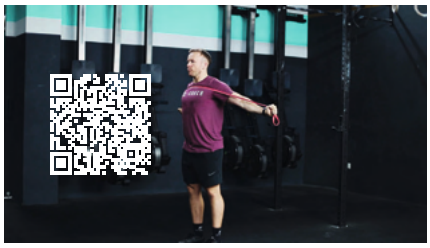
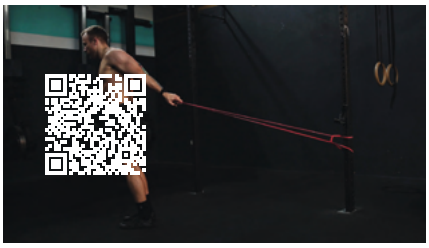


Strength Conditioning



COOLDOWN



POWERLIFTING

5D/W - W1D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
10 Pushup to Downward Dog

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x3 @ 80%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 4 Sets
1-2 Warmup Sets, then:
- 4x4 @ 70%

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 3:00 - 4 Sets
10 GHD Hip Extensions
10 GHD Situps

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

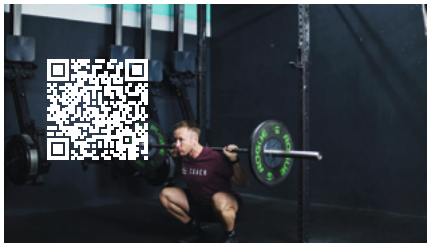
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

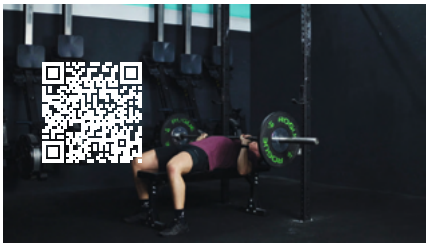
MOVEMENTS

how to -

WARMUP

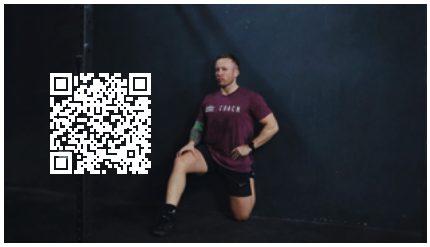
Strength Volume

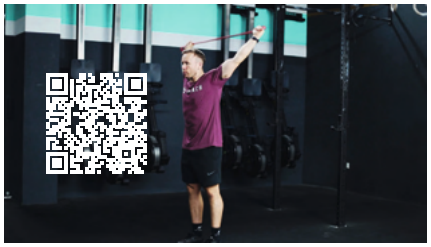


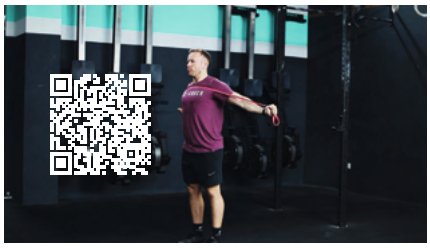


Strength Accessory

COOLDOWN







POWERLIFTING

5D/W - W1D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Low Switch Kossack Squats

Speed & Power

EMOM10
Work up to a heavy Set of 5 Hang Power Cleans

Back Off: 3x5 @ 80%

Strength Intensity

Every 3:00 - Alternate 4 Sets
10 Parallel Bar Dips
10 Neutral Grip Pullups

Ggf. Mit Zusatzgewicht

Power Volume

Every 3:00 - 6 Sets
In 3: Work up to a heavy Set of 5 Push Press
3 Back Off Sets @ 85% 5RM

Strength Conditioning

4 Sets:
15/12 Cal Echo Bike
10 Dual Kettlebell Push Press 2x24kg/2x16kg
30m Dual Overhead Kettlebell Carry

Rest 2:00 b/t Sets

Optional:
3 Sets
10-15 Biceps Curls
10-15 Triceps Extensions

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
0:45/Side Banded Lat Stretch
1:00 Banded Shoulder Ext. Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

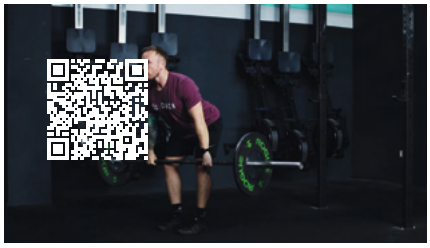
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

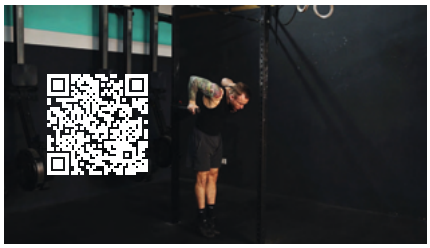
how to -

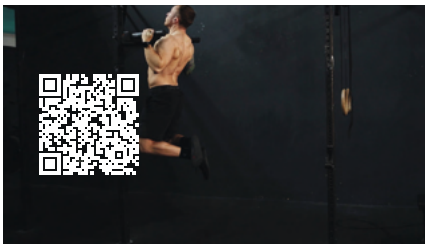
WARMUP

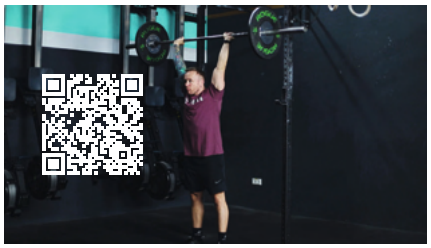
Speed & Power



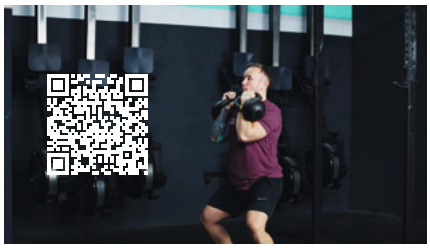
Strength Intensity & Power Volume



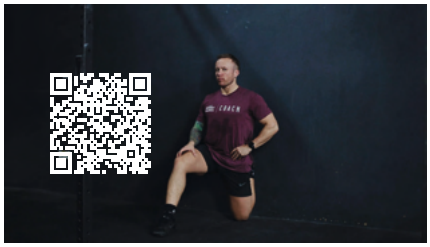


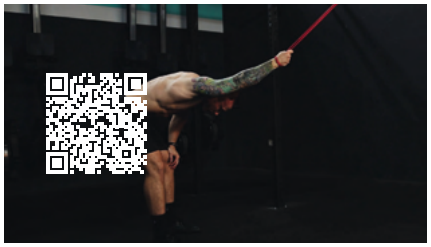


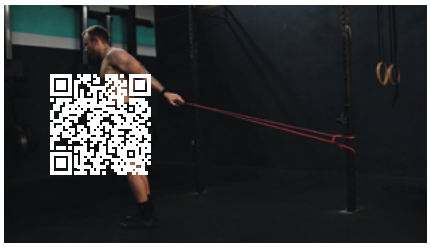
Strength Conditioning



COOLDOWN







POWERLIFTING

5D/W - W2D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 6x3 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 4:00 - 4 Sets
12 Cyclist Front Squats
12 Incline Dumbbell Bench Press

Strength Accessory

For Completion:
60 Cal C2 Bike
30 Front Squats 40kg/30kg
60 Cal C2 Bike
20 Front Squats 50kg/35kg
60 Cal C2 Bike
10 Front Squats 60kg/40kg

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Shinbox Good Mornings
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

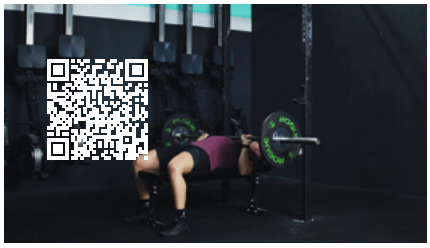
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

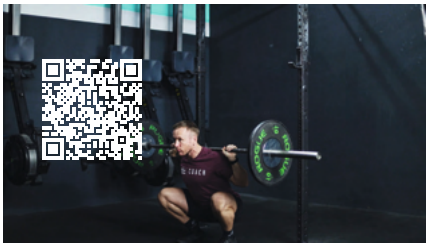
MOVEMENTS

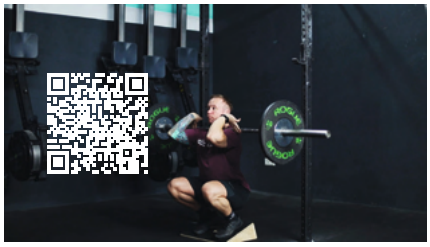
how to -

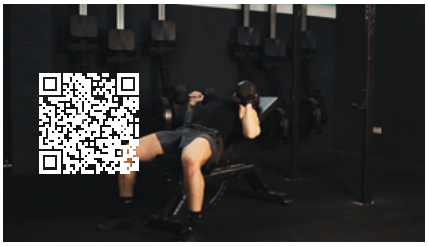
WARMUP

Strength Volume



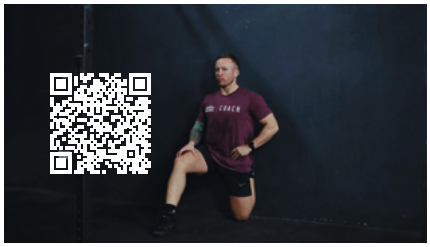


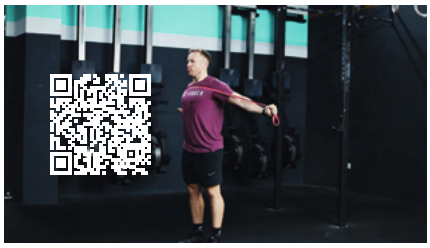




Strength Accessory

COOLDOWN





POWERLIFTING

5D/W - W2D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Mountain Climbers
10 Kettlebell Swings 16kg/12kg
10 Box Jumps

Speed & Power

EMOM20
1-5 Warmup:
6-20: 2 Power Snatches @ 70%

Dead Stop. Kein Touch and Go.

Speed & Power 2

EMOM20
1-5 Warmup:
6-20: 2 Power Cleans @ 70%

Dead Stop. Kein Touch and Go.

Speed & Power 3

Every 3:00 - 5 Sets
9/8 Cal Echo Bike
4 Dual KB Swings
4 Dual KB Cleans
4 Dual Kettlebell Push Press
2x24kg/2x16kg

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch
10/Side Thread the Needle

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

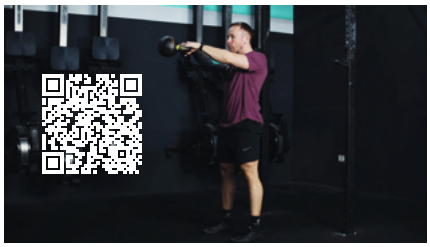
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

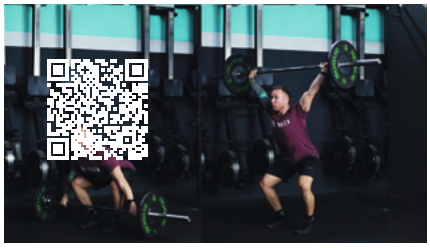
MOVEMENTS

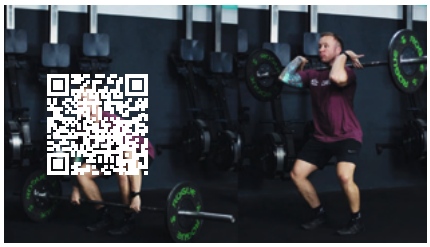
how to -

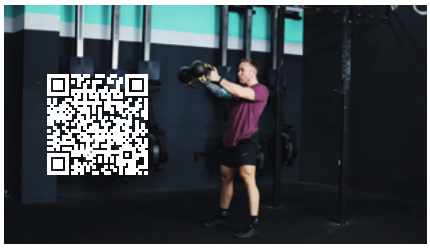
WARMUP

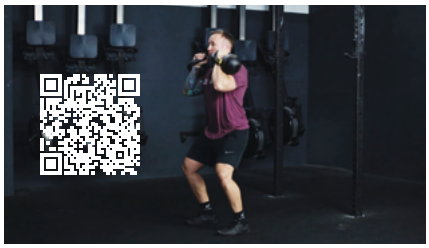


Speed & Power

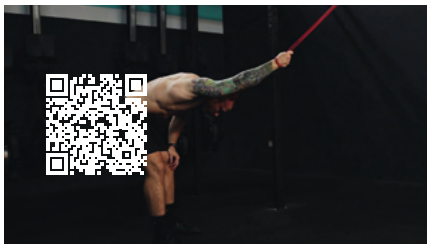


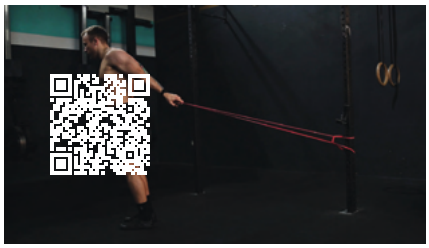






COOLDOWN





POWERLIFTING

5D/W - W2D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Turkish Situps
10 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 6x3 @ 80%
Alternierend mit Strict Pullups 6x3 @ 80%

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
12 Back Supported Dumbbell Shoulder Press
12 Dumbbell Rows

Gleiche Last, mehr Wiederholungen

Strength Conditioning

Every 3:00 - 4 Sets
50 Double Unders
15 Feet Supported Body Row
15 Push Ups

Into:
Every 3:00 - 3 Giant Sets
15 Lateral Raises
12 Dual Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00/Side Prayer Stretch
1:00/Side Banded Lat Stretch
1:00/Side Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

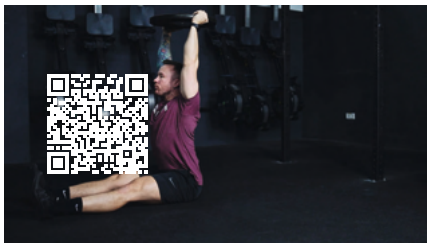
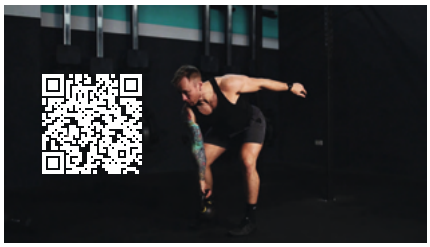
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

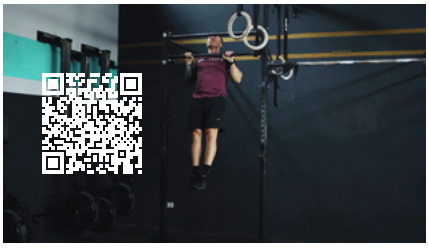
MOVEMENTS

how to -

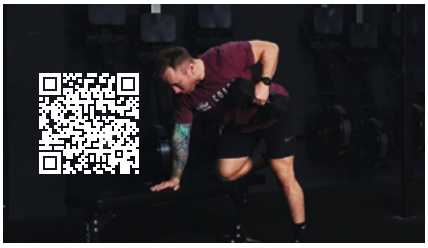
WARMUP

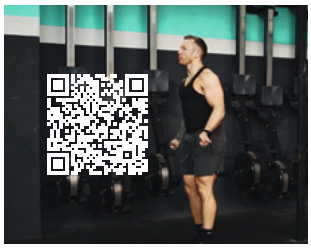
Strength Volume

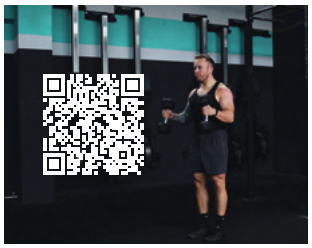
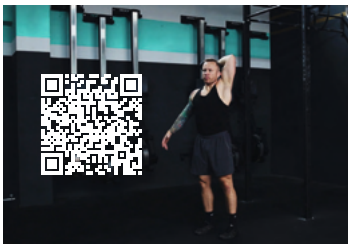


Strength Balance



Strength Conditioning



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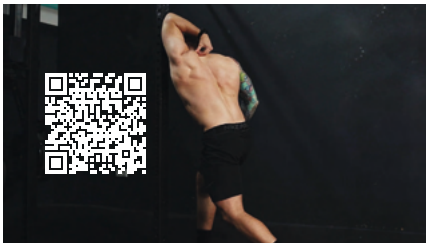
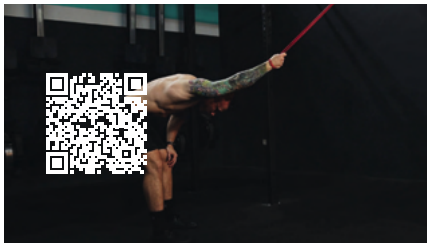
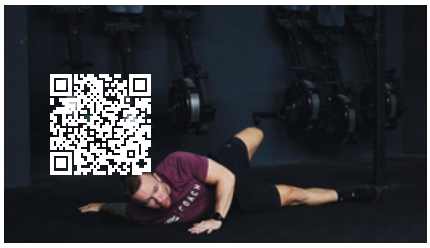




POWERLIFTING

5D/W - W2D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10 Shoulder Bridges
30s Half Pushup Plank Hold
10 Russian Baby Makers

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x4 @ 80%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 4 Sets
1-2 Warmup Sets, then:
- 4x5 @ 70%

Dead Stop. Kein Touch and Go.

Strength Accessory

Every 4:00 - 4 Sets
12 GHD Hip Extensions
12 GHD Situps

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

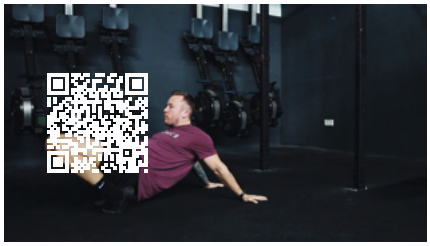
Wie hast du dich gefühlt?

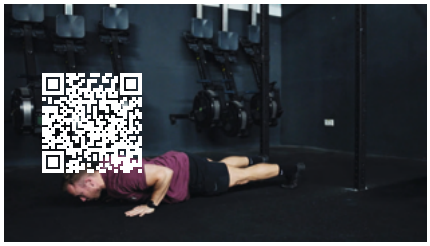
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

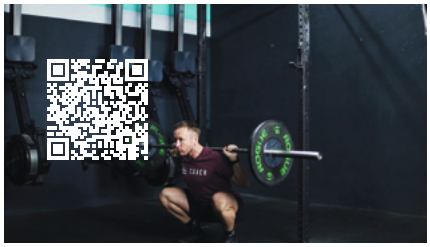
how to -

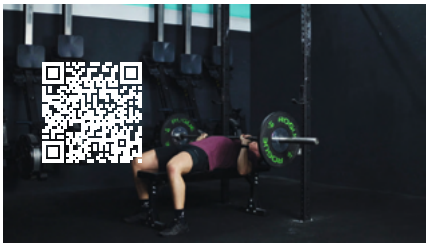
WARMUP





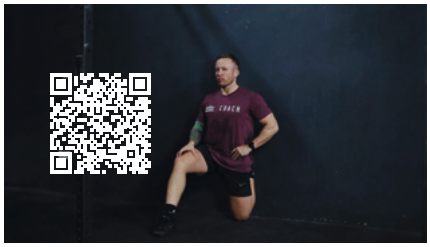
Strength Volume

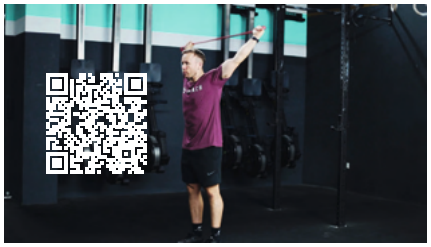


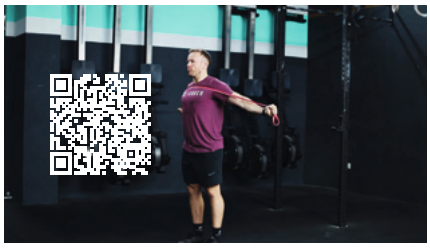


Strength Accessory

COOLDOWN







POWERLIFTING

5D/W - W2D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 10 Low Switch Kossack Squats	
Speed & Power EMOM10 Work up to a heavy Set of 4 Hang Power Cleans Back Off: 3x4 @ 80%	
Power Volume Every 3:00 - 6 Sets In 3: Work up to a heavy Set of 4 Push Press 3 Back Off Sets @ 85% 4RM	
Strength Intensity Every 3:00 - Alternate 4 Sets 12 Parallel Bar Dips 12 Neutral Grip Pullups Gleiche Last wie letzte Woche	
Strength Conditioning 4 Sets: 12/9 Cal Ski Erg 8 Kettlebell Burpees 2x24kg/2x16kg 4 Dual Kettlebell Snatches 2x24kg/2x16kg Rest 2:00 b/t Sets Optional: 3 Sets 10-15 Lateral Raises 10-15 Biceps Curls 10-15 Triceps Extensions	
COOLDOWN 1:00/Side Couch Stretch 10 Rollover to Pancake 0:45/Side Banded Lat Stretch 1:00 Banded Shoulder Ext. Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

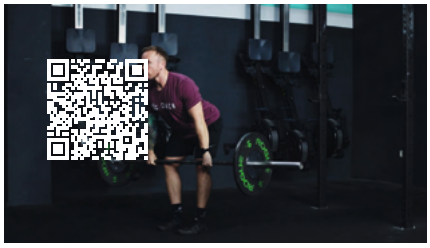
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

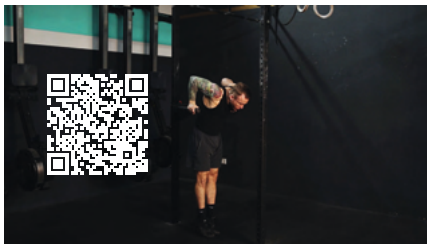
how to -

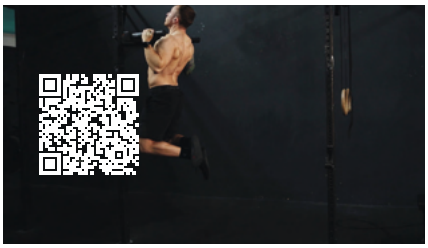
WARMUP

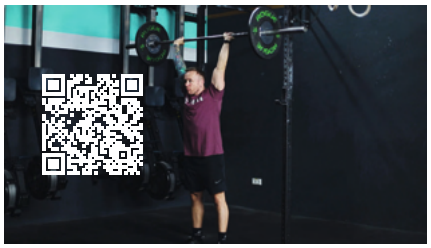
Speed & Power



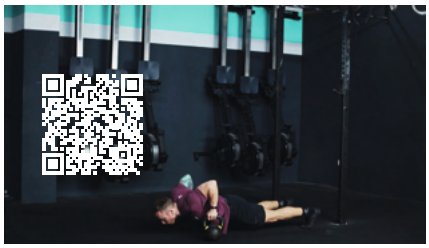
Strength Intensity & Power Volume

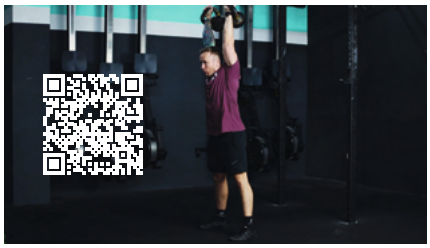




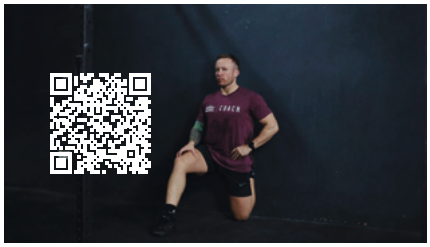


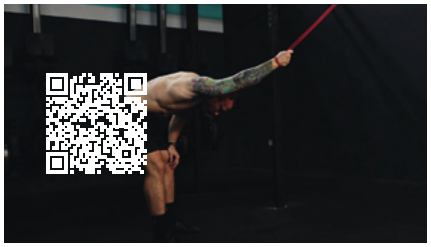
Strength Conditioning

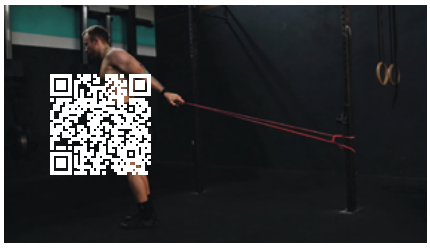




COOLDOWN







POWERLIFTING

5D/W - W3D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10 Rocking Push Ups
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
20s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 6x4 @ 80%

Rest 2:00 b/t Sets

Strength Volume Conditioning

40 Cal C2 Bike
30 Dumbbell Bench Press 2x22.5kg/2x15kg
30 Goblet Squats 24kg
40 Cal C2 Bike
20 Dumbbell Bench Press 2x22.5kg/2x15kg
20 Goblet Squats 24kg
40 Cal C2 Bike
10 Dumbbell Bench Press 2x22.5kg/2x15kg
10 Goblet Squats 24kg

Strength Accessory

3 Sets for Quality:
8-10/Side Front Foot elevated KOT Split Squats
12-15 Dumbbell Flies

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Shinbox Good Mornings
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

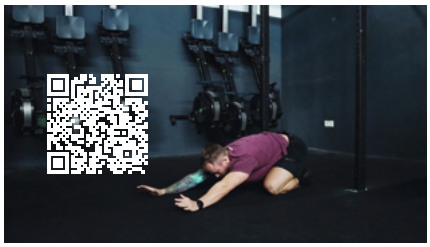
Wie hast du dich gefühlt?

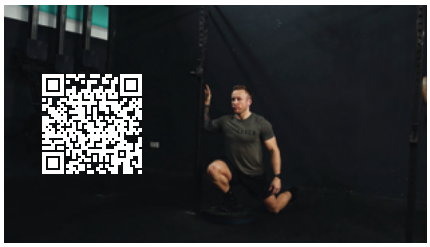
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

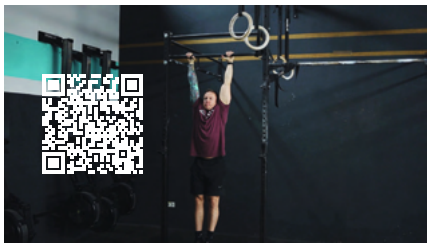
MOVEMENTS

how to -

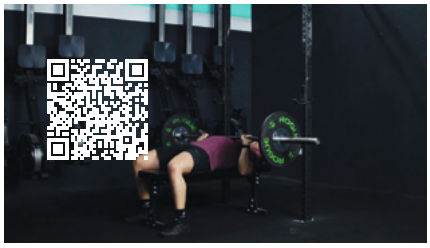
WARMUP

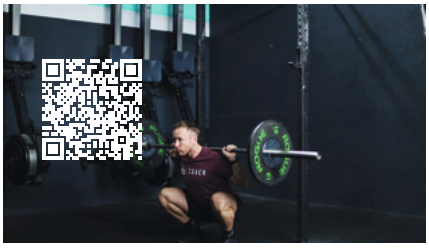




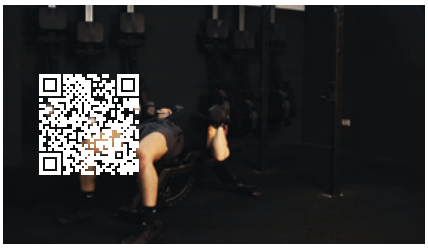


Strength Volume

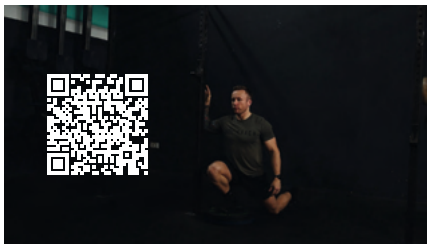


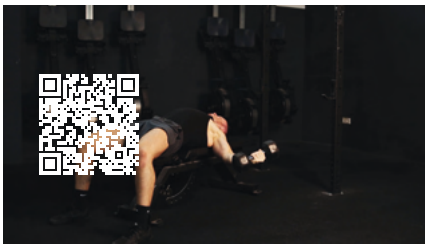


Strength Volume Conditioning

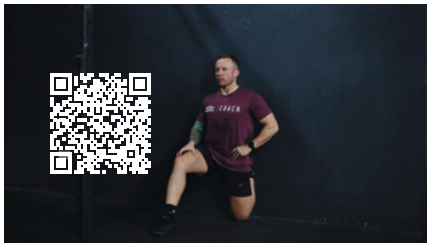


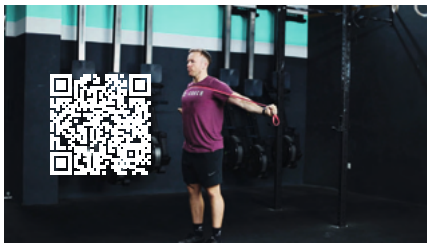
Strength Accessory





COOLDOWN





POWERLIFTING

5D/W - W3D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps

Speed & Power

EMOM20
1-5 Warmup:
6-20: 1 Power Snatch @ 80%

Speed & Power 2

EMOM20
1-5 Warmup:
6-20: 1 Power Clean @ 80%

Speed & Power 3

Every 3:00; 4-5 Sets
5 Trap Bar Jumps @ 40% Deadlift

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Long Lunge Pulses
10/Side Shinbox Good Mornings

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

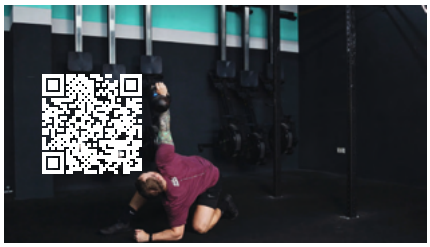
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

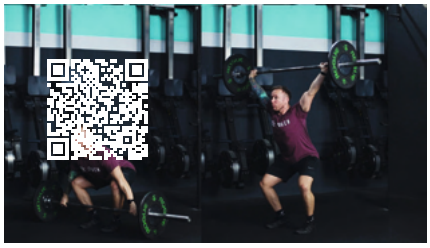
MOVEMENTS

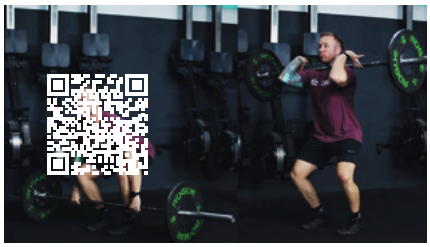
how to -

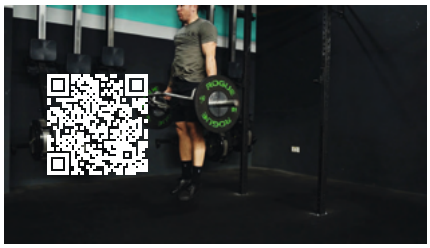
WARMUP



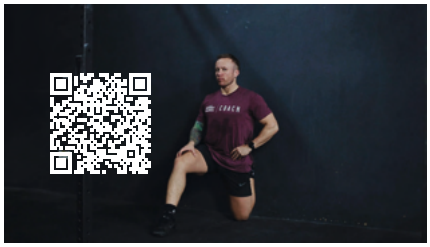
Speed & Power

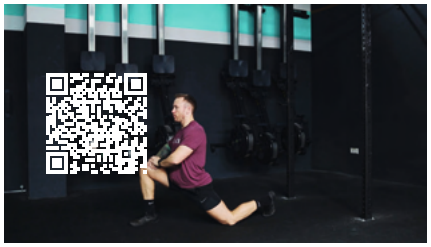






COOLDOWN





POWERLIFTING

5D/W - W3D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side Halfkneeling Windmill Press
10 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 6x4 @ 80%
Alternierend mit Strict Pullups 6x4 @ 80%

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
10 Back Supported Dumbbell Shoulder Press
10 Dumbbell Rows

Gewicht erhöhen zu letzter Woche

Strength Conditioning

5 Sets
15/12 Cal Row
15 GHD Situps
5 Dual Kettlebell Clean & Press 2x24/2x16kg

Rest 1:30 b/t Sets
Into:
Every 3:00 - 3 Giant Sets
15 Lateral Raises
12 Dual Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00/Side Prayer Stretch
1:00/Side Banded Lat Stretch
1:00/Side Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

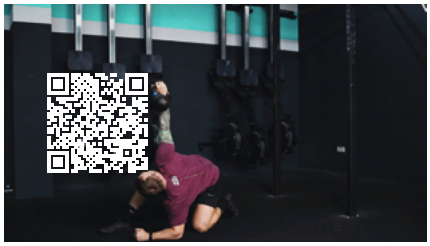
Wie hast du dich gefühlt?

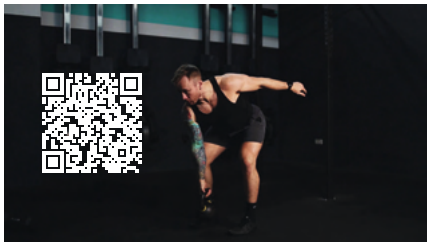
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

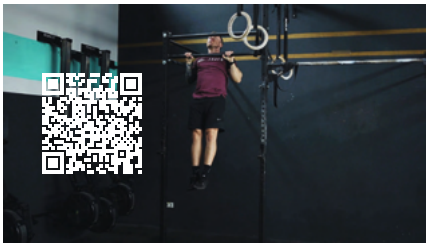
how to -

WARMUP

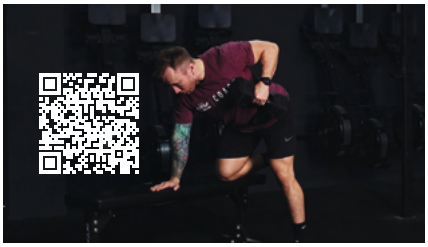




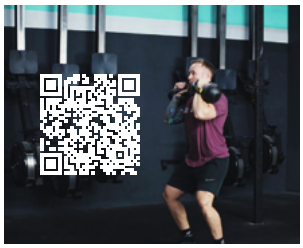
Strength Volume

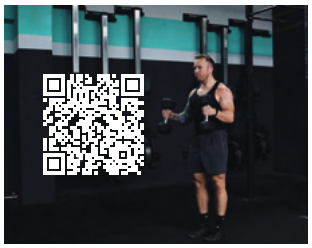


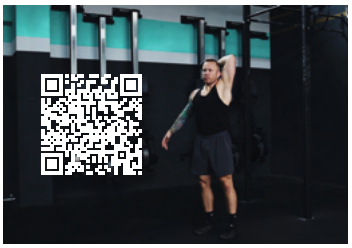
Strength Balance



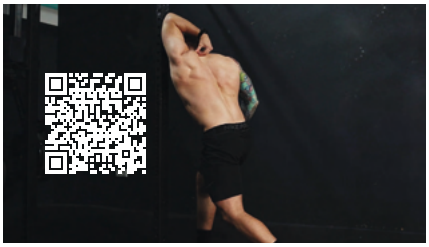
Strength Conditioning

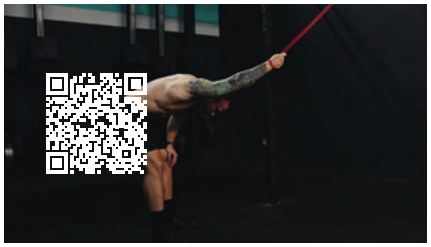


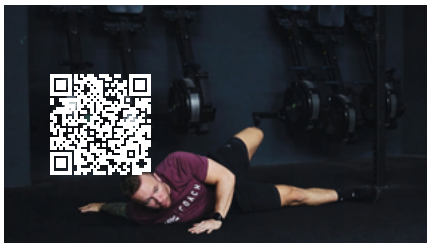




COOLDOWN







POWERLIFTING

5D/W - W3D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
10 Shoulder Bridges
12 Low Switch Kossack Squat
6 Squat Jumps

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.
Senke die Wiederholungszahl.

Back Squat 6x5 @ 80%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 3 Sets
1-2 Warmup Sets, then:
- 6 Sumo Deadlifts

Dead Stop. Kein Touch and Go

Strength Accessory

Every 4:00 - 4 Sets
14 GHD Hip Extensions
14 GHD Situps

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

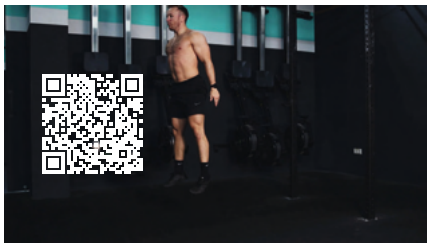
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

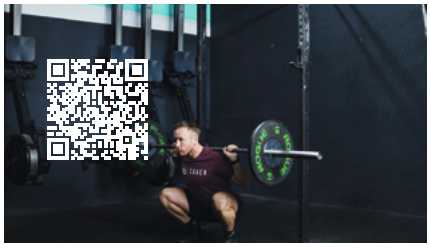
MOVEMENTS

how to -

WARMUP

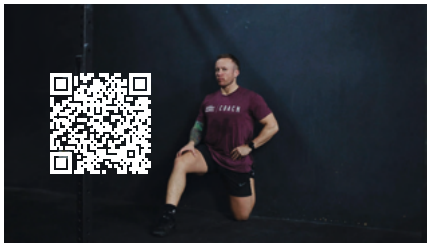


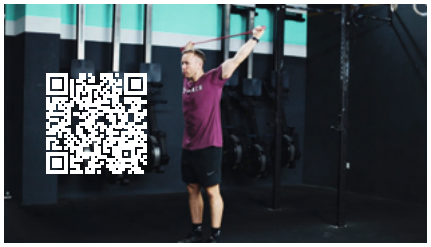
Strength Volume

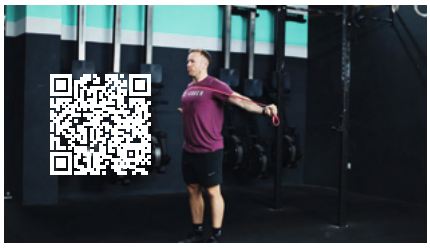


Strength Accessory

COOLDOWN







POWERLIFTING

5D/W - W3D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Russian Kettlebell Swings
10 Ballistic Rows
10 Goblet Reverse Lunges

Speed & Power

EMOM12 – Alternate Between:
1. 6 Box Jump Over 24"/20"
2. 3 Hang Power Cleans 70%

Power Volume

Every 3:00 – 6 Sets
In 3: Work up to a heavy Set of 3 Push Press
3 Back Off Sets @ 85% 3RM

Strength Intensity

Every 3:00 – Alternate 4 Sets
8 Weighted Parallel Bar Dips
6 Weighted Neutral Grip Pullups

Gleiche Last wie letzte Woche

Strength Conditioning

4 Sets:
6 Dual Kettlebell Swings 2x24kg/2x16kg
6 Dual Kettlebell Clean and Press 2x24kg/2x16kg
18/15 Cal Row @ 85%

Rest 2:00 b/t Sets

Optional:
3 Sets
10-15 Lateral Raises
10-15 Biceps Curls
10-15 Triceps Extensions

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
1:00 Pancake Stretch
1:00 Banded Shoulder Ext. Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

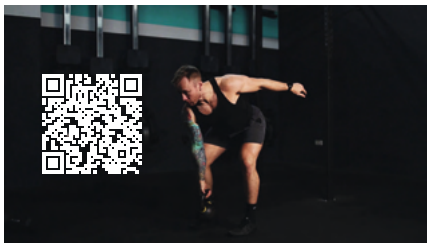
Wie hast du dich gefühlt?

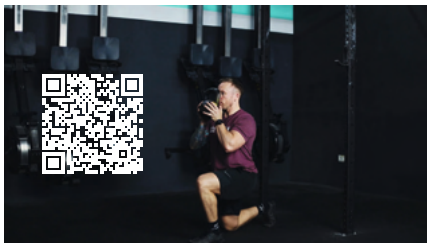
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

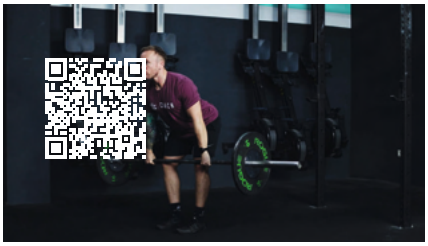
how to -

WARMUP

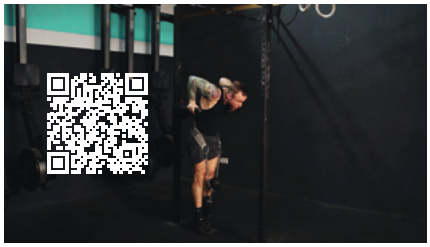


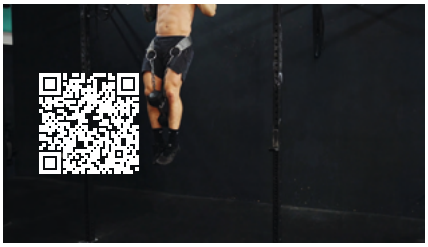


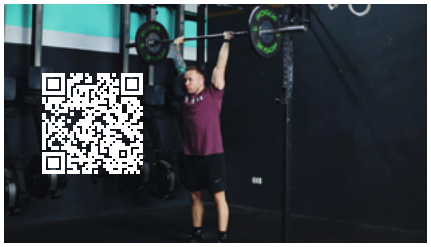
Speed & Power



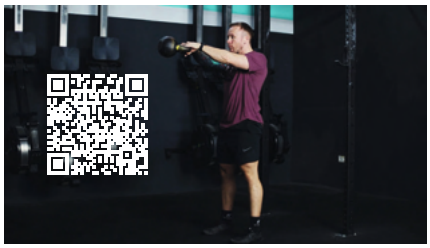
Strength Intensity & Power Volume

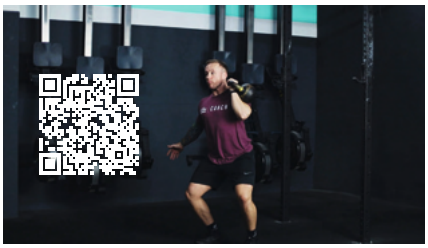


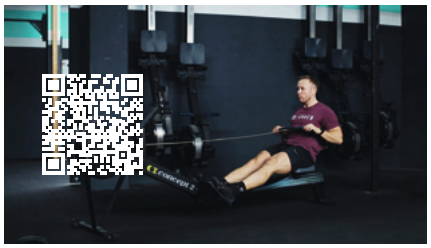




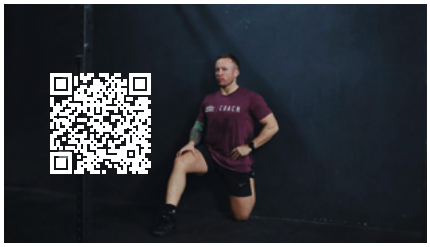
Strength Conditioning

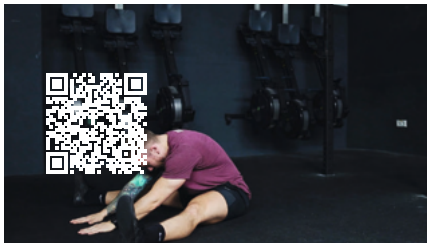


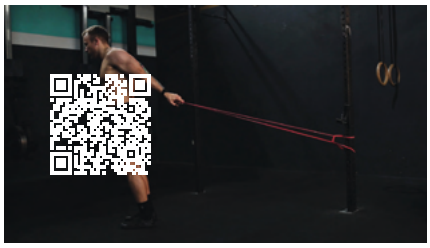




COOLDOWN







POWERLIFTING

5D/W - W4D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10 Pushup to Downward Dog
8-10/side Hand Supported Front Foot elevated
Knees over Toes Split Squat
30s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 6x5 @ 80%

Rest 2:00 b/t Sets

Strength Volume Conditioning

5 Rounds
20/16 Cal Row
15 Incline Dumbbell Bench Press 22.5kg/15kg
10 Front Squats 60kg/40kg

Strength Accessory

3 Sets for Quality:
8-10/Side Suitcase Bulgarian Split Squats
12-15 Dumbbell Flies

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Shinbox Good Mornings
10/Side Scorpion Stretch Switch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

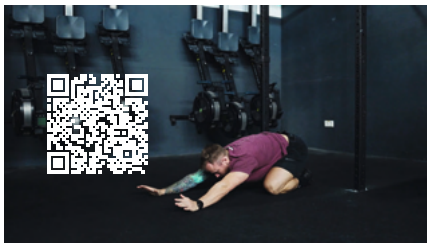
Wie hast du dich gefühlt?

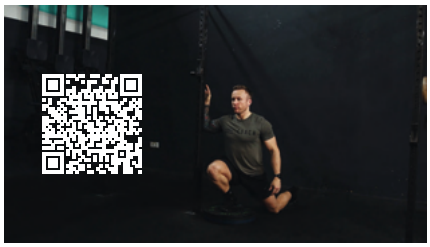
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

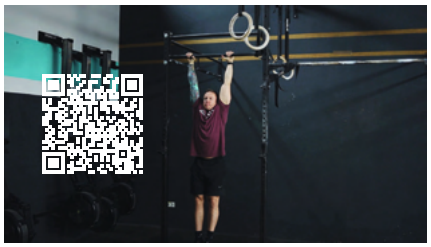
MOVEMENTS

how to -

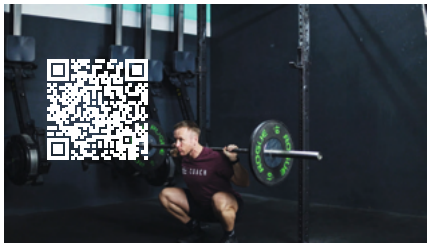
WARMUP





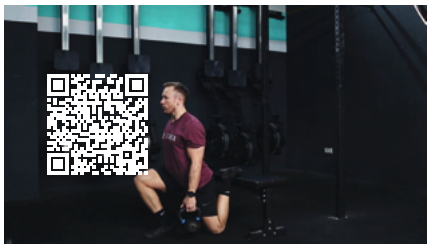


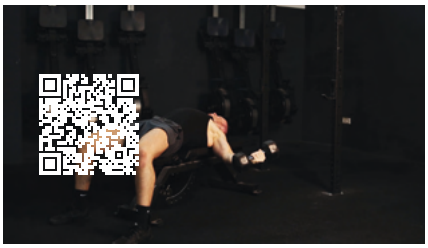
Strength Volume



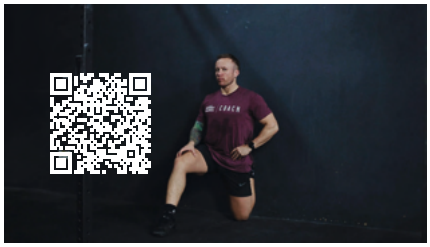
Strength Volume Conditioning

Strength Accessory





COOLDOWN



POWERLIFTING

5D/W - W4D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
10/Side Half Kneeling KB Press + 5
Half Kneeling Wind Mills
6 Knee Jump to High Jumps

Speed & Power

EMOM20
1-5 Warmup:
6-20: 1 Hang Power Snatch
+ 1 Power Snatch 65%-80%

Speed & Power 2

EMOM20
1-5 Warmup:
6-20: 1 Hang Power Clean
+ 1 Power Clean 65%-80%

Speed & Power 3

Every 3:00; 4-5 Sets
3 Trap Bar Jumps + 3 Deadlifts@ 50% Deadlift

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Long Lunge Pulses
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

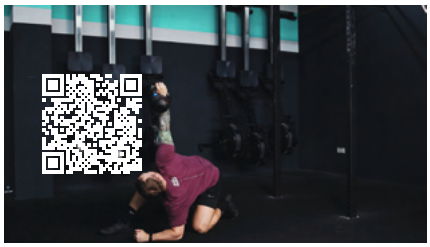
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

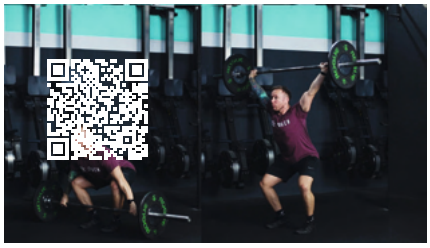
MOVEMENTS

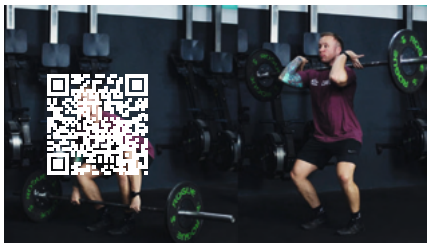
how to -

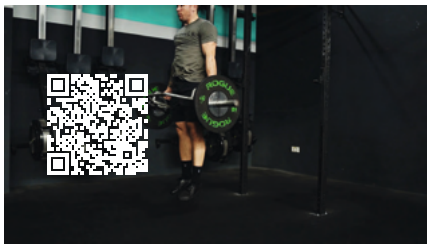
WARMUP



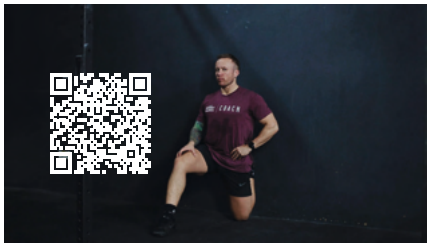
Speed & Power

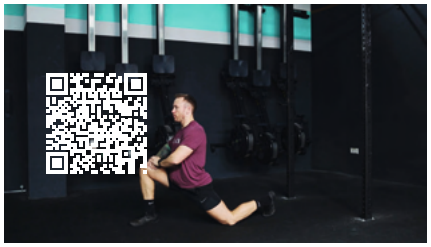


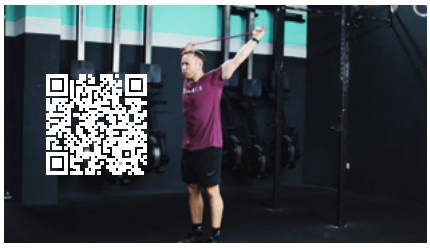


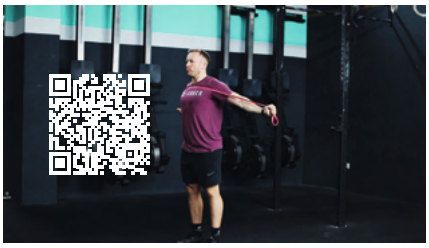


COOLDOWN









POWERLIFTING

5D/W - W4D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side Half Kneeling Windmill Press
10 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 6x5 @ 80%
Alternierend mit Strict Pullups 6x5 @ 80%

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
12 Back Supported Dumbbell Shoulder Press
12 Dumbbell Rows

Gleiche Gewicht, +2 Reps

Power & Stamina Conditioning

5 Sets
50 Double Unders
15 GHD Situps
10+10 Single Arm Dumbbell Push Press
25kg/17.5kg

Rest 1:30 b/t Sets
Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00/ Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

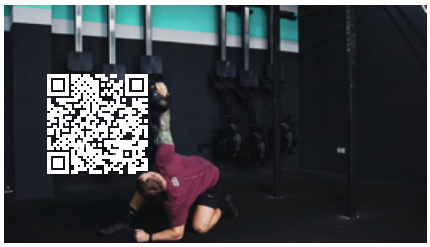
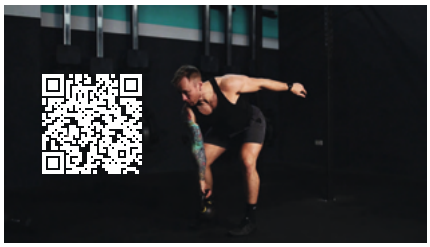
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

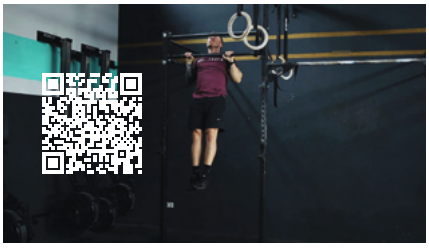
MOVEMENTS

how to -

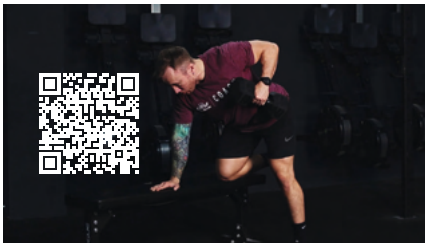
WARMUP

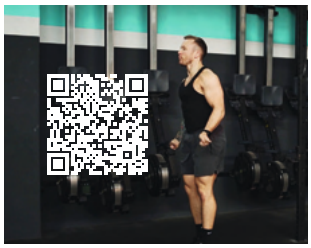
Strength Volume

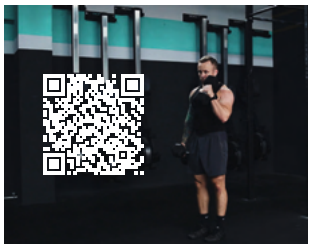
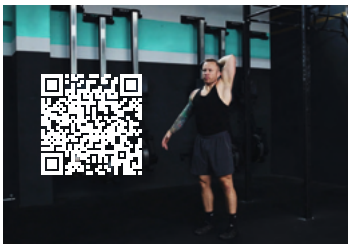


Strength Balance



Power & Stamina Conditioning



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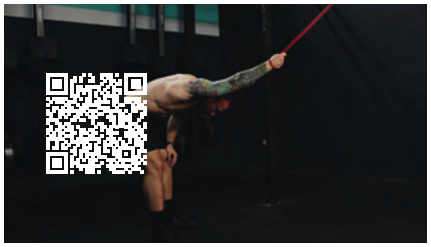
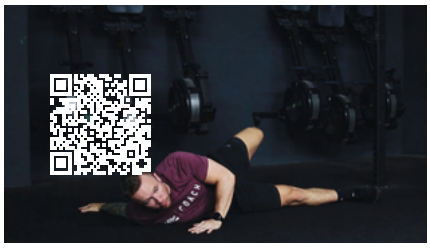



POWERLIFTING

5D/W - W4D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Planking Shoulder Taps
0:30 Half Pushup Plank Hold
0:30 Bottom of the Squat Hold /w 5kg Plate

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x6 @ 80%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 3 Sets
1-2 Warmup Sets, then:
- 8 Sumo Deadlifts

Dead Stop. Kein Touch and Go

Gleiche Last wie letzte Woche

Strength Accessory

Every 4:00 - 4 Sets
12 Russian Kettlebell Swings
12 Suitcase Walking Lunges
24/20 Cal C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

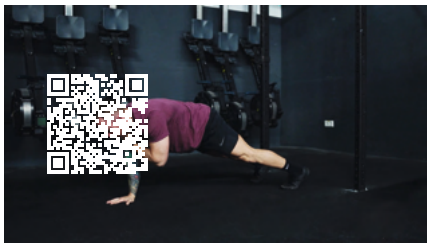
Wie hast du dich gefühlt?

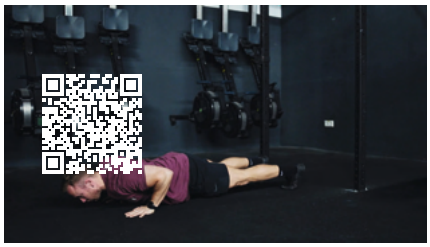
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

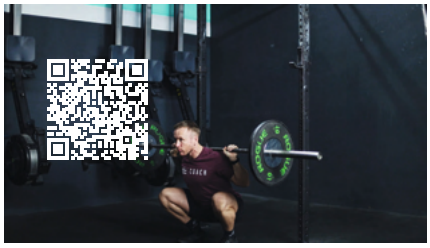
how to -

WARMUP

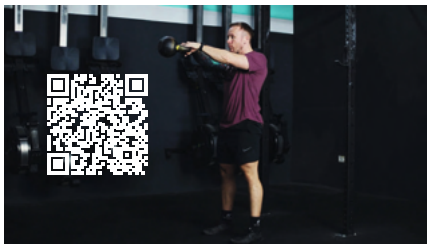


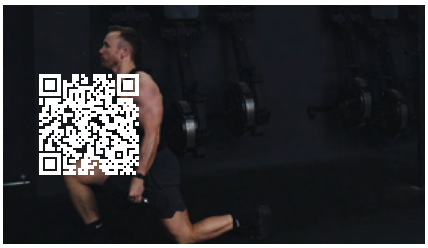


Strength Volume

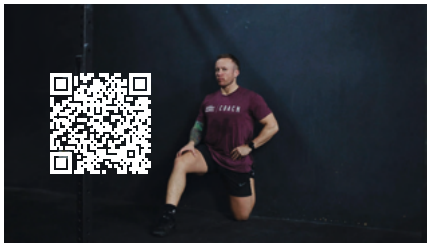


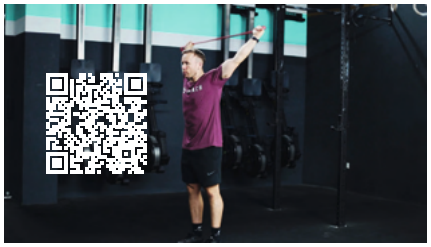
Strength Accessory

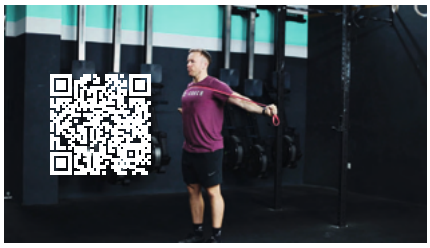




COOLDOWN







POWERLIFTING

5D/W - W4D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 10 Low Switch Kossack Squats	
Speed & Power EMOM12 - Alternate Between: 1. 4 High Box Jump 2. 2 Hang Power Cleans 80%	
Power Volume Every 3:00 - 6 Sets In 3: Work up to a heavy Set of 8 Push Press 3 Back Off Sets @ 85% 8RM	
Strength Intensity Every 3:00 - Alternate 4 Sets 10 Weighted Parallel Bar Dips 7 Weighted Neutral Grip Pullups Gleiche Last wie letzte Woche. + Reps	
Strength Conditioning Every 3:00 - 5 Sets: 8 Toes to Bar 6 Burpees Box Jump Overs 24"/20" 4/Side Kettlebell Single Arm Clean & Press 24kg/16kg Optional: 3 Sets 10-15 Seated Lateral Raises 10-15 Dumbbell Biceps Curls 10-15 Dumbbell French Press	
COOLDOWN 1:00/Side Couch Stretch 10 Rollover to Pancake 1:00 Pancake Stretch 1:00 Banded Shoulder Ext. Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

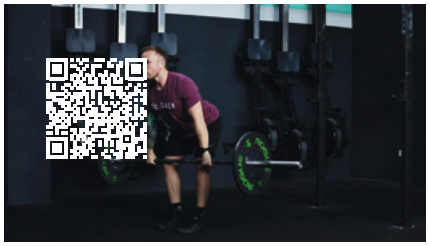
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

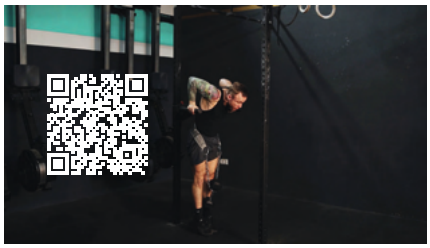
how to -

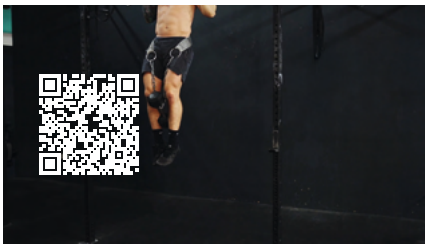
WARMUP

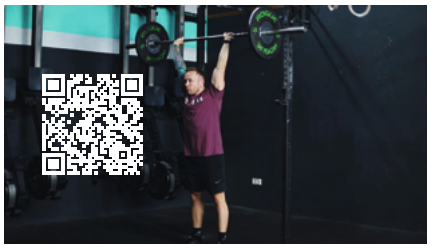
Speed & Power



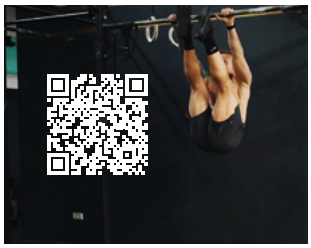
Strength Intensity & Power Volume

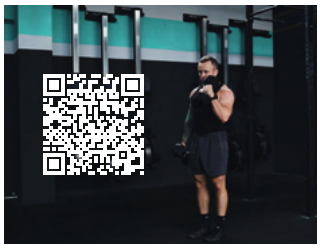




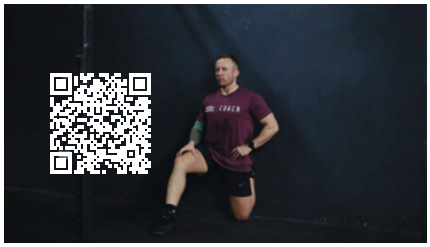


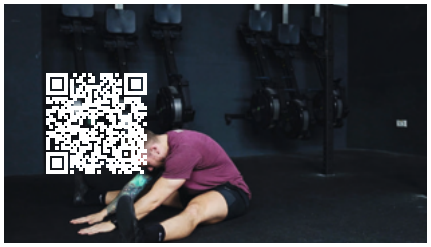
Strength Conditioning

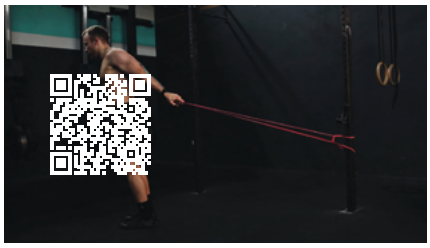




COOLDOWN







POWERLIFTING

5D/W - W5D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10 Pushup to Downward Dog
8-10/side Hand Supported Front Foot elevated
Knees over Toes Split Squat
8-10/Side Longe Lunge

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 6x6 @ 80%

Rest 2:00 b/t Sets

Strength Volume Conditioning

5 Rounds - Continious Movement
20/16 Cal Row
15 Close Grip Bench Press 60kg/40kg*
10 Dual Front Rack KB Squats 2x24kg/2x16kg

*Goal: Unbroken Reps

Strength Accessory

3 Sets for Quality:
10-12/Side Suitcase Bulgarian Split Squats
12-15 Dumbbell Flies

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Shinbox Good Mornings
10/Side Scorpion Stretch Switch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

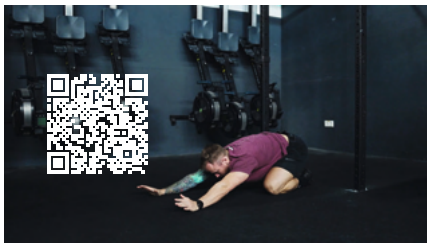
Wie hast du dich gefühlt?

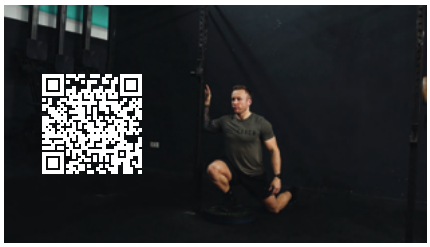
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

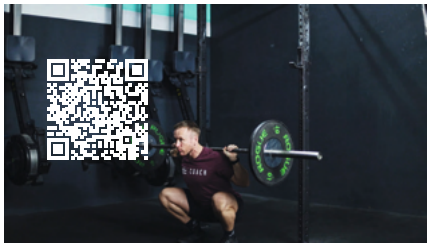
how to -

WARMUP

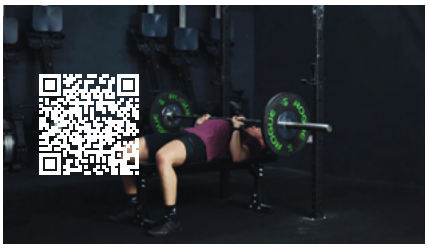


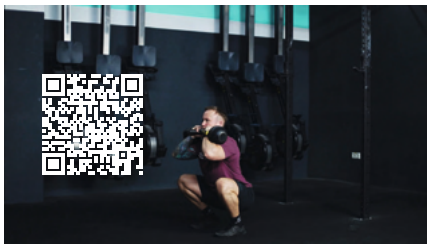


Strength Volume

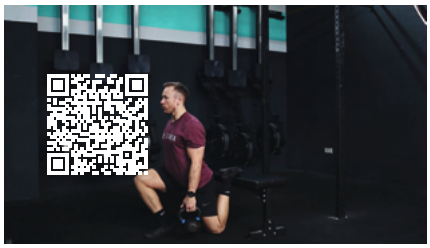


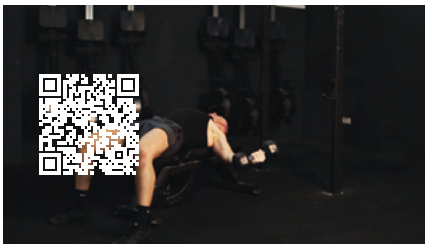
Strength Volume Conditioning



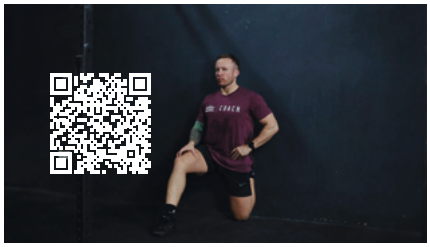


Strength Accessory





COOLDOWN



POWERLIFTING

5D/W - W5D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
30s Dip Support Tuck Hold
8/Side Half Kneeling Windmill Presses
6 Knee Plate Jumps

Speed & Power

EMOM20
1-5 Warmup:
6-20: 3 Position Power Snatch

Positions:
Hang
Low Hang
Floor

Speed & Power 2

EMOM20
1-5 Warmup:
6-20: 3 Position Power Clean

Positions:
Hang
Low Hang
Floor

Speed & Power 3

Every 3:00; 4-5 Sets
2 Trap Bar Jumps + 5 Deadlifts@ 60% Deadlift

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Long Lunge Pulses
1:00/Side Child's Pose Reach Through

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

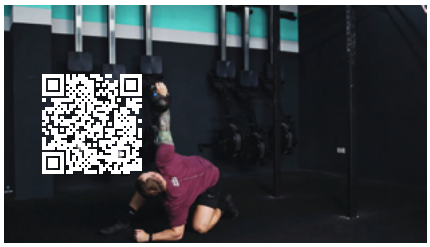
Wie hast du dich gefühlt?

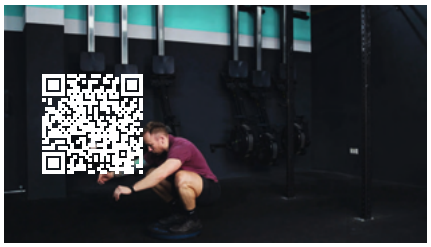
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

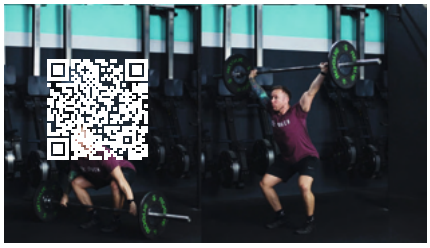
how to -

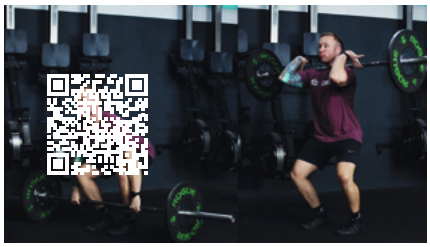
WARMUP

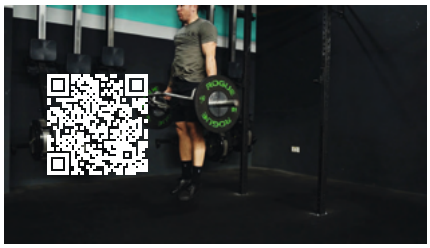




Speed & Power







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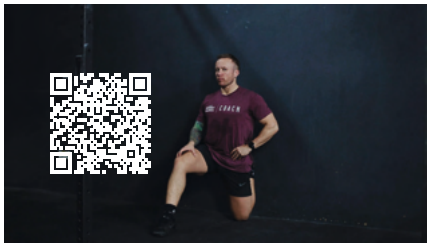
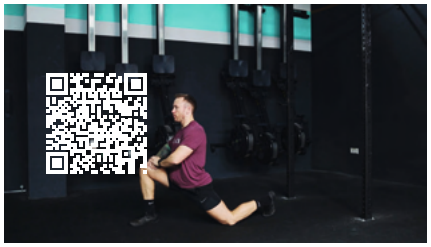




POWERLIFTING

5D/W - W5D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side See Saw Shoulder Press
20 Single Arm Alt. Kettlebell Swings
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 6x6 @ 80%
Alternierend mit Strict Pullups 6x6 @ 80%

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
8 Back Supported Arnold Press
5 Pendlay Rows

Power & Stamina Conditioning

5 Sets
50 Double Unders
10 Toes to Bar
10+10 Single Arm Dumbbell Push Jerks
30kg/20kg

Rest 1:30 b/t Sets
Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00/ Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

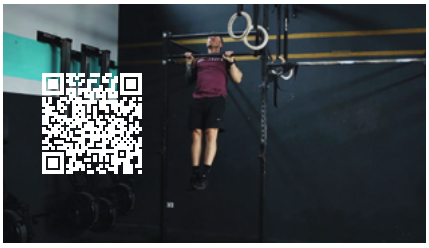
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

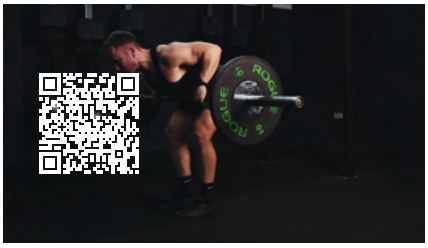
how to -

WARMUP

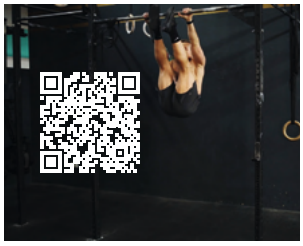
Strength Volume



Strength Balance



Power & Stamina Conditioning



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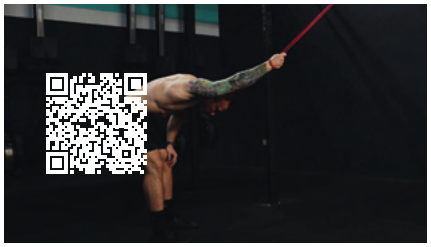
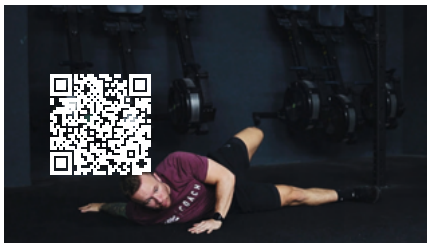



POWERLIFTING

5D/W - W5D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
0:30 Bottom of the Squat Hold /w 5kg Plate
5 Box Jumps

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 5x5 @ 85%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 3 Sets
1-2 Warmup Sets, then:

- 10 Sumo Deadlifts

Dead Stop. Kein Touch and Go

Gleiche Last wie letzte Woche

Strength Accessory

AMRAP12
2-4-6-8-...-
Tall Kneeling to Standing 24kg/16kg
Pike Leg Lift over KB (L+R = 1)
400m C2 Bike b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

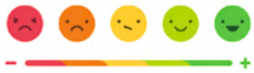
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

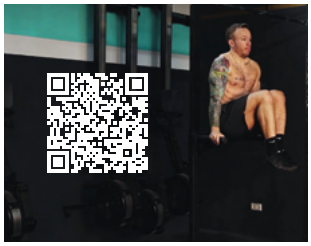
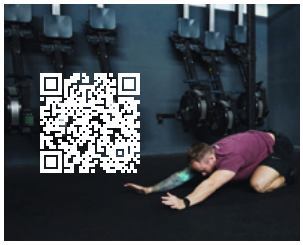
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



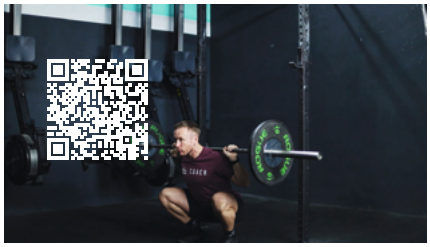
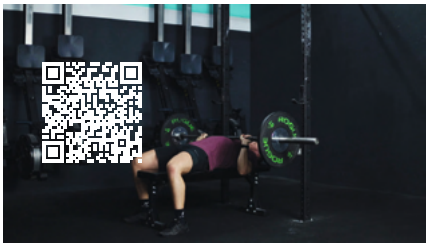
MOVEMENTS

how to -

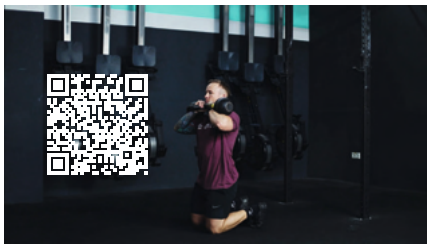
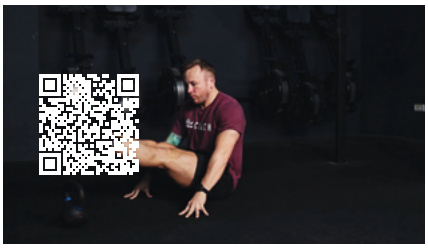
WARMUP

Strength Volume

Strength Accessory

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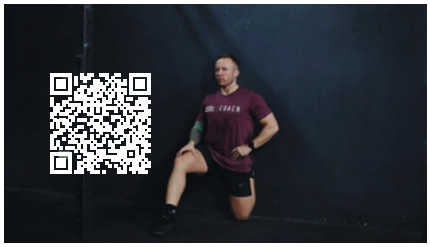
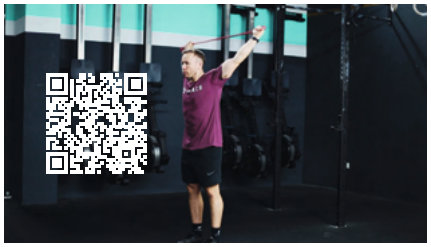
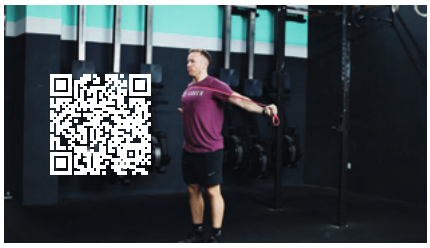


POWERLIFTING

5D/W - W5D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 10 Low Switch Kossack Squats 10 Dynamic Box Step Ups	
Speed & Power EMOM12 - Alternate Between: 1. 4 Hurdle + Box Jumps 2. 1 Hang Power Clean 90%	
Power Intensity Every 3:00 - 6 Sets Work up to a 1RM Push Press	
Strength Intensity Every 3:00 - Alternate 4 Sets 12 Weighted Parallel Bar Dips 8 Weighted Neutral Grip Pullups Gleiche Last wie letzte Woche. + Reps	
Strength Conditioning Every 3:00 - 5 Sets: 10 Dual Kettlebell Swings 10 Renegade Row Optional: 3 Sets 10-15 Seated Lateral Raises 10-15 Barbell Biceps Curls 10-15 Barbell French Press	
COOLDOWN 1:00/Side Couch Stretch 10 Rollover to Pancake 0:30/Side Banded Lat Stretch 0:30/Side Scorpion Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

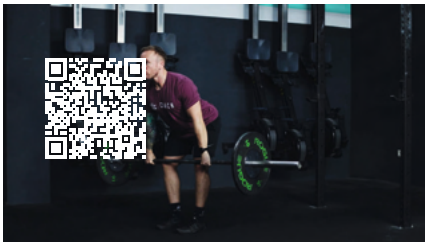
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

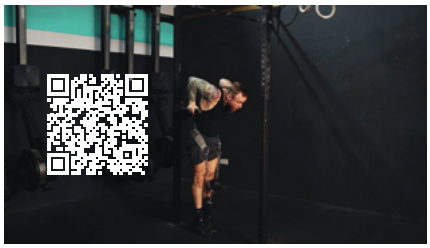
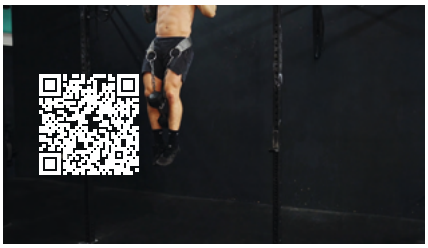
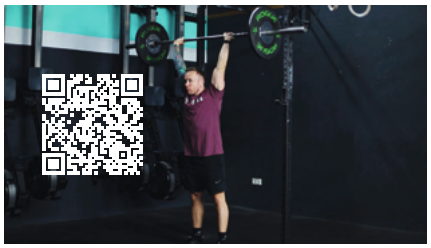
how to -

WARMUP

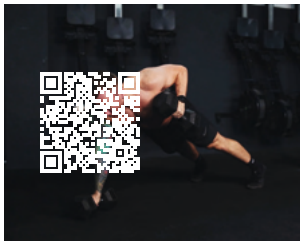
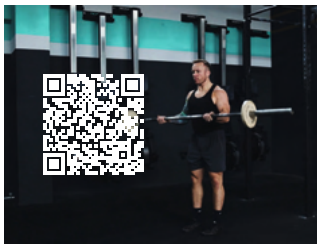
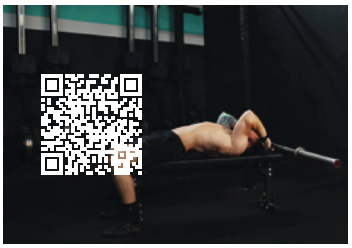
Speed & Power



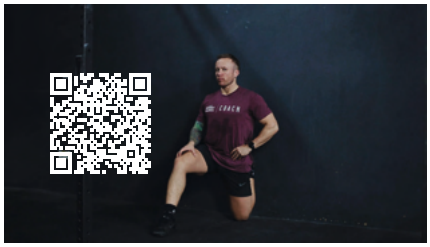
Strength Intensity & Power Volume

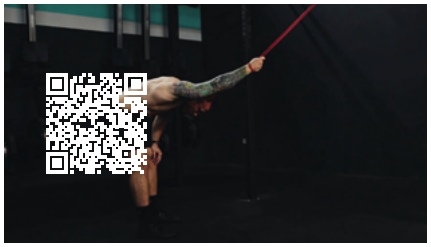
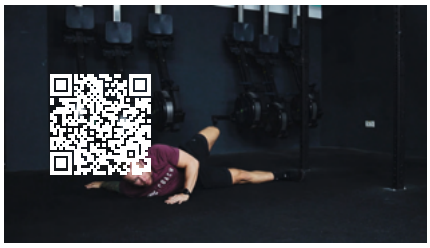




Strength Conditioning

COOLDOWN



POWERLIFTING

5D/W - W6D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
0:30 Wall Facing Handstand Hold
10/Side See Saw Bench Press
10 Pause Goblet Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 5x5 @ 85%

Rest 2:00 b/t Sets

Power Conditioning

5 Sets
10/8 Cal Echo Bike Sprint
10 Plyo Push Ups

Rest 2:00-3:00 b/t Sets

Strength Accessory

3 Sets for Quality:
10-12/Side Hand Supported Kossack Squats
12-15 Incline Dumbbell Bench Press

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Shinbox Good Mornings
10/Side Scorpion Stretch Switch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

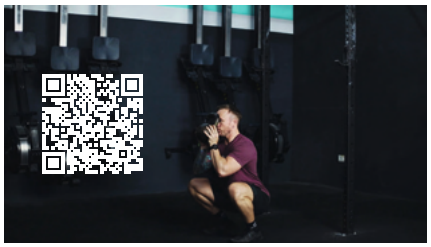
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

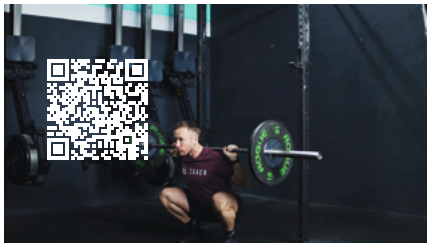
MOVEMENTS

how to -

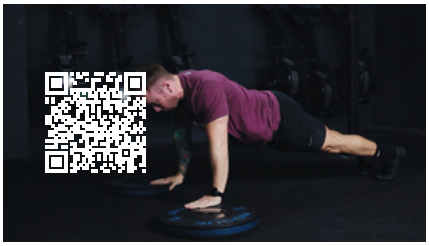
WARMUP



Strength Volume

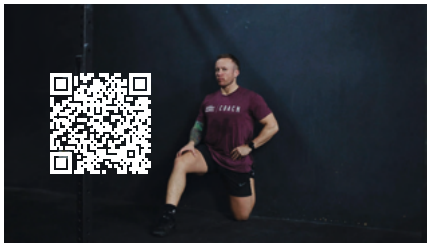


Powewr Conditioning



Strength Accessory

COOLDOWN



POWERLIFTING

5D/W - W6D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Box Jump Overs
10 Kettlebell Taters
10 Black Burns

Speed & Power

EMOM20
1-5 Warmup:
6-10: 3 Hang Power Snatch RPE7
11-15: 2 Low Hang Power Snatch RPE7
16-20: 1 Power Snatch RPE8

Speed & Power 2

EMOM20
1-5 Warmup:
6-10: 3 Hang Power Clean RPE7
11-15: 2 Low Hang Power Clean RPE7
16-20: 1 Power Clean RPE8

Speed & Power 3

Every 3:00; 4-5 Sets
3 Trap Bar Jumps + 3 High Box Jumps

COOLDOWN

0:30/Side Long Lunge
1:00/Side Box Pigeon Stretch
1:00/Side Child's Pose Reach Through
1:00 Plow Pose

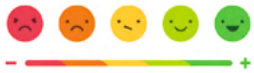
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

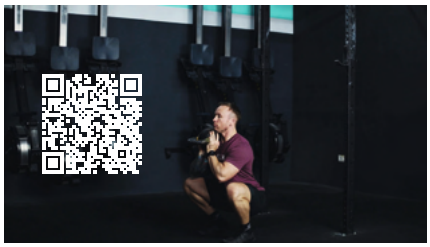
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

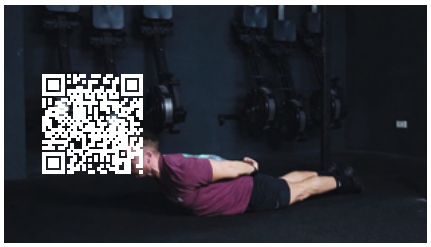


MOVEMENTS

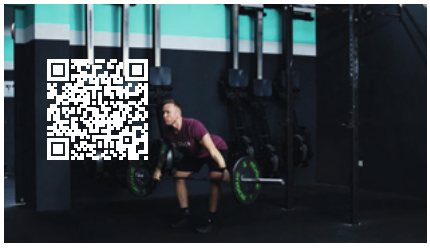
how to -

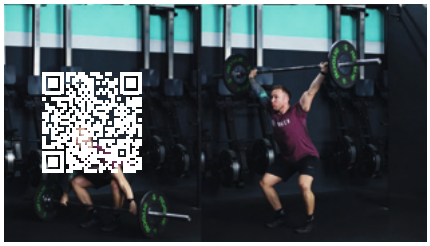
WARMUP

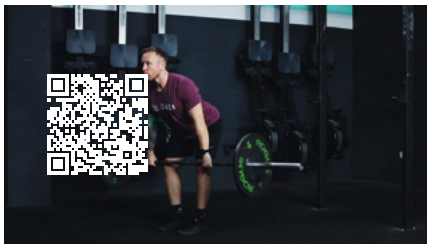


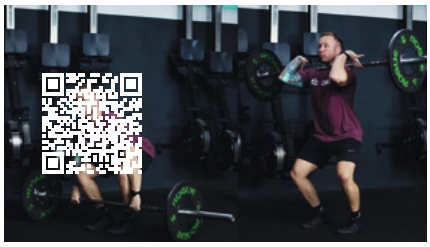


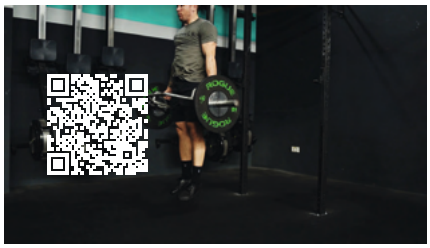
Speed & Power











COOLDOWN

POWERLIFTING

5D/W - W6D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side Tall Kneeling See Saw Shoulder Press
20 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 5x5 @ 85%
Alternierend mit Strict Pullups 5x5 @ 85%*

*+2.5-5kg

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
10 Back Supported Arnold Press
6 Pendlay Rows

Power & Stamina Conditioning

5 Sets
10 Cal/8 Ski Erg
10 Dual Dumbbell Push Press 22.5kg/15kg
10 Supinated Body Rows

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00/Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

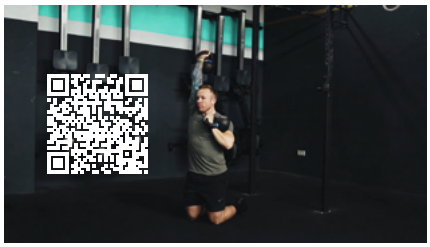
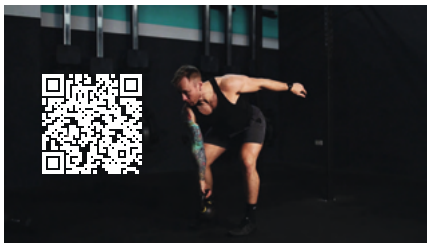
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

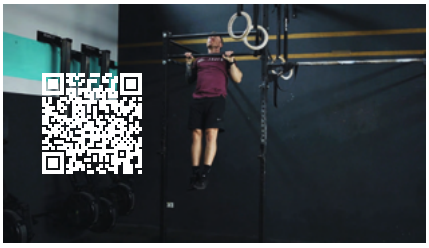
MOVEMENTS

how to -

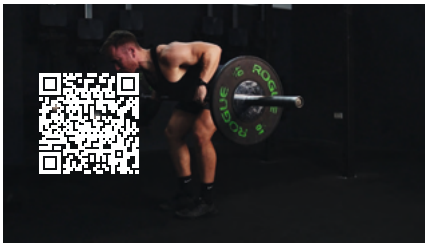
WARMUP

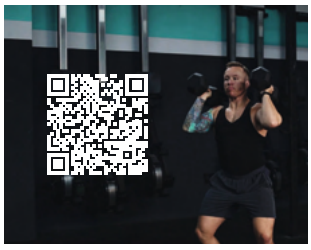
Strength Volume

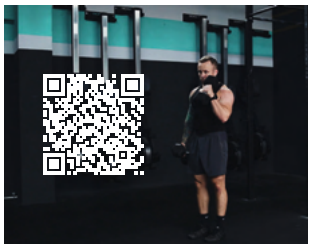
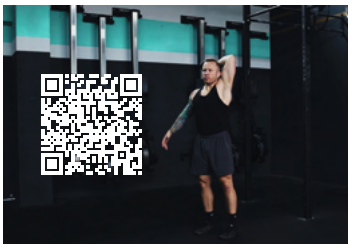


Strength Balance

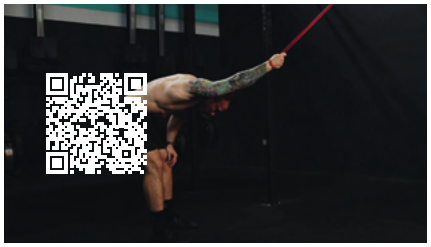


Power & Stamina Conditioning



COOLDOWN



POWERLIFTING

5D/W - W6D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
0:30 Bottom of the Squat Hold /w 5kg Plate
5 Box Jumps

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 4x4 @ 90%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 3 Sets
1-2 Warmup Sets, then:

- 6 Deficit Sumo Deadlifts

Dead Stop. Kein Touch and Go

Strength Accessory

5 Rounds
30m Dual Kettlebell Front Rack Carry
5 Sandbag over Shoulder 70kg/47.5kg
3:00 C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Rollover to Pancake

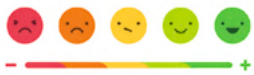
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

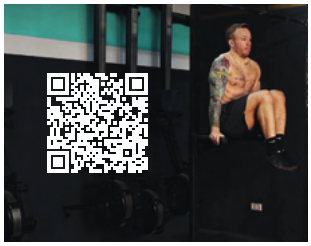
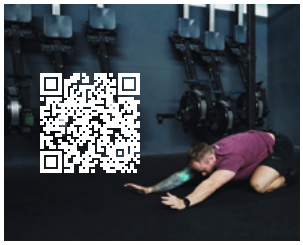
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



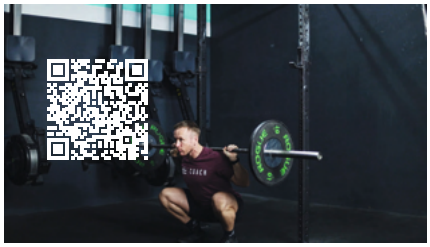
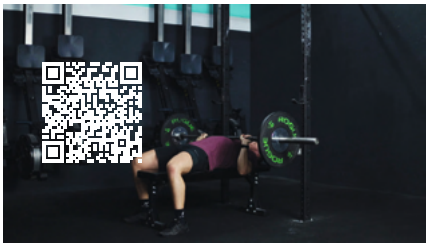
MOVEMENTS

how to -

WARMUP

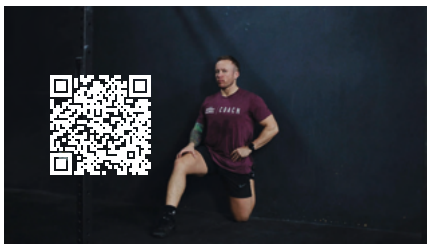



Strength Volume

Strength Accessory

COOLDOWN



POWERLIFTING

5D/W - W6D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 10 Low Switch Kossack Squats 10 Box Jumps + Step Down	
Speed & Power EMOM12 - Alternate Between: 1. 4-5 Depths Box Jumps 2. 3 Power Cleans Power Cleans: Set 1+2: Light Set 3+4: Moderate Set 5+6: Challenging	
Power Intensity Every 3:00 - 6 Sets 3 Push Press 80%-85%	
Strength Volume Every 3:00 - Alternate 5 Sets • 12 Parallel Bar Dips • 8 Pronated Grip Pullups	
Stamina Conditioning Every 3:00 - 5 Sets: 20/16 Cal Row 20 Push Ups Optional: 3 Sets 10-15 Seated Lateral Raises 10-15 Barbell Biceps Curls 10-15 Barbell French Press	
COOLDOWN 1:00/Side Couch Stretch 10/Side Thread the Needle 0:30/Side Banded Lat Stretch 0:30/Side Scorpion Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

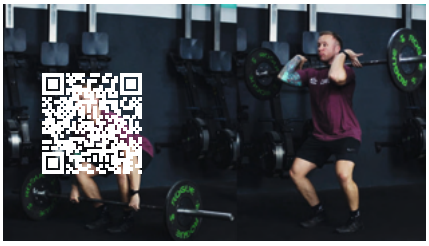
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

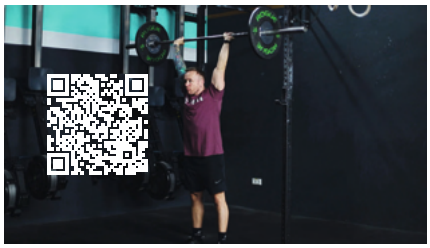
how to -

WARMUP

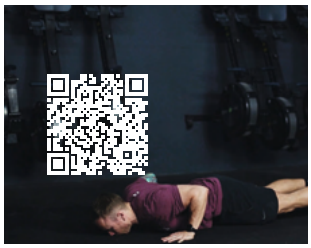
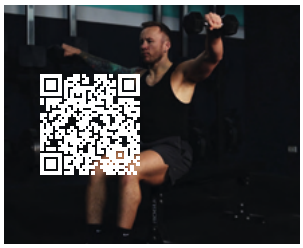
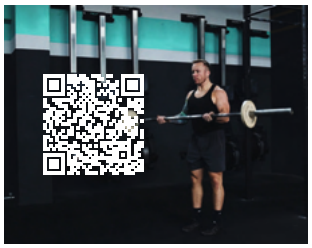
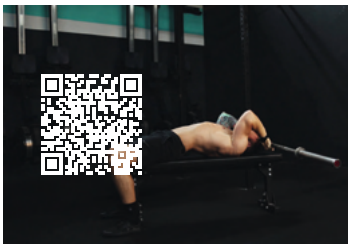
Speed & Power



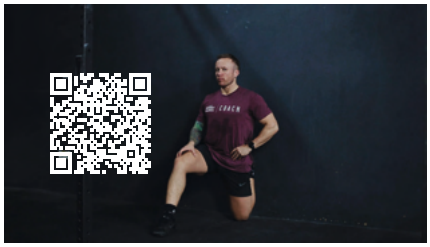
Power Intensity & Strength Volume

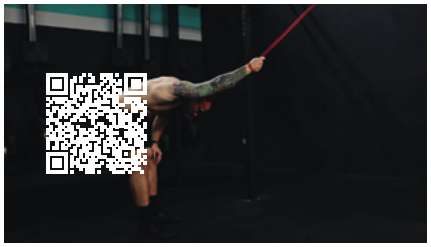
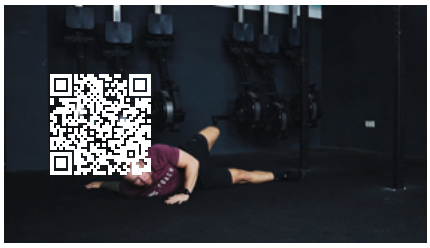


Stamina Conditioning

COOLDOWN



POWERLIFTING

5D/W - W7D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
0:30 Wall Facing Handstand Hold
10/Side See Saw Bench Press
10 Pause Goblet Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 4x4 @ 90%

Rest 2:00 b/t Sets

Power Conditioning

5 Sets
10/8 Cal Ski Sprint
10 Clapping Pushups

Rest 2:00-3:00 b/t Sets

Strength Accessory

3 Sets for Quality:
10 Romanian Deadlifts
12-15 Incline Dumbbell Flies

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Scorpion Stretch Switch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

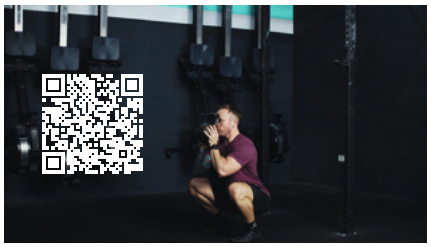
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

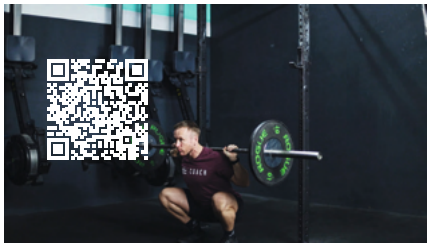
MOVEMENTS

how to -

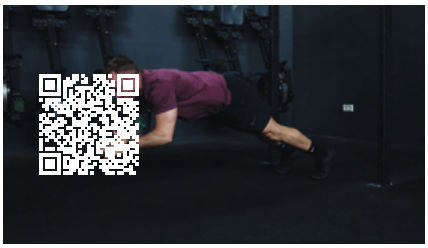
WARMUP



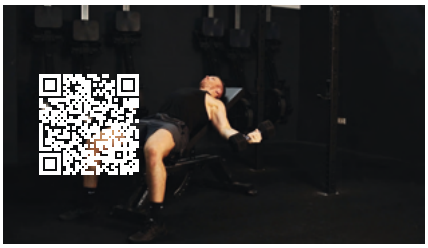
Strength Volume



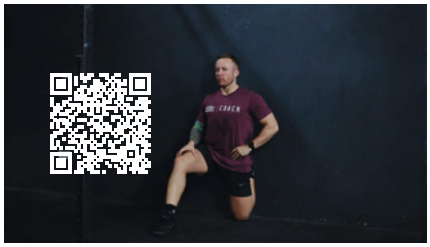
Powewr Conditioning



Strength Accessory



COOLDOWN



POWERLIFTING

5D/W - W7D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
6 Squat Box Jumps
12 Alt. Single Arm Kettlebell Swings
8 Banded YTWs

Speed & Power

EMOM15
1-5 Warmup:
6-15: 3 Power Snatches 70+%

Speed & Power 2

EMOM15
1-5 Warmup:
6-15: 3 Power Cleans 70+%

Speed & Power 3

Every 3:00; 4-5 Sets
5 Banded Back Squats @ 30-40%+Bands

COOLDOWN

0:30/Side Long Lunge
1:00/Side Box Pigeon Stretch
1:00/Side Child's Pose Reach Through
1:00 Plow Pose

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

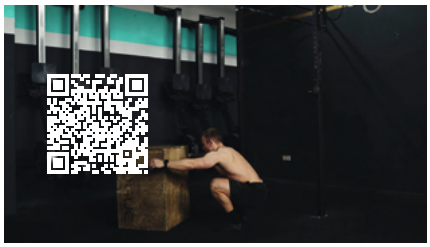
Wie hast du dich gefühlt?

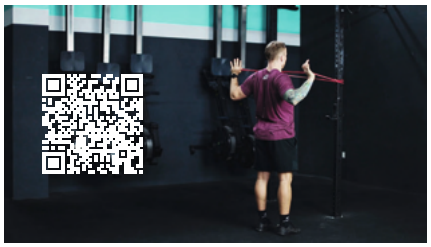
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

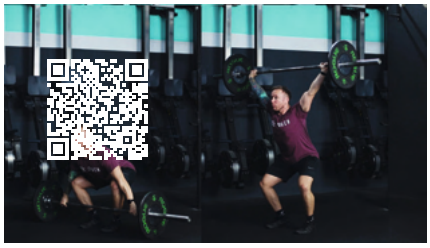
how to -

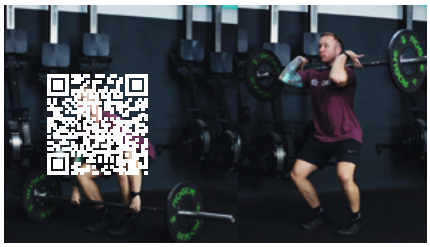
WARMUP

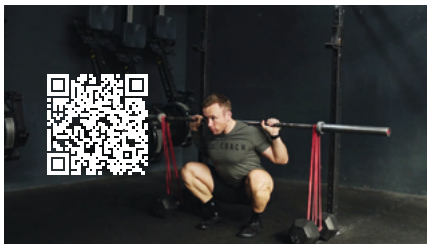




Speed & Power







COOLDOWN

POWERLIFTING

5D/W - W7D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
8/Side Tall Kneeling See Saw Shoulder Press
10 Body Rows
30s Pronated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 4x4 @ 90%
Alternierend mit Strict Pullups 4x4 @ 90%*

*+2.5-5kg

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
12 Back Supported Arnold Press
7 Pendlay Rows

Power & Stamina Conditioning

5 Sets
12 Dual Dumbbell Push Press 22.5kg/15kg
12 Supinated Body Rows
50 Double Unders

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00/Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

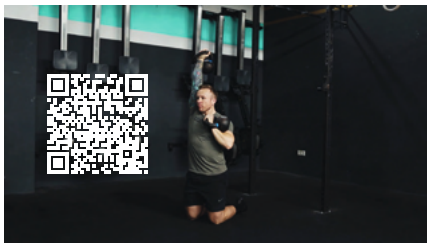
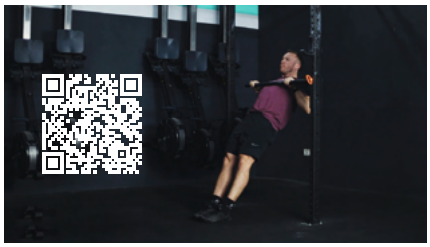
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

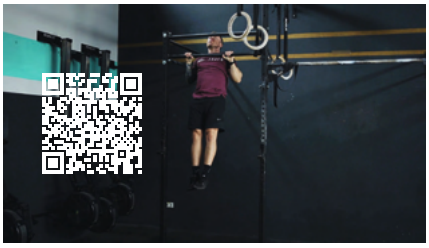
MOVEMENTS

how to -

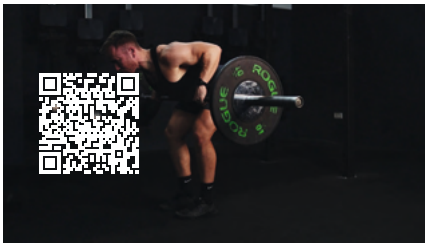
WARMUP

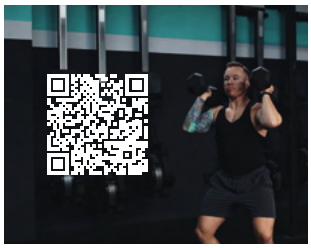
Strength Volume

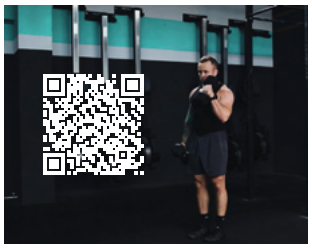
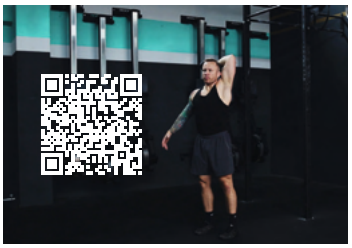


Strength Balance

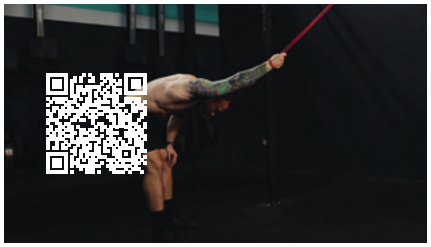


Power & Stamina Conditioning



COOLDOWN



POWERLIFTING

5D/W - W7D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Tuck Hold
10/Side See Saw Bench Press
8 Tempo Pause Goblet Squats
5 Squat Box Jumps

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 3x3 @ 95%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 – 3 Sets
1-2 Warmup Sets, then:
- 8 Deficit Sumo Deadlifts

Dead Stop. Kein Touch and Go

Strength Accessory

5 Rounds
30m Mixed Rack Kettlebell Carry
5 Sandbag to Shoulder 70kg/47.5kg
3:00 C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Rollover to Pancake
10 Thread the Needle

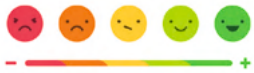
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

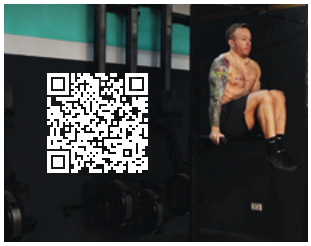
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



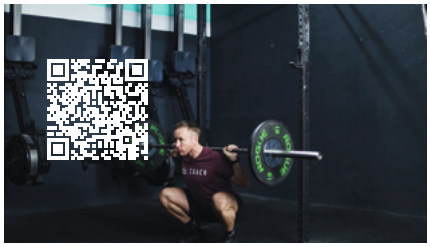
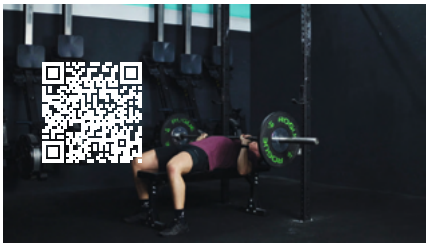
MOVEMENTS

how to -

WARMUP

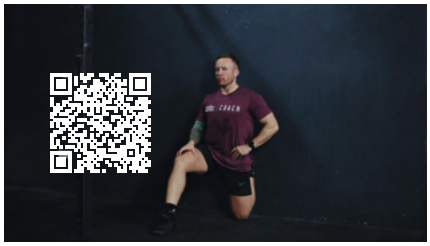


Strength Volume

Strength Accessory

COOLDOWN



POWERLIFTING

5D/W - W7D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
5/Side Hand Supported Kossack Squats
10 Kettlebell Tater

Speed & Power

EMOM12 - Alternate Between:
1. 5 Banded Kettlebell Swings + 5 Box Jumps
2. 2 Power Cleans

Power Cleans:
Set 1+2: Light
Set 3+4: Moderate
Set 5+6: Challenging

Power Intensity

Every 3:00 - 6 Sets
4 Push Press 80%-85%

Strength Volume

Every 3:00 - Alternate 5 Sets
- 14 Parallel Bar Dips
- 10 Pronated Grip Pullups

Stamina Conditioning

Every 3:00 - 5 Sets:
20/16 Cal Ski
20 Push Ups

Optional:
3 Sets
8-10 Lean in Lateral Raises
10-15 Alternating Dumbbell Curls
10-15 Single Arm Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Couch Stretch
10/Side Thread the Needle
0:30/Side Wall Biceps Stretch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

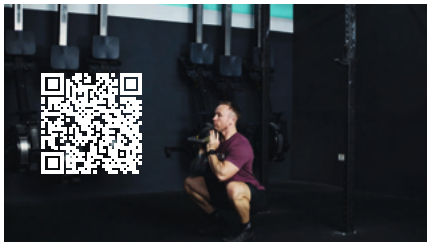
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

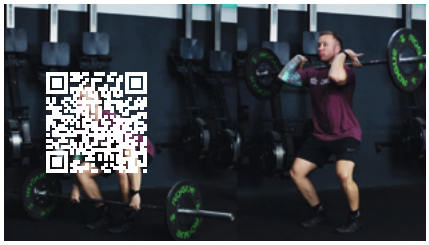
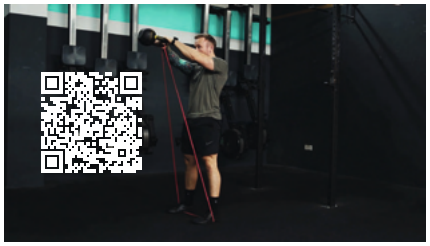
MOVEMENTS

how to -

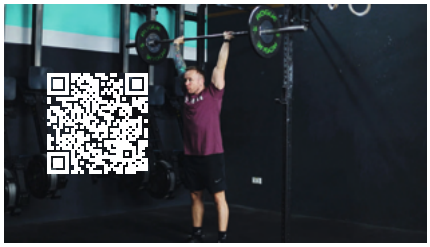
WARMUP

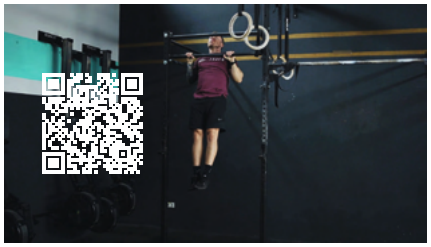


Speed & Power

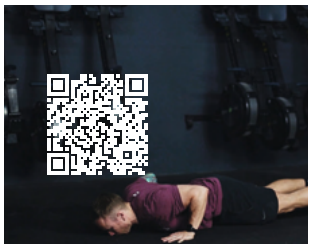



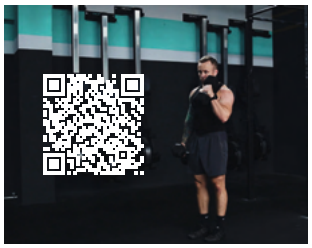
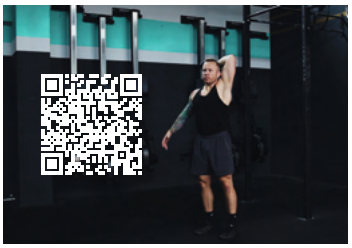
Power Intensity & Strength Volume



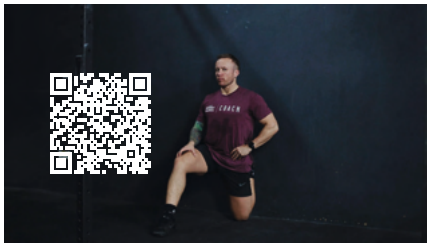


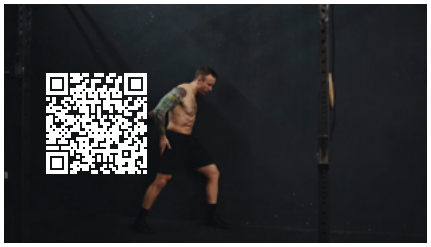
Stamina Conditioning



COOLDOWN





POWERLIFTING

5D/W - W8D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
0:30 Wall Facing Handstand Hold
10/Side Alternating Dumbbell Bench Press
10 Hand Supported Knees over Toes Front Foot elevated Split Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 3x3 @ 95%

Rest 2:00 b/t Sets

Power Conditioning

5 Sets
10/8 Cal Ski Sprint
10 Parallel Bar Dips

Rest 2:00-3:00 b/t Sets

Strength Accessory

3 Sets for Quality:
12 Romanian Deadlifts
12-15 Incline Dumbbell Flies

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Scorpion Stretch Switch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

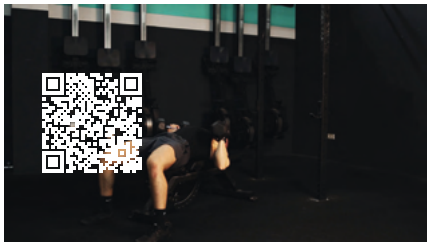
Wie hast du dich gefühlt?

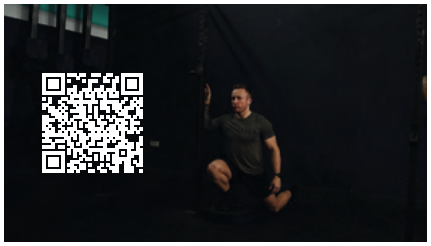
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

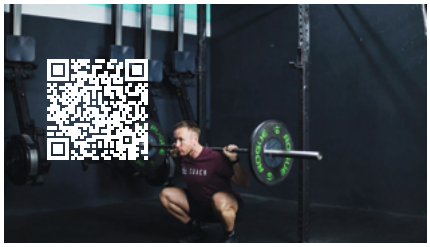
how to -

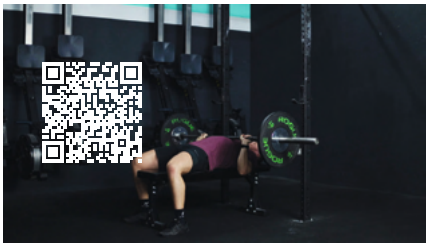
WARMUP





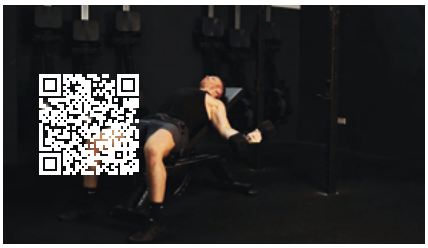
Strength Volume



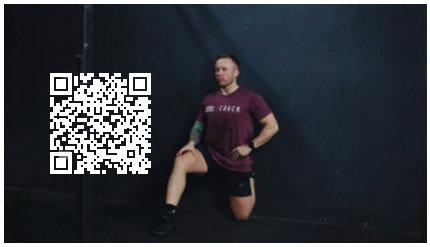


Powewr Conditioning

Strength Accessory



COOLDOWN



POWERLIFTING

5D/W - W8D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Jumping Squats
10 Kettlebell Swings
10 Supinated Body Rows

Speed & Power

EMOM15
1-5 Warmup:
6-15: 2 Power Snatches 80+%

Speed & Power 2

EMOM15
1-5 Warmup:
6-15: 2 Power Cleans 80+%

Speed & Power 3

Every 3:00; 4-5 Sets
5 Banded Back Squats @ 30-40%+Bands

Speed & Power Conditioning

5 Sets
10 Box Jump Over
12-15 Banded Kettlebell Swings 24kg/16kg

Rest 1:30-2:00 b/t Sets

COOLDOWN

0:30/Side Long Lunge
1:00/Side Box Pigeon Stretch
1:00/Side Child's Pose Reach Through
1:00 Plow Pose

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

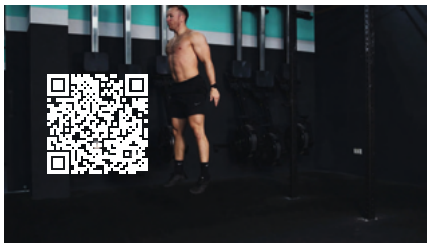
Wie hast du dich gefühlt?

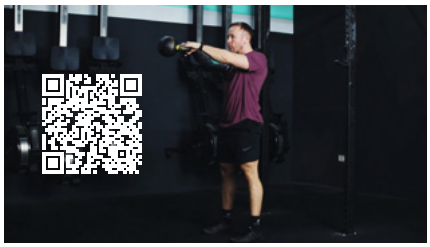
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

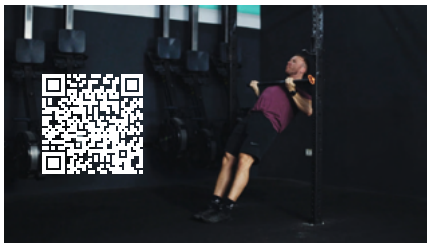
MOVEMENTS

how to -

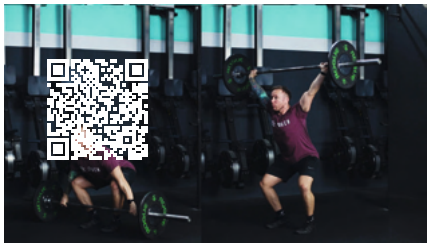
WARMUP

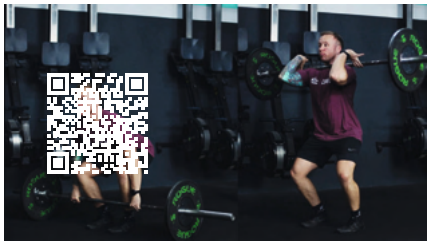


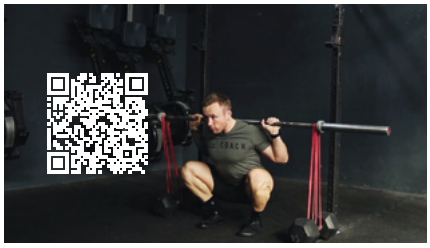




Speed & Power







Speed & Power Conditioning

COOLDOWN

POWERLIFTING

5D/W - W8D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
8/Side Tall Kneeling DB Presses
4/Side Tall Kneeling DB Windmills
16 Ballistic Rows (8 per Side)

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 3x3 @ 95%
Alternierend mit Strict Pullups 3x3 @ 95%*

*+2.5-5kg

Rest 2:00 b/t Sets

Strength Balance

Every 4:00 – 4 Giant Sets
5 Banded Bench Press 30-40% + Red Band
10 Back Supported Dumbbell Shoulder Press
5 Pendlay Rows +5-10kg

Power & Stamina Conditioning

5 Sets
6 Dual Dumbbell Deadlifts
6 Dual Dumbbell Hang Power Cleans
6 Dual Dummbell Rack Box Step Ups

Rest 1:30 b/t Sets

Into:
Every 3:00 – 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00 Banded Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

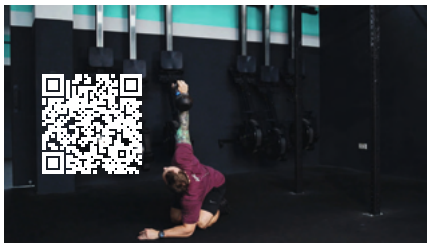
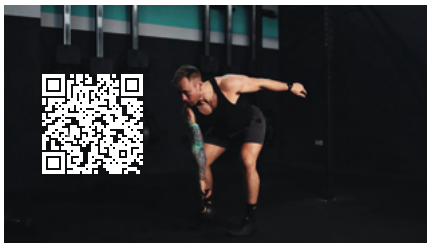
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

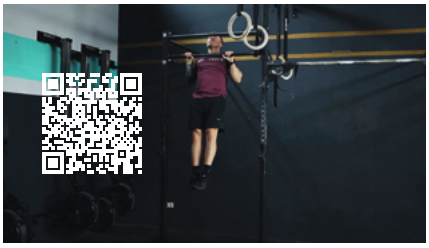
MOVEMENTS

how to -

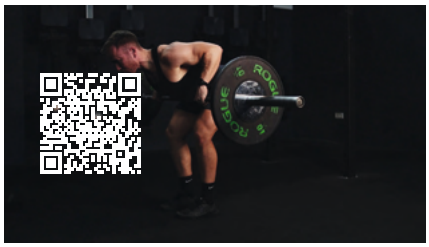
WARMUP

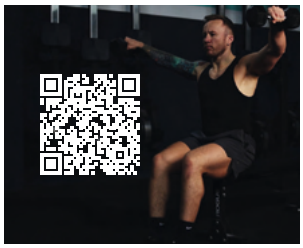
Strength Volume

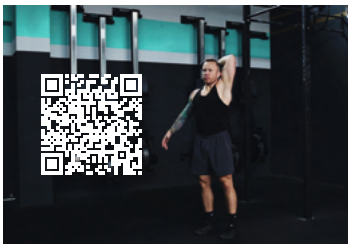


Strength Balance

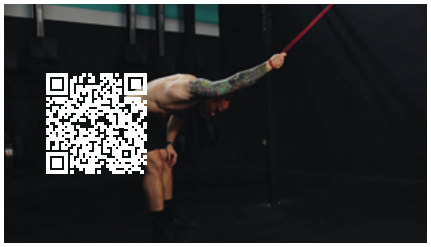


Power & Stamina Conditioning





COOLDOWN



POWERLIFTING

5D/W - W8D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Tuck Hold
10/Side See Saw Bench Press
8 Tempo Pause Goblet Squats
5 Squat Box Jumps

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 2x2 @ 100%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 3 Sets
1-2 Warmup Sets, then:

- 10 Deficit Sumo Deadlifts

Dead Stop. Kein Touch and Go

Strength Accessory

5 Rounds
5 Sandbag to Shoulder 70kg/47.5kg
5 Sandbag Bearhug Squats 70kg/47.5kg
15m Sandbag Bearhug Carry 70kg/47.5kg
3:00 C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Rollover to Pancake
10 Thread the Needle

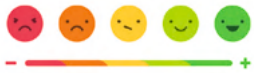
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

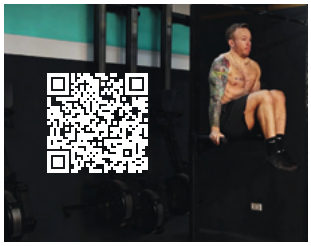
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



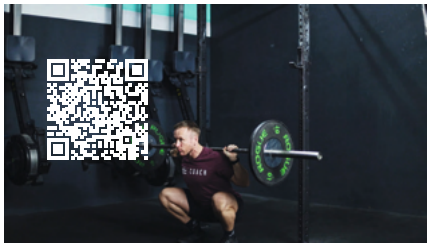
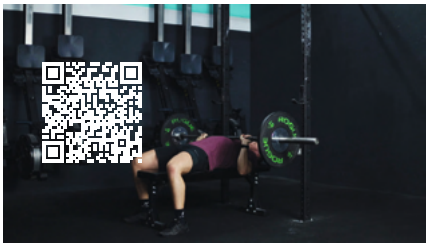
MOVEMENTS

how to -

WARMUP

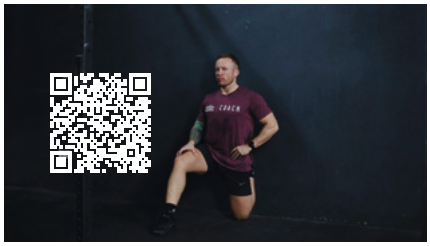


Strength Volume

Strength Accessory

COOLDOWN



POWERLIFTING

5D/W - W8D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
6/Side Kossack Squats
10 Kettlebell Tater

Speed & Power

EMOM12 - Alternate Between:
1. 10 Alternating Single arm Kettlebell Snatches
2. 1 Power Clean

Power Cleans:
Set 1+2: Light
Set 3+4: Moderate
Set 5+6: Challenging

Power Intensity

Every 3:00 - 6 Sets
3 Push Press 85%-90%

Strength Volume

Every 3:00 - Alternate 5 Sets
- 20 Close Grip Bench Press
- 10 Pronated Grip Pullups

Stamina Conditioning

Every 3:00 - 5 Sets:
12/9 Cal Ski
6 Devil Presses 22.5kg/15kg

Optional:
3 Sets
8-10 Seated Lateral Raises
10-15 Alternating Hammer Curls
15-20 Banded Triceps Extensions

COOLDOWN

1:00/Side Couch Stretch
10/Side Scorpion Stretch Switch
0:30/Side Wall Biceps Stretch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

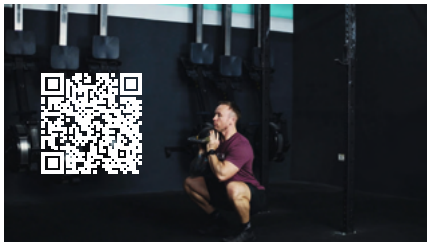
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

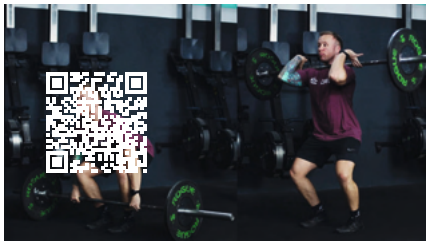
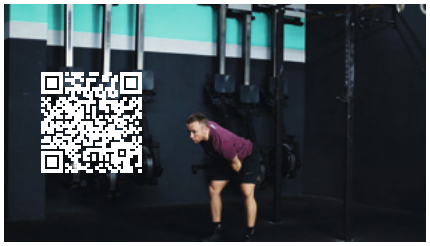
MOVEMENTS

how to -

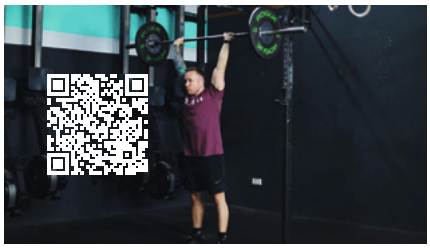
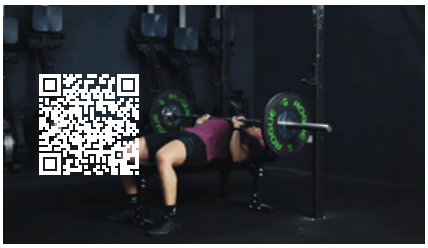
WARMUP



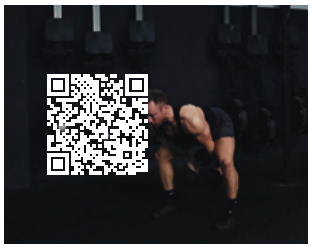
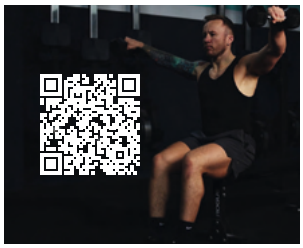
Speed & Power

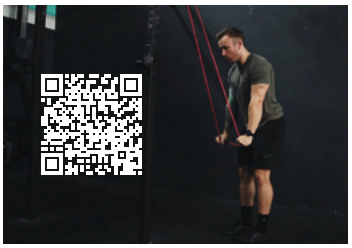



Power Intensity & Strength Volume

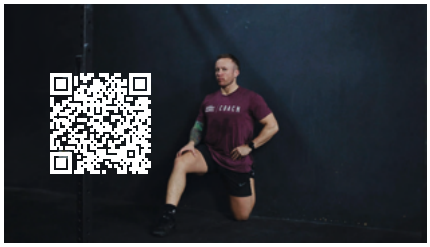



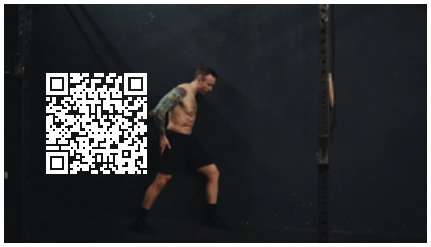
Stamina Conditioning



COOLDOWN





POWERLIFTING

5D/W - W9D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
0:30 Wall Facing Handstand Hold
10/Side Alternating Dumbbell Bench Press
10 Hand Supported Knees over Toes Front Foot elevated Split Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 2x2 @ 100%

Rest 2:00 b/t Sets

Power Conditioning

5 Sets
10/8 Cal Ski Sprint
8 Kettlebell Burpees 2x24kg/2x16kg

Rest 2:00-3:00 b/t Sets

Strength Accessory

3 Sets for Quality:
8 Deficit Deadlifts*
12-15 Incline Dumbbell Flies

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Scorpion Stretch Switch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

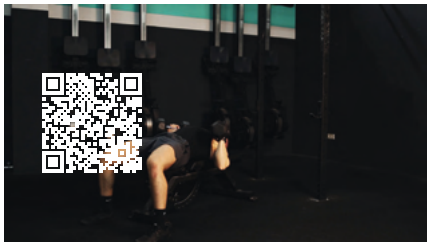
Wie hast du dich gefühlt?

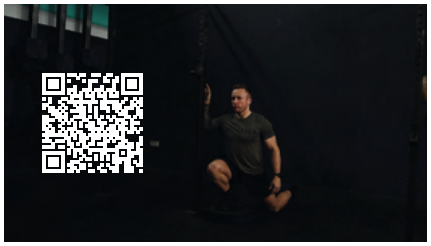
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

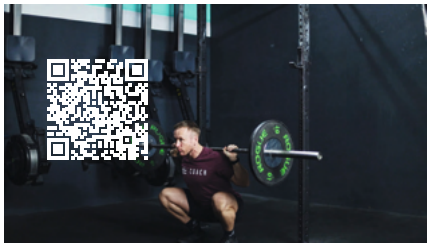
how to -

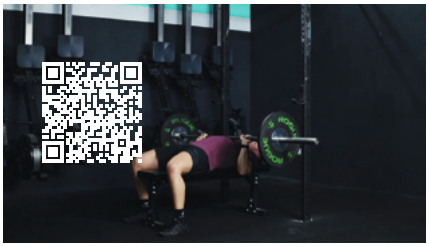
WARMUP



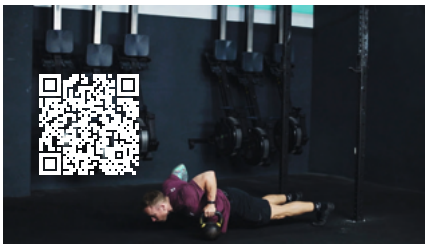


Strength Volume

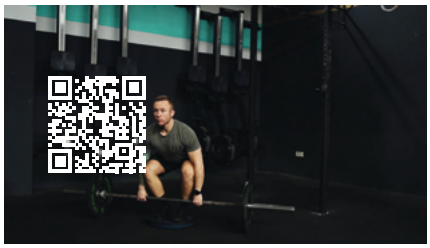


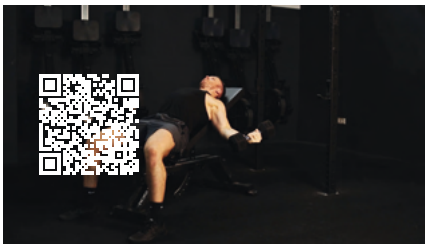


Powewr Conditioning

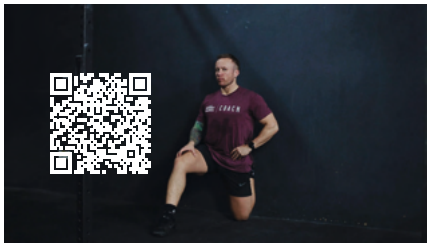


Strength Accessory





COOLDOWN



POWERLIFTING

5D/W - W9D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Jumping Squats
10 Kettlebell Swings
10 Supinated Body Rows

Speed & Power

EMOM15
1-5 Warmup:
6-15: 1 Power Snatch 90+%

Speed & Power 2

EMOM15
1-5 Warmup:
6-15: 1 Power Clean 90+%

Speed & Power 3

Every 3:00; 4-5 Sets
5 Banded Back Squats @ 30-40%+Bands +5-10kg

Speed & Power Conditioning

5 Sets
10 Box Jump Over
12-15 Banded Kettlebell Swings 24kg/16kg

Rest 1:30-2:00 b/t Sets

COOLDOWN

0:30/Side Long Lunge
1:00/Side Box Pigeon Stretch
1:00/Side Child's Pose Reach Through
1:00 Plow Pose

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

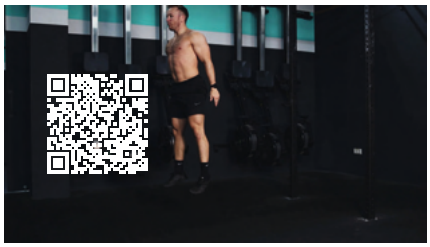
Wie hast du dich gefühlt?

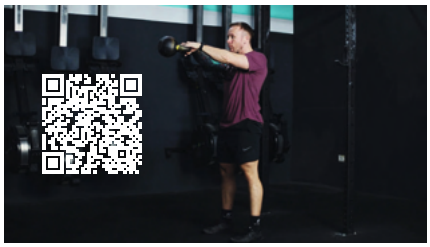
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

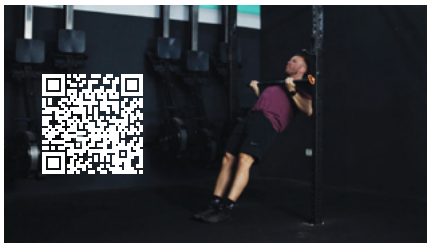
MOVEMENTS

how to -

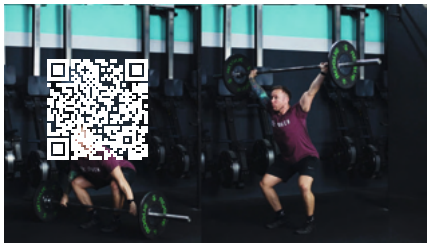
WARMUP

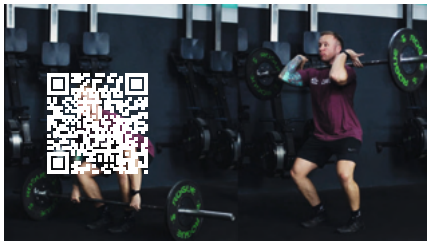


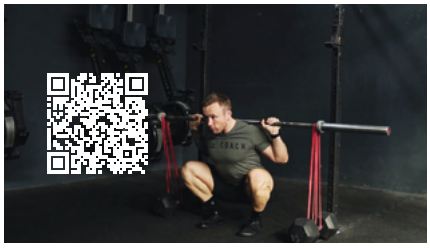




Speed & Power







Speed & Power Conditioning

COOLDOWN

POWERLIFTING

5D/W - W9D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20s Hard Row
10/Side Half Kneeling Windmill Presses
16 Ballistic Rows (8 per Side)

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 2x2 @ 100%
Alternierend mit Strict Pullups 2x2 @ 100%*

*+2.5-5kg

Rest 2:00 b/t Sets

Strength Balance

Every 4:00 – 4 Giant Sets
5 Banded Bench Press 30-40% + Red Band
10 Back Supported Dumbbell Shoulder Press
5 Pendlay Rows +5-10kg

Power & Stamina Conditioning

5 Sets
6 Dual Kettlebell Deadlifts
5 Dual Kettlebell Cleans
4 Dual Kettlebell Snatches

Rest 1:30 b/t Sets

Into:
Every 3:00 – 3 Giant Sets
10 Standing Single Arm Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00 Banded Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

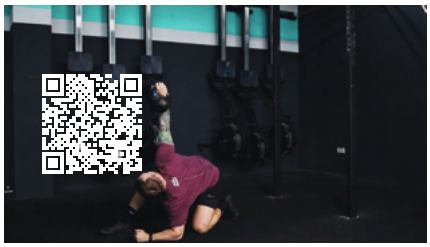
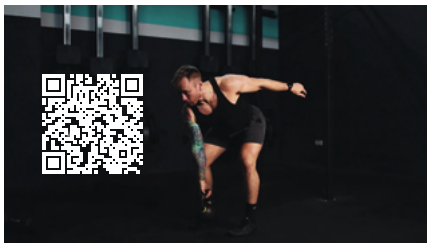
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

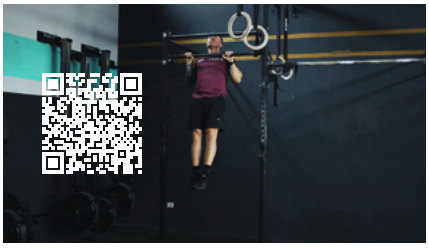
MOVEMENTS

how to -

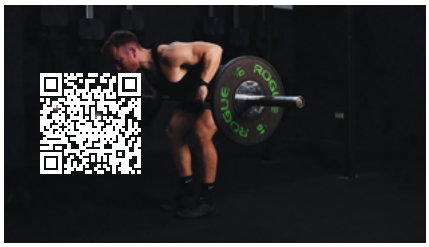
WARMUP

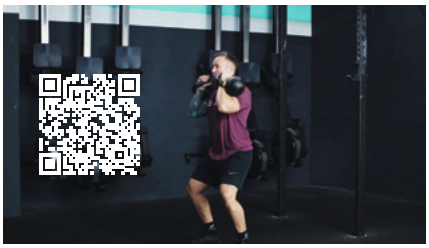
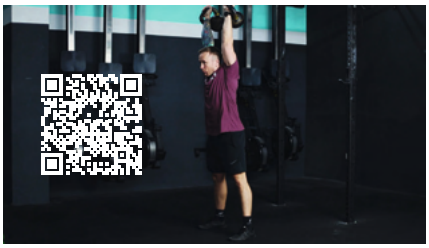
Strength Volume



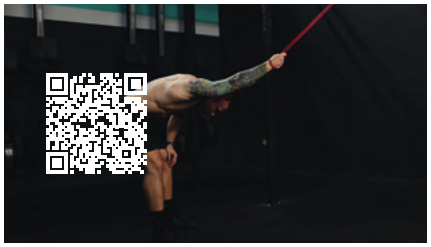
Strength Balance



Power & Stamina Conditioning

COOLDOWN



POWERLIFTING

5D/W - W9D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
10 Kettlebell Swings
10 Banded Good Mornings
10 Goblet Squats
10/Side See Saw Bench Press

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 1x1 @ 105%
Alternierend mit Bench Press 6x2 @ 80%

Rest 2:00 b/t Sets

Strength Volume #2

Every 3:00 - 3 Sets
1-2 Warmup Sets, then:
5 Deadlifts @ 80-90%
Dead Stop

Strength Accessory

5 Rounds
5 Hang Power Cleans 70kg/47.5kg
5 Front Squats 70kg/47.5kg
10/8 Cal C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
20/Side Long Lunge Pulses
10 Thread the Needle

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

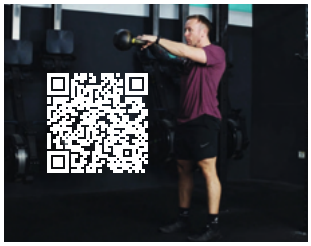
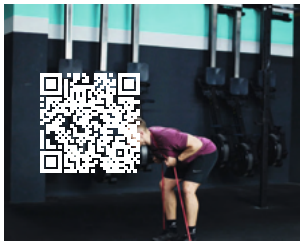
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

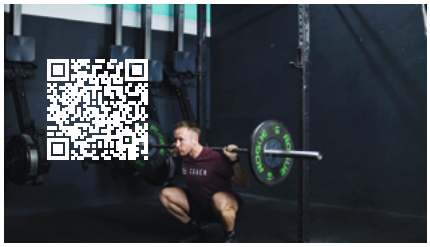
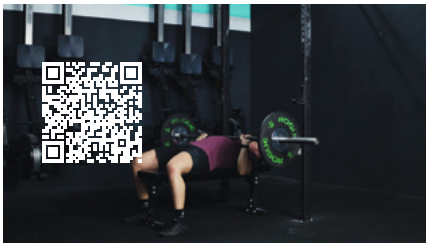
MOVEMENTS

how to -

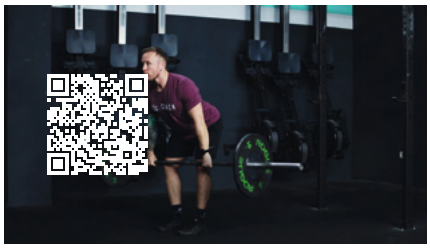
WARMUP

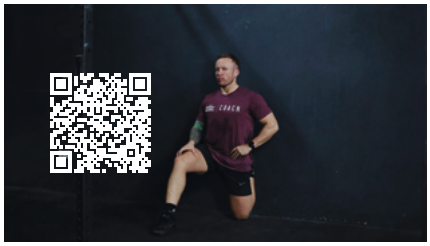
Strength Volume

Strength Accessory



COOLDOWN



POWERLIFTING

5D/W - W9D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
6/Side Kossack Squats
10 Kettlebell Tater

Speed & Power

EMOM12 – Alternate Between:
1. 6 Dual Kettlebell Snatches
2. 1 Power Clean

Power Cleans:
Set 1+2: Light
Set 3+4: Moderate
Set 5+6: Challenging

Power Intensity

Every 3:00 – 6 Sets
2 Push Press 90%-95%

Strength Volume

Every 3:00 – Alternate 5 Sets
- 15 Close Grip Bench Press
- 10 Supinated Grip Pullups

Gewicht erhöhen bei Close Grip Bench Press

Stamina Conditioning

Every 3:00 – 5 Sets:
12/9 Cal Row
12 Single Arm Dumbbell Push Press 30kg/20kg (6L/6R)

Optional:
3 Sets
8-10 Seated Lateral Raises
10-15 Barbell Curls
15-20 Rolling French Press

COOLDOWN

1:00/Side Couch Stretch
10/Side Scorpion Stretch Switch
0:30/Side Wall Biceps Stretch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

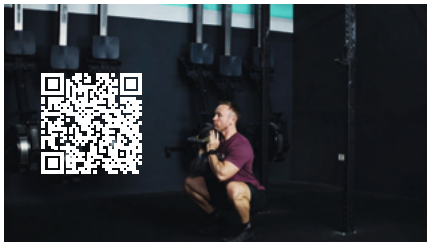
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

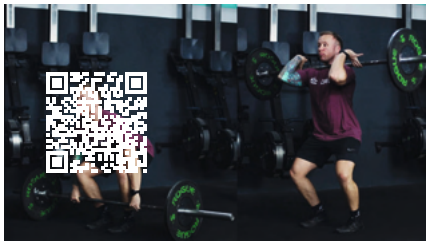
MOVEMENTS

how to -

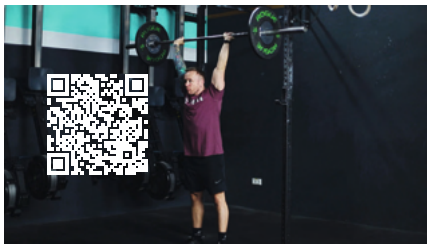
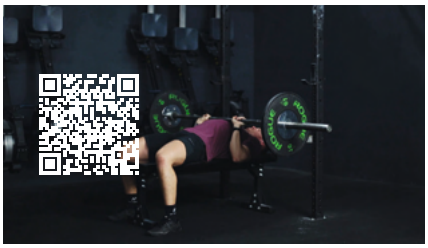
WARMUP



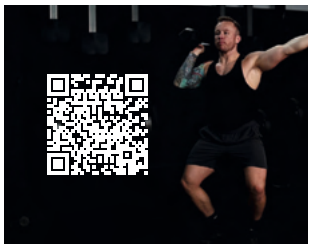
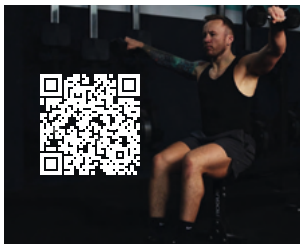
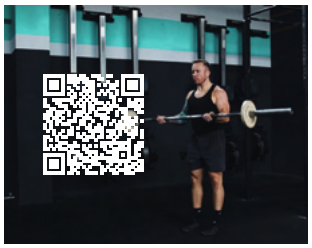
Speed & Power



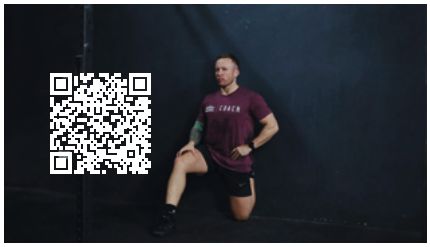
Power Intensity & Strength Volume

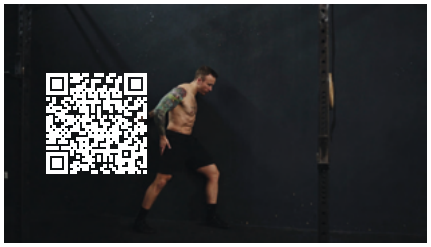



Stamina Conditioning

COOLDOWN





POWERLIFTING

5D/W - W10D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
0:30 Wall Facing Handstand Hold
10/Side Beast to Alternate Leg Through
6/Side Foot elevated Hand Supported Kossack Squats

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 80%
Alternierend mit Bench Press 1x1 @ 105%

Rest 2:00 b/t Sets

Power Conditioning

5 Sets
10/8 Cal Ski Sprint
15 Banded Kettlebell Swings
10 Toes to Bar

Rest 2:00-3:00 b/t Sets

Strength Accessory

3 Sets for Quality:
6 Deficit Deadlifts
15-20 Parallette Pushups

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10/Side Scorpion Stretch Switch
0:30/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

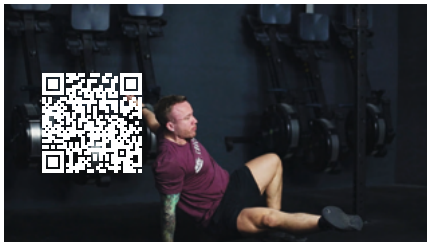
Wie hast du dich gefühlt?

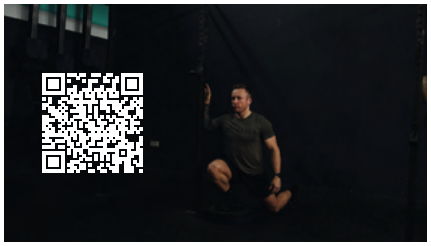
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

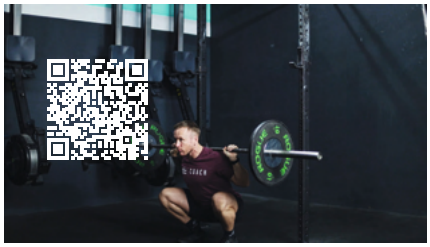
how to -

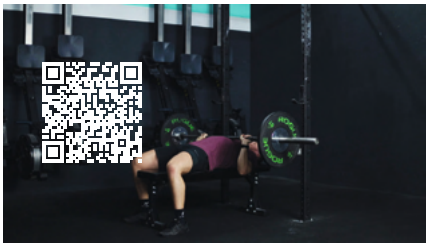
WARMUP



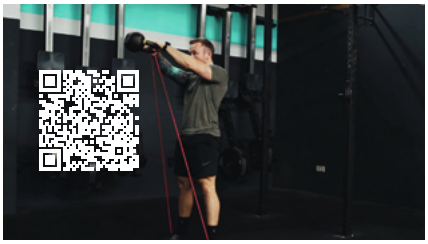


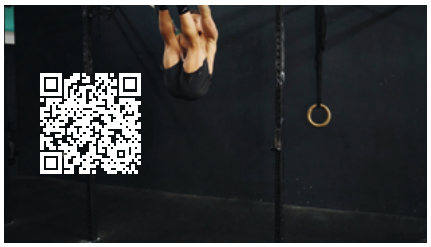
Strength Volume



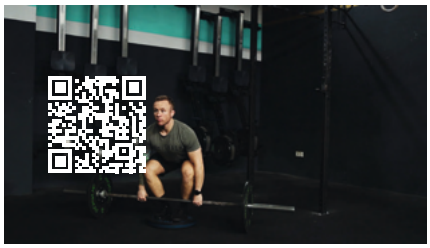


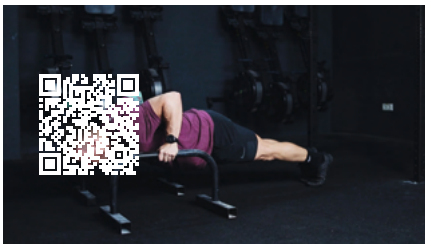
Powewr Conditioning



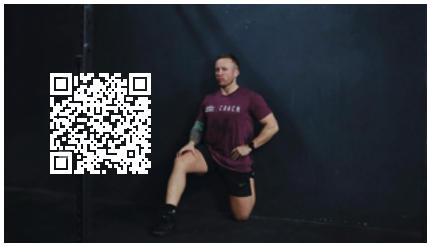


Strength Accessory





COOLDOWN



POWERLIFTING

5D/W - W10D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
12 Banded Pass Throughs
9 Kettlebell Tater
6 Box Jumps + Step Down

Speed & Power

EMOM15
Work up to a 1RM Power Snatch

Speed & Power 2

EMOM15
Work up to a 1RM Power Clean

Speed Balance | Recovery

Every 3:00; 4-5 Sets
10 Cyclist Front Squats 50%-60%
10 GHD Hip Extensions

Stamina Conditioning

5 Rounds
20 Goblet Lunges 24kg/16kg
10 GHD Situps
500m Row

COOLDOWN

0:30/Side Long Lunge
1:00/Side Box Pigeon Stretch
1:00/Side Child's Pose Reach Through
1:00 Plow Pose

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

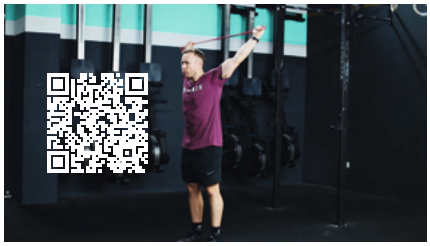
Wie hast du dich gefühlt?

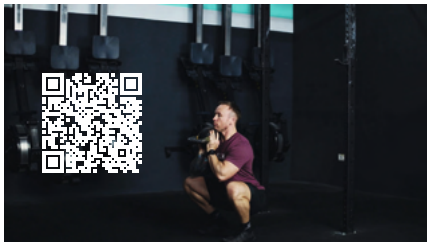
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

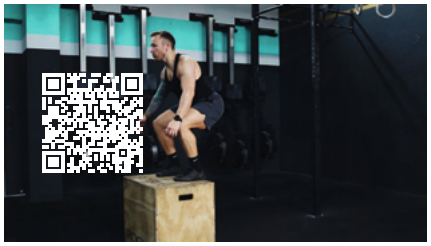
MOVEMENTS

how to -

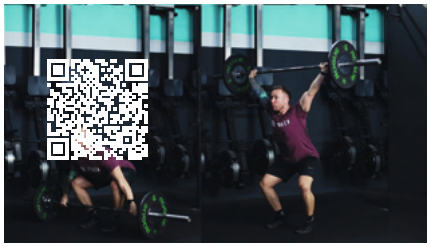
WARMUP

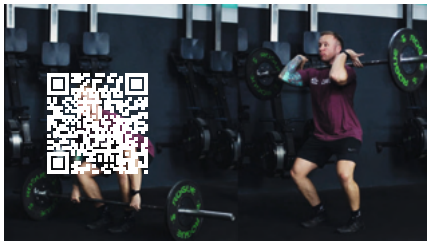




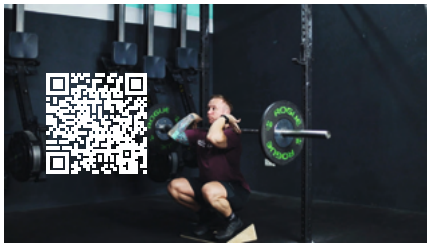


Speed & Power

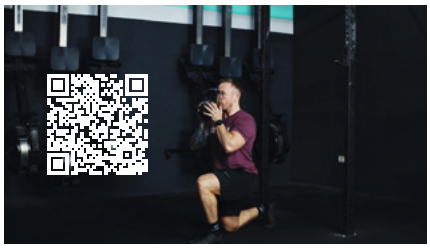


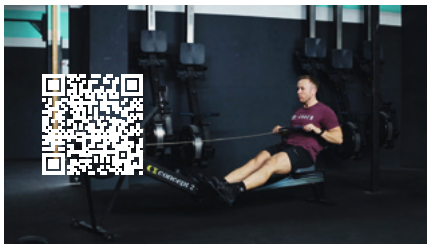


Speed Balance & Recovery

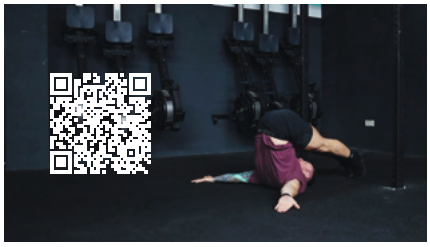


Stamina Conditioning





COOLDOWN



POWERLIFTING

5D/W - W10D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20s Hard Row
6/Side Tall Kneeling Windmill Presses
12 Bent over Dumbbell Row

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press: Find new 1RM
Alternierend mit Strict Pullups: Find new 1RM

Rest 2:00 b/t Sets

Strength Balance

Every 4:00 - 4 Giant Sets
6 Banded Bench Press 30-40% + Red Band
12 Back Supported Dumbbell Shoulder Press
10 Supinated Barbell Rows

Power & Stamina Conditioning

Every 3:00 - 5 Sets
15/12 Cal Row
5 Kettlebell Devil Press 2x24kg/2x16kg

Into:
Every 3:00 - 3 Giant Sets
10 Lean in Lateral Raises
12 Alternating Seated Dumbbell Curls
10 Rolling Dumbbell French Press

COOLDOWN

1:00/Side Wall Biceps Stretch
1:00 Banded Shoulder Extension Stretch
1:00/Side Banded Lat Stretch
1:00/Side Prayer Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

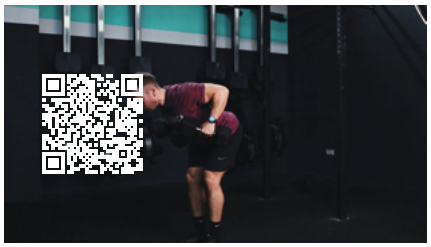
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

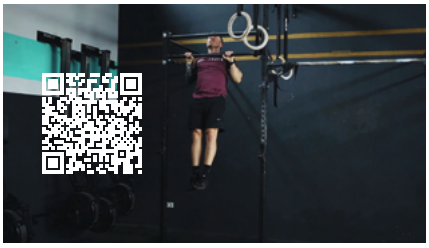
MOVEMENTS

how to -

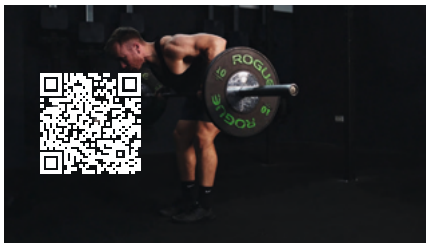
WARMUP



Strength Volume

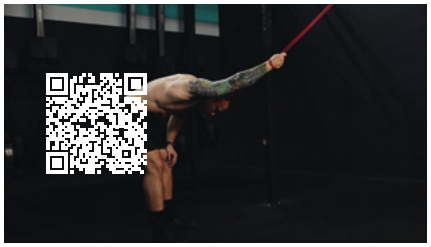


Strength Balance



Power & Stamina Conditioning

COOLDOWN



POWERLIFTING

5D/W - W10D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
10 Kettlebell Swings
10 Banded Good Mornings
10 Goblet Squats
10/Side See Saw Bench Press

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Back Squat 6x2 @ 70%
Alternierend mit Bench Press 6x2 @ 70%

Rest 2:00 b/t Sets

Strength Intensity

Work up to a new 1RM Deadlift

Strength Accessory

5 Rounds
4 Power Cleans 70kg/47.5kg
6 Front Rack Reverse Lunges 70kg/47.5kg
12/9 Cal C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
20/Side Long Lunge Pulses
10 Thread the Needle

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

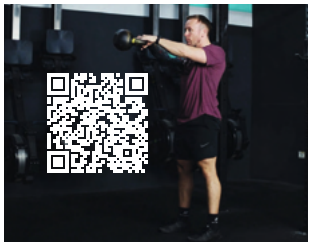
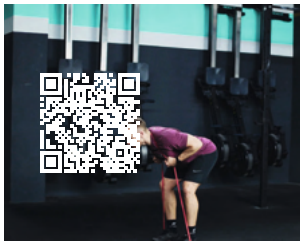
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

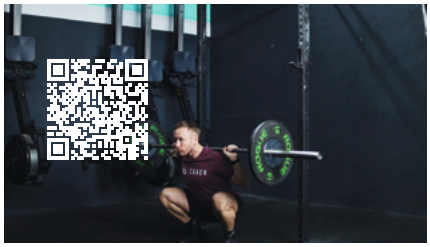
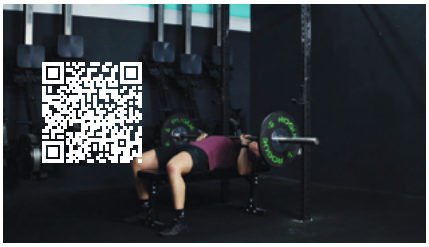
MOVEMENTS

how to -

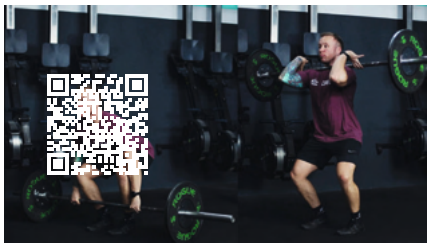
WARMUP

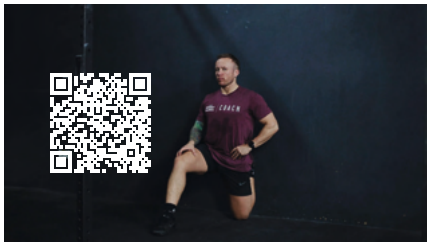
Strength Volume

Strength Accessory



COOLDOWN



POWERLIFTING

5D/W - W10D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 6/Side Kossack Squats 10 Kettlebell Tater	
Speed & Power EMOM12 - Alternate Between: 1. 12 Cal Row 2. 6 Burpee Box Jump Over	
Power Intensity In 15:00 work up to a new 1RM Push Press	
Strength Volume Every 3:00 - Alternate 5 Sets Work up to a new 3RM Weighted Dips Work up to a new 3RM Weighted Strict Pullups Gewicht erhöhen bei Close Grip Bench Press	
Strength Accessory 3 Sets 8-10 Seated Lateral Raises 10-15 Barbell Curls 15-20 Rolling French Press	
COOLDOWN 1:00/Side Couch Stretch 10/Side Scorpion Stretch Switch 0:30/Side Wall Biceps Stretch 0:30/Side Prayer Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

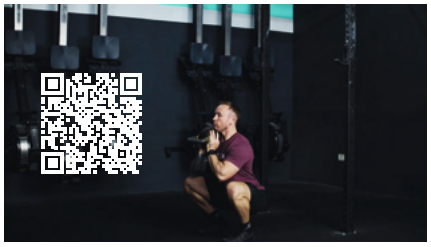
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

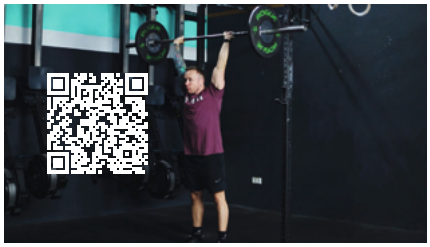
how to -

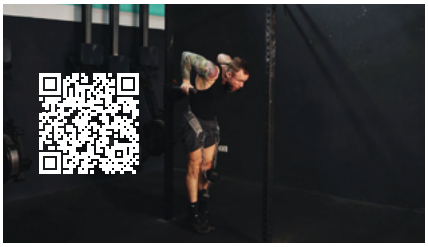
WARMUP



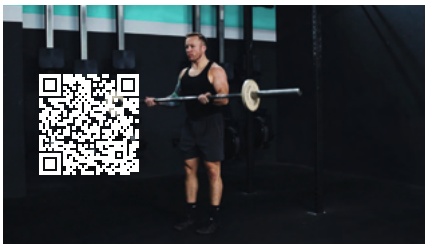
Speed & Power

Power Intensity & Strength Volume

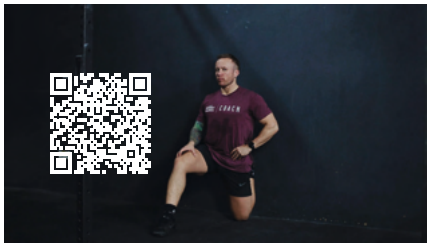


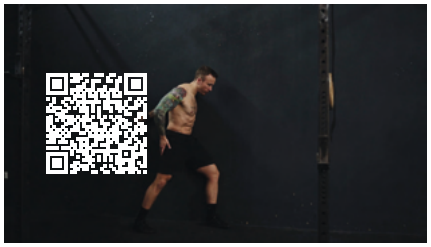


Strength Accessory



COOLDOWN





BODYBUILDING

3D/W - W1D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 8 Back Squats 60%
- 8 Bench Press 60%

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:

12 Romanian Deadlifts
12 Incline Dumbbell Bench Press

Strength Accessory #2

Every 3:00 - 4 Sets
15 Goblet Squats 20X0
12 Push Ups
9 Hanging Tuck Ups

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

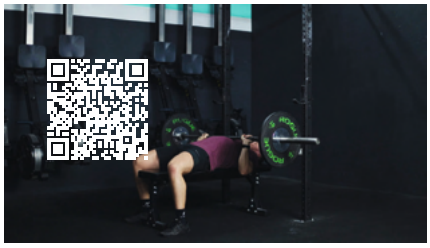
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

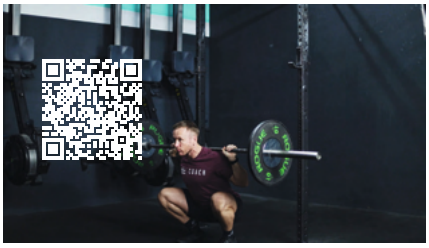
MOVEMENTS

how to -

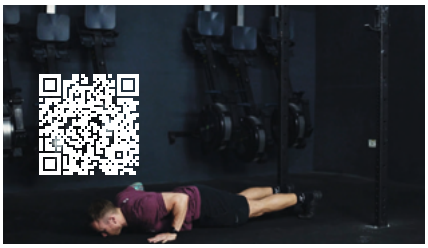
WARMUP

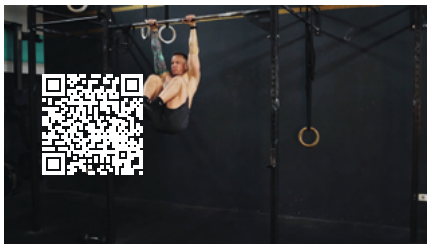
Strength Volume



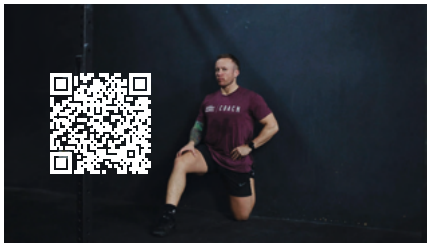


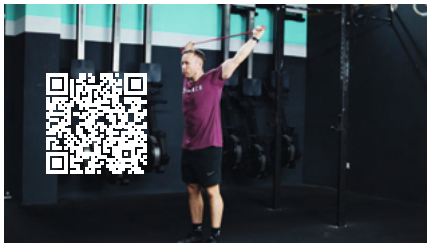
Strength Accessory

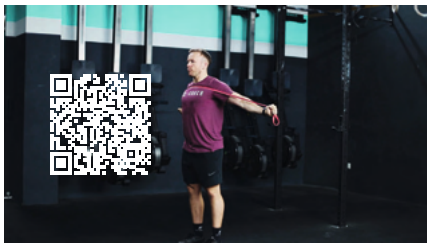




COOLDOWN







BODYBUILDING

3D/W - W1D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20s Hard Row
15 Kettlebell Swings
10 Samson Stretches
5 Push Up to Downward Dog

Strength Volume

Deadlift WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:
- 8 Deadlifts 60%
- 8 Shoulder Press 60%

Strength Balance

3 Sets:
12 Suitcase Walking Lunges

15s Rest

8/side Single Arm Dumbbell Push Press
Rest 2:00 b/t Sets

Strength Accessory

3 Sets:
15 Lateral Raises
12 Barbell Biceps Curls
12 Barbell French Press

COOLDOWN

15 Banded Face Pulls
10 Banded Pull Aparts
15 Banded Good Mornings
10/Side Long Lunges

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

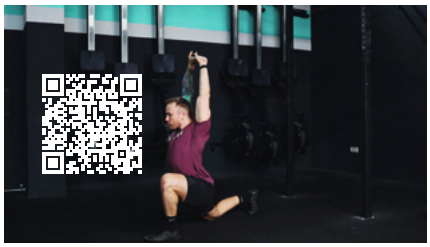
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

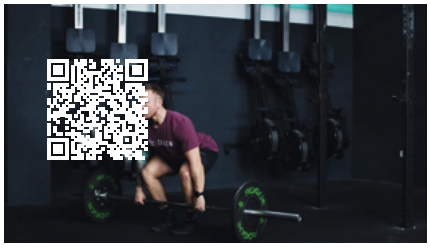
MOVEMENTS

how to -

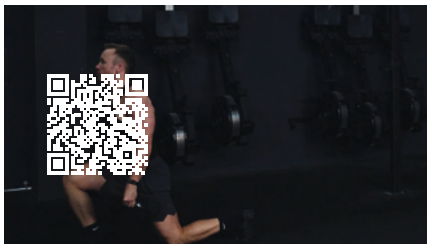
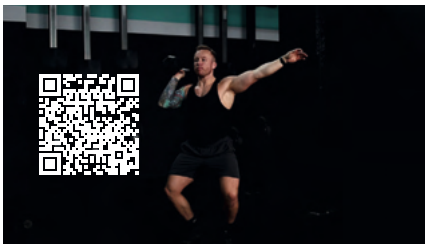
WARMUP



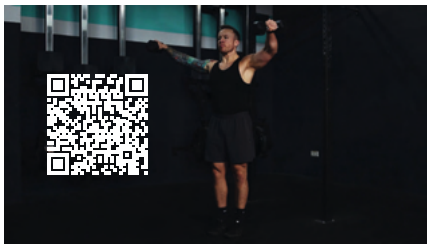
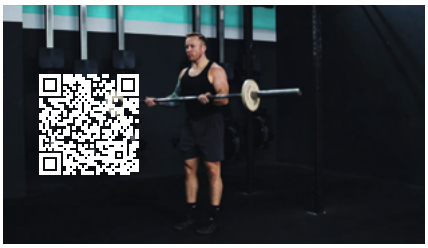
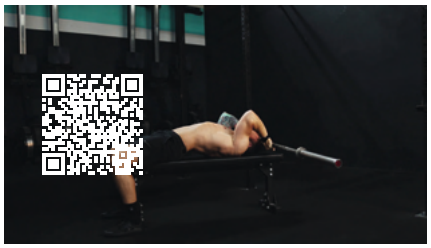
Strength Volume



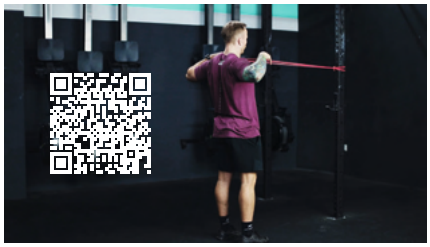
Strength Balance

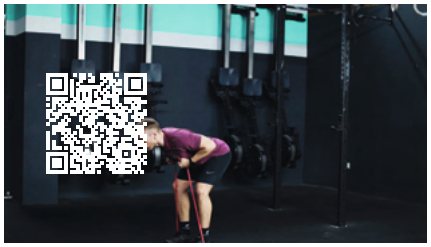



Strength Accessory

COOLDOWN





BODYBUILDING

3D/W - W1D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

10 No Jump Burpees
15 Banded Good Mornings
20 Mountain Climbers

Strength Volume

Close Grip Bench WU Set 1: 10 Reps @ leicht
Front Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 8 Front Squats 60%
- 15 Bench Press

Strength Balance

3 Sets:
6-8 Chinups
10 Back Support DB Shoulder Press

Rest 2:00 b/t Sets

Strength Balance #2

3 Sets:
10 Dumbbell Box Step Ups 20"
10 Hanging Tuck Ups
10 Supinated Ring Row

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

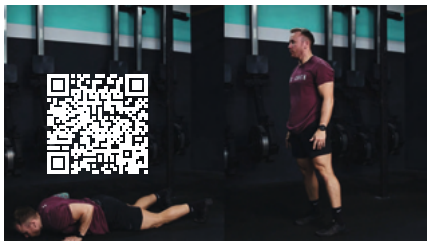
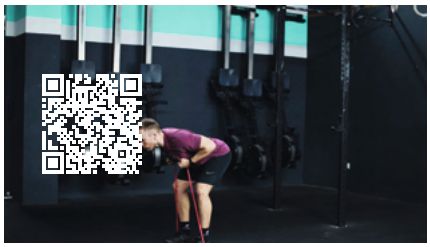
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

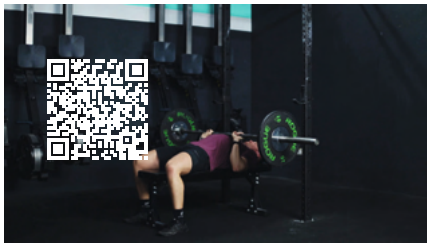
MOVEMENTS

how to -

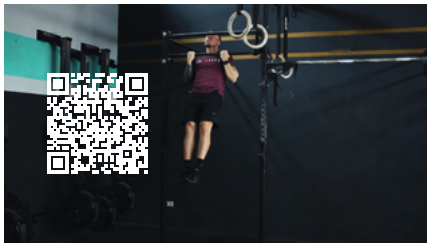
WARMUP

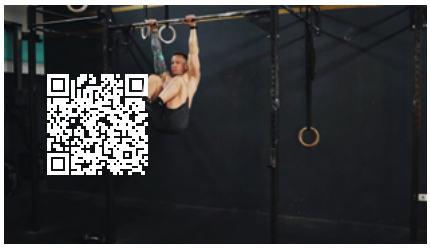



Strength Volume

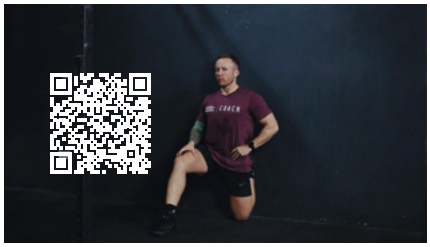


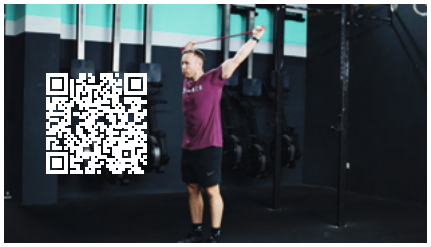
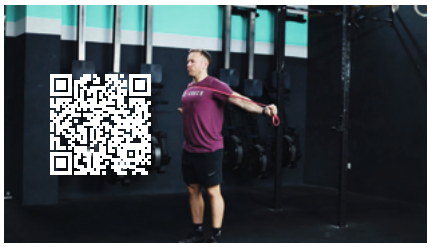
Strength Balance





COOLDOWN



BODYBUILDING

3D/W - W2D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Half Kneeling Windmills
10 Russian Baby Makers
10/Side Kettlebell Rows

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 10 Back Squats
- 10 Bench Press

Dieselbe Last wie letzte Woche

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:

14 Romanian Deadlifts
14 Incline Dumbbell Bench Press´

Dieselbe Last wie letzte Woche

Rest 2:00 b/t Sets

Strength Accessory #2

Every 3:00 - 4 Sets
15 Goblet Squats 30X0
13 Push Ups
11 Hanging Tuck Ups

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

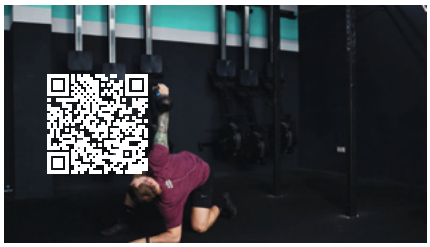
Wie hast du dich gefühlt?

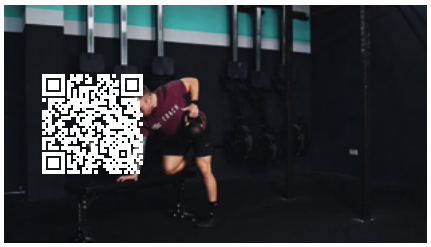
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

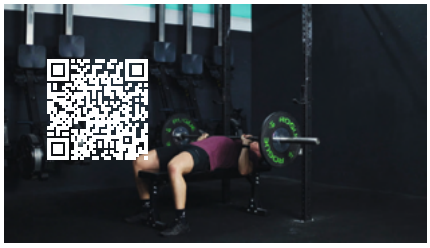
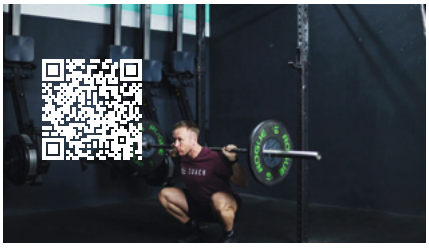
how to -

WARMUP

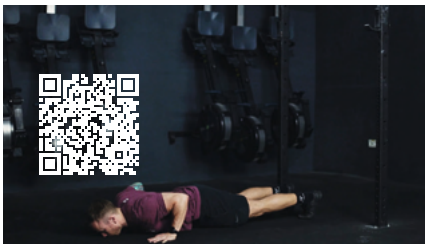
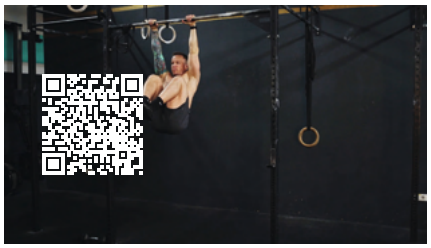




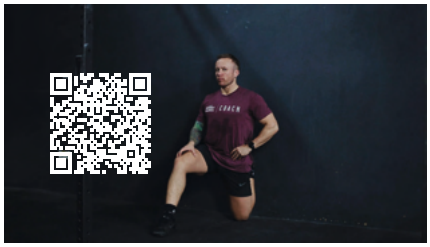
Strength Volume

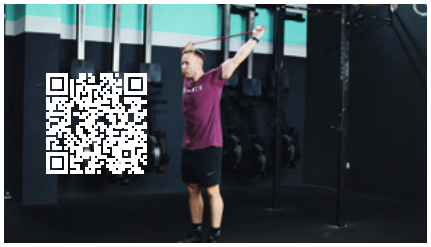
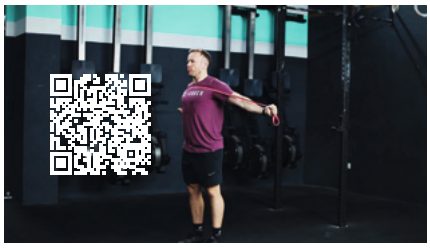



Strength Accessory

COOLDOWN



BODYBUILDING

3D/W - W2D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20s Hard Row
15 Kettlebell Swings
10 Samson Stretches
5 Push Up to Downward Dog

Strength Volume

Deadlift WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:
- 6 Deadlifts
- 10 Shoulder Press

Deadlift: +2.5-5kg zu letzter Woche
Press: Gleiche Last

Strength Balance

3 Sets:
14 Suitcase Walking Lunges
15s Rest
9/side Single Arm Dumbbell Push Press

Rest 2:00 b/t Sets
Gleiche Last

Strength Accessory

3 Sets:
15 Lateral Raises
12 Barbell Biceps Curls
12 Barbell French Press

+1 Rep oder +2.5kg

COOLDOWN

0:45s Shoulder Ext. Stretch
0:45s Wall Biceps Stretch
10/Side Long Lunges
10/Side Shinbox Good Morning

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

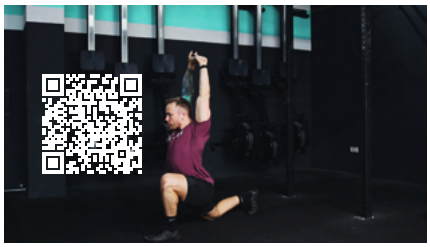
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

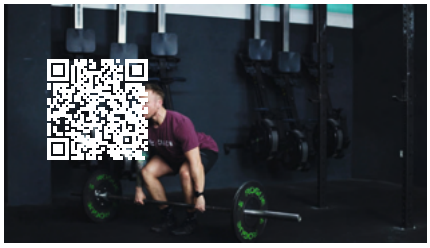
MOVEMENTS

how to -

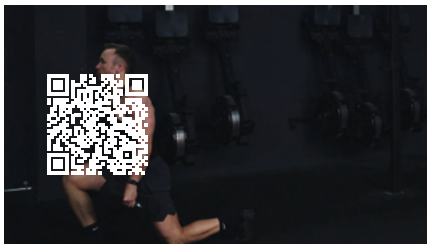
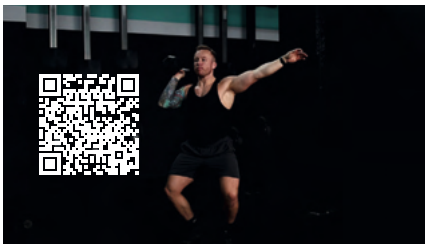
WARMUP



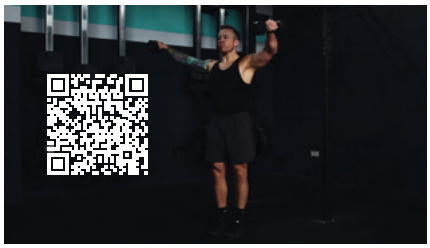
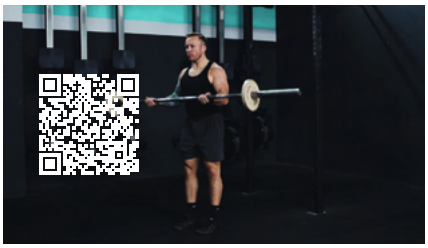
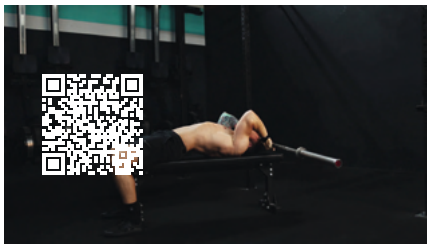
Strength Volume



Strength Balance

Strength Accessory

COOLDOWN

BODYBUILDING

3D/W - W2D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

10 Down Ups
15 Banded Good Mornings
30s Plank Shoulder Taps

Strength Volume

Close Grip Bench WU Set 1: 10 Reps @ leicht
Front Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 10 Front Squats
- Close Grip 15 Bench Press

Squats: Dieselbe Last wie letzte Woche
Bench: +2.5-5kg zu letzter Woche

Strength Balance

3 Sets:
7-9 Chinups
12 Back Support DB Shoulder Press

Rest 2:00 b/t Sets

Rest 2:00 b/t Sets

Strength Balance #2

3 Sets:
12 Dumbbell Box Step Ups 20"
12 Hanging Tuck Ups
12 Supinated Ring Row

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

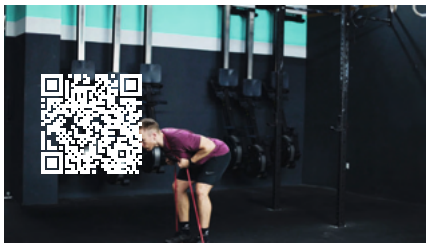
Wie hast du dich gefühlt?

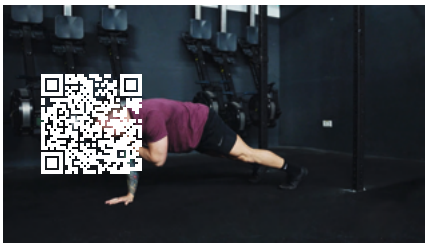
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

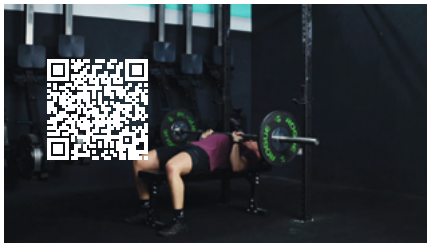
how to -

WARMUP

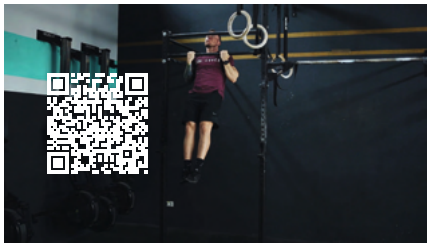


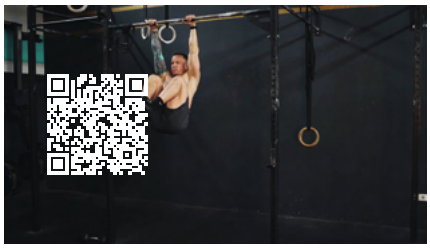


Strength Volume

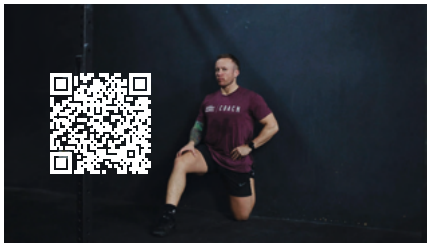


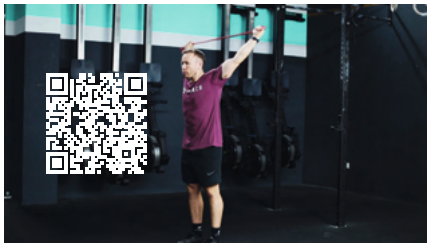
Strength Balance

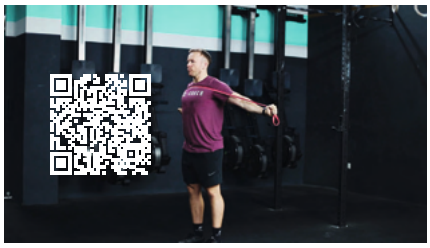




COOLDOWN







BODYBUILDING

3D/W - W3D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 12 Back Squats
- 12 Bench Press
- Dieselbe Last wie letzte Woche

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:
14 Romanian Deadlifts
14 Incline Dumbbell Bench Press

Dieselbe Last wie letzte Woche

Rest 2:00 b/t Sets

Strength Accessory #2

4 Rounds
20/16 Cal C2B Bike
15 Goblet Squats
20 Cal Bike
15 Push Ups
20 Cal Bike
15 Turkish Situps

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

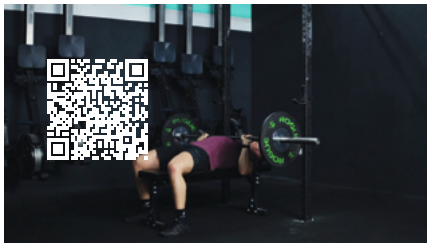
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

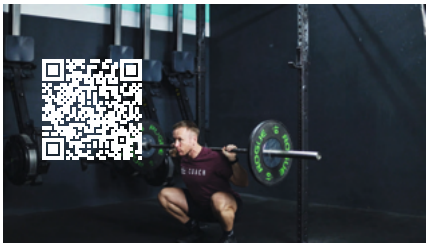
MOVEMENTS

how to -

WARMUP

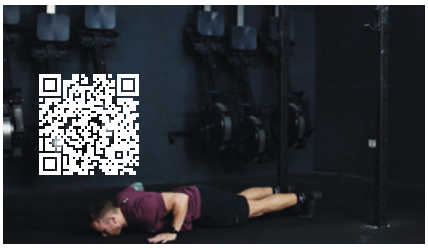
Strength Volume

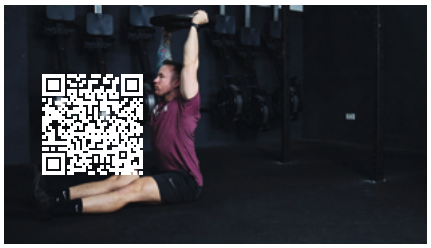


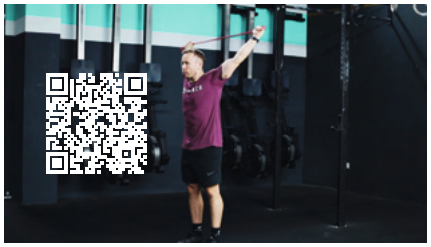


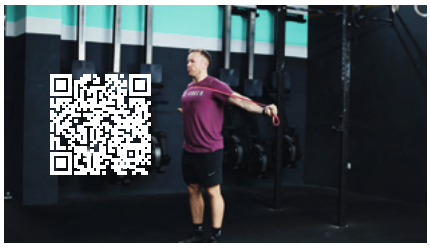
Strength Accessory

COOLDOWN









BODYBUILDING

3D/W - W3D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20s Hard Row
8/Side Dumbbell Clean & Press
15 Banded Good Mornings
5 Push Up to Downward Dog

Strength Volume

Deadlift WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 4 Deadlifts
- 12 Shoulder Press

Deadlift: +5-10kg zu letzter Woche
Press: Gleiche Last

Strength Balance

3 Sets:
16 Mix Rack Walking Lunges
15s Rest
6/side Single Arm Dumbbell Push Press

Rest 2:00 b/t Sets
+2.5kg Dumbbell Push Press

Mix Rack: 8/Side Front/Suitcase

Strength Accessory

3 Sets:
10 Seated Lateral Raises
12 Seated Dumbbell Curls
12 Dumbbell French Press

+1 Rep oder +2.5kg

COOLDOWN

0:45s Shoulder Ext. Stretch
0:45s Wall Biceps Stretch
10/Side Long Lunges
10/Side Shinbox Good Morning

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

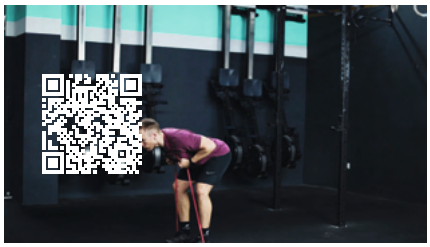
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

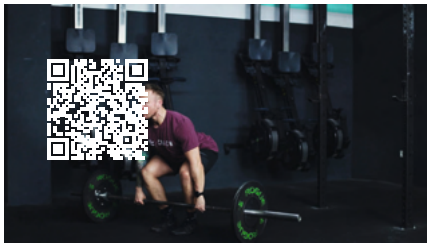
MOVEMENTS

how to -

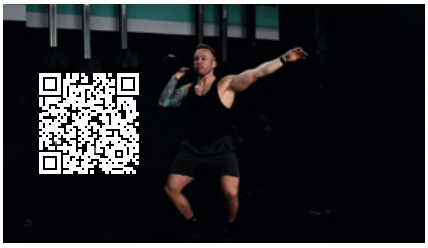
WARMUP



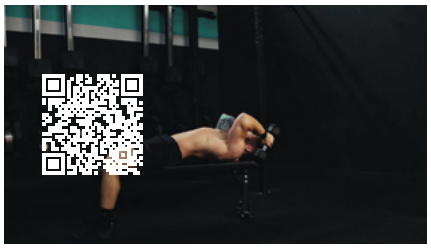
Strength Volume



Strength Balance



Strength Accessory



COOLDOWN

BODYBUILDING

3D/W - W3D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

10 Down Ups
15 Banded Good Mornings
30s Plank Shoulder Taps

Strength Volume

Close Grip Bench WU Set 1: 10 Reps @ leicht
Front Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 8 Front Squats
- Close Grip 12 Bench Press

Squats: +2.5-5kg
Bench: +2.5-5kg zu letzter Woche

Strength Balance

3 Sets:
8-10 Chinups
10 Back Support DB Shoulder Press

Rest 2:00 b/t Sets

+2.5kg Back Support DB Shoulder Press
Rest 2:00 b/t Sets

Rest 2:00 b/t Sets

Strength Balance #2

3 Sets:
8/Side Suitcase Bulgarian Split Squats
12 Dip Support Tuck Ups
12 Dumbbell Row

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

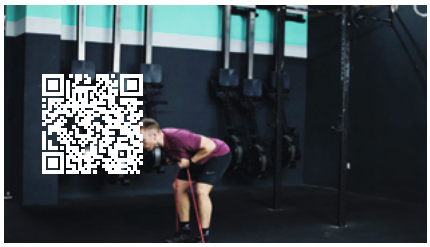
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

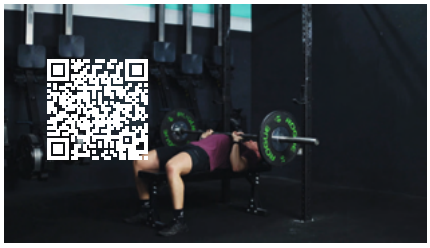
MOVEMENTS

how to -

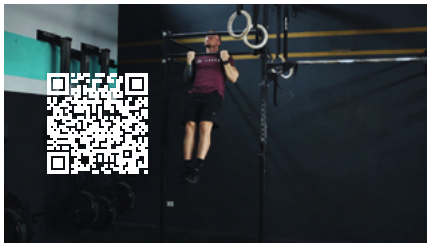
WARMUP

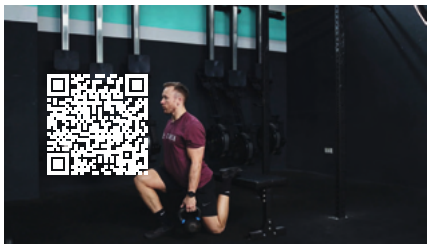


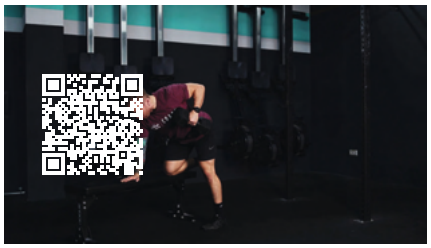
Strength Volume



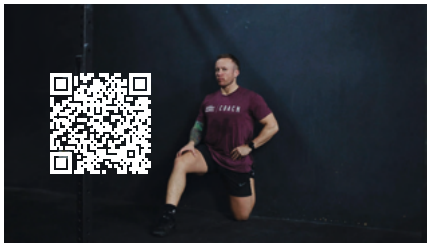
Strength Balance

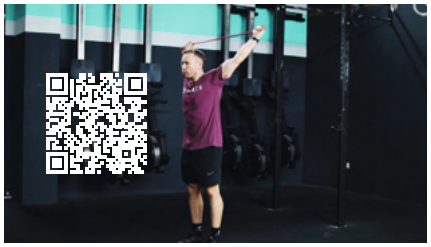


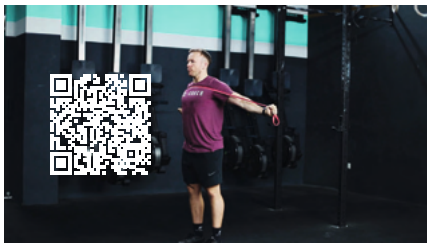




COOLDOWN







BODYBUILDING

3D/W - W4D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Half Kneeling Press + Windmill
6/Side Kossack Squats (Hand Support)
16 Ballistic Row

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 10 Back Squats
- 10 Bench Press
- +2.5-5kg pro Übung

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:
10 GHD Hip Extensions
12 Incline Dumbbell Bench Press

+2.5kg Bench Press

Dieselbe Last wie letzte Woche

Rest 2:00 b/t Sets

Strength Accessory #2

Every 3:00 - 4 Sets
10 Double Kettlebell Rack Squats RPE7
12-15 Push Ups
10-15 Dip Support Tuck Ups

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
1:00 Scorpion Stretch

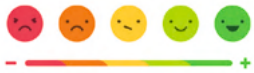
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

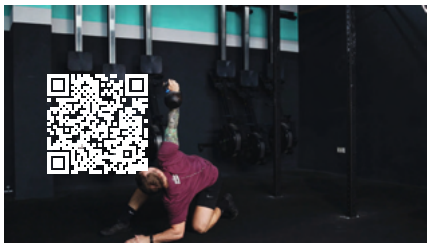
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

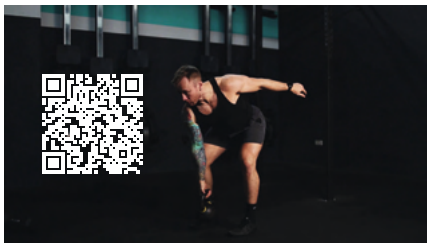


MOVEMENTS

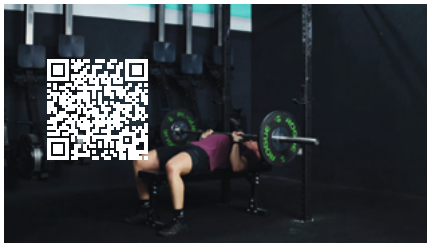
how to -

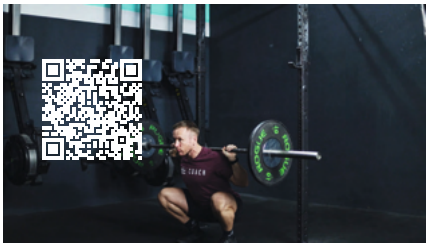
WARMUP



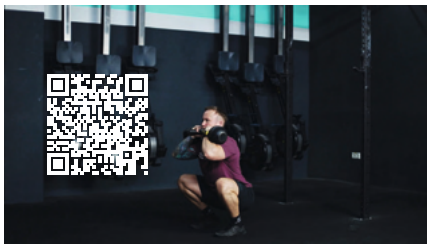


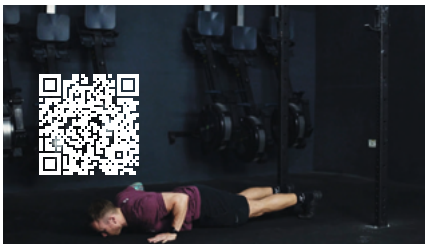
Strength Volume



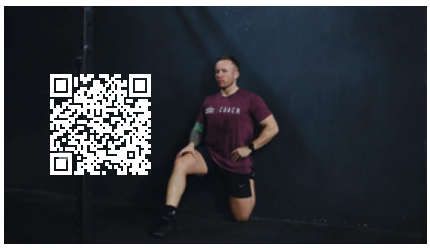


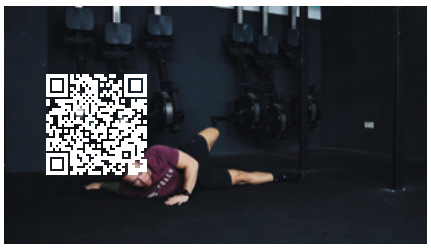
Strength Accessory





COOLDOWN





BODYBUILDING

3D/W - W4D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
10 Rocking Pushups
6 Knee Jumps on Plate

Strength Volume

Deadlift WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 5 Deadlifts
- 12 Shoulder Press

Deadlift: Gleiche Last
Press: Gleiche Last

Strength Balance

3 Sets:
18 Mix Rack Walking Lunges
15s Rest
7/side Single Arm Dumbbell Push Press

Rest 2:00 b/t Sets
Gleiche Last

Mix Rack: 8/Side Front/Suitcase

Strength Accessory

3 Sets:
12 Seated Lateral Raises
14 Seated Dumbbell Curls
14 Dumbbell French Press

COOLDOWN

0:45s Shoulder Ext. Stretch
0:45s Wall Biceps Stretch
10/Side Long Lunges
10/Side Shinbox Good Morning

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

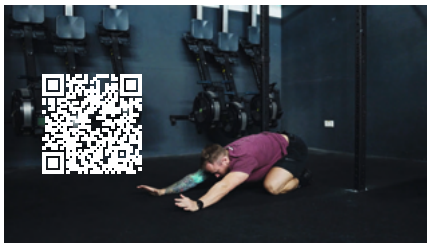
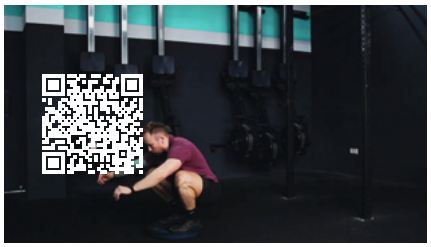
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

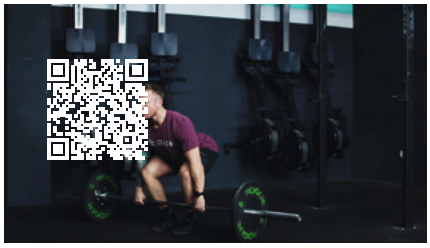
MOVEMENTS

how to -

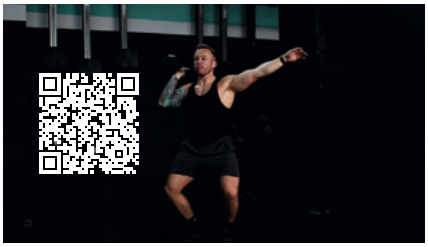
WARMUP

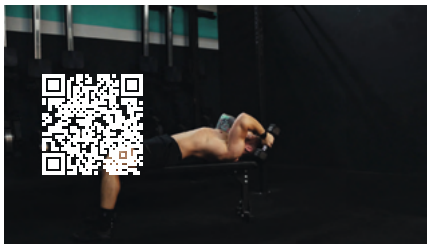
Strength Volume



Strength Balance



Strength Accessory



COOLDOWN

BODYBUILDING

3D/W - W4D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

6 Down Up + Tuck Jump
10 Kettlebell Tater 16-24kg
10/Side Copenhagen Raises

Strength Volume

Close Grip Bench WU Set 1: 10 Reps @ leicht
Front Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 6 Front Squats
- 10 Close Grip Bench Press

Squats: +2.5-5kg
Bench: +2.5-5kg zu letzter Woche

Strength Balance

3 Sets:
8-10 Chinups
8 Back Support DB Shoulder Press
Rest 2:00 b/t Sets

+1 Chinup
+2.5kg Back Support DB Shoulder Press

Rest 2:00 b/t Sets

+2.5kg Back Support DB Shoulder Press

Rest 2:00 b/t Sets

Strength Accessory

5 Rounds
15 Kettlebell Swings
12 Turkish Situps
9 Supinated Ring Rows

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

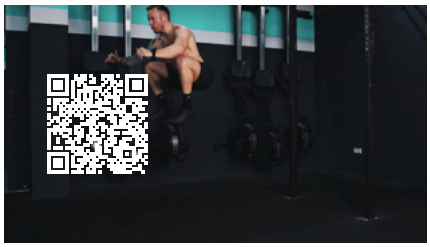
Wie hast du dich gefühlt?

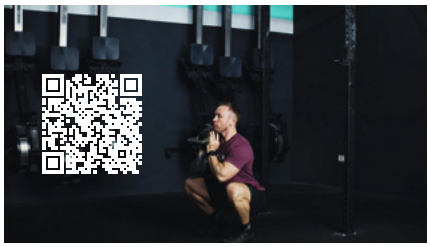
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

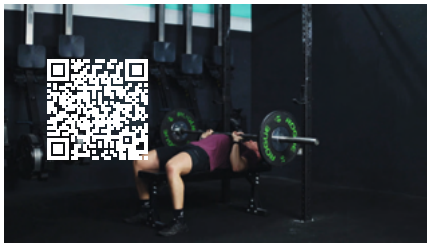
how to -

WARMUP

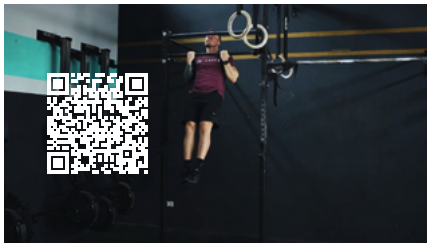




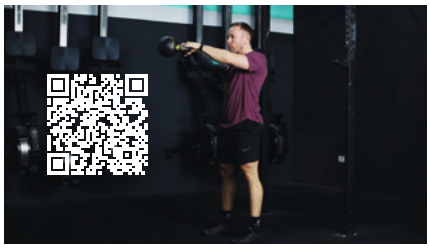
Strength Volume

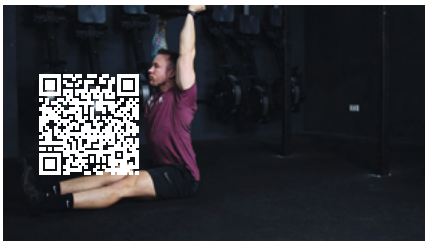


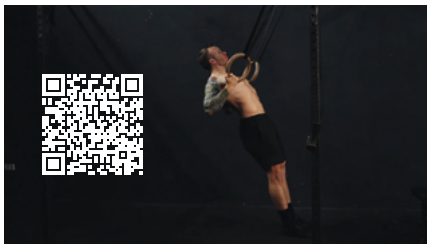
Strength Balance



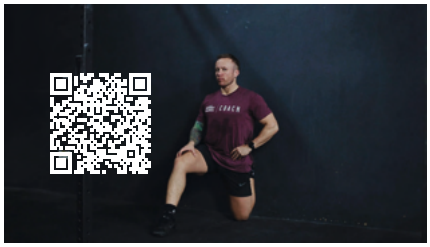
Strength Accessory

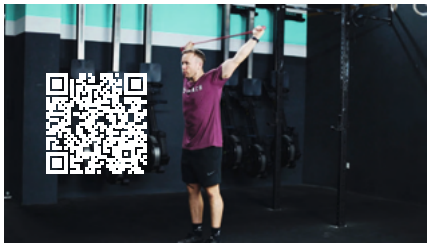


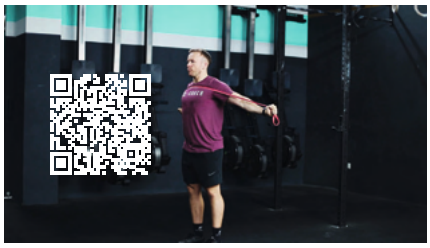




COOLDOWN







BODYBUILDING

3D/W - W5D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side See-Saw Bench Press
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
30s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 8 Back Squats
- 8 Bench Press

- +2.5-5kg pro Übung

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:
12 GHD Hip Extensions
10 Incline Dumbbell Bench Press

+2.5kg Bench Press

+2.5kg Bench Press

Dieselbe Last wie letzte Woche

Rest 2:00 b/t Sets

Strength Accessory #2

Every 3:00 - 4 Sets
12 Double Kettlebell Rack Squats RPE7
10-12 Parallette Push Ups
30s Dip Support Tuck Up Hold

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
1:00 Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

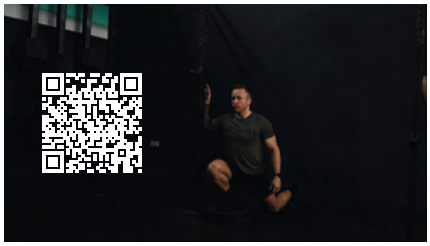
Wie hast du dich gefühlt?

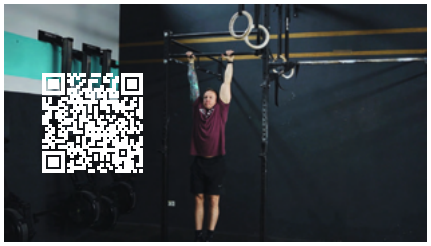
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

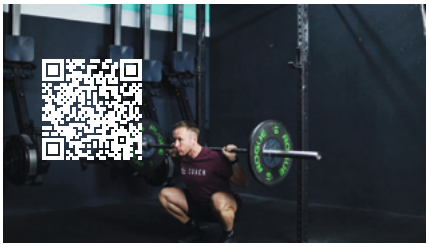
how to -

WARMUP

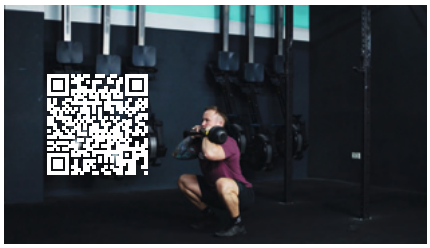


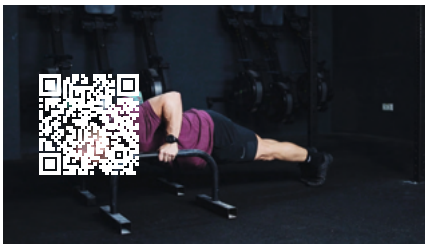


Strength Volume

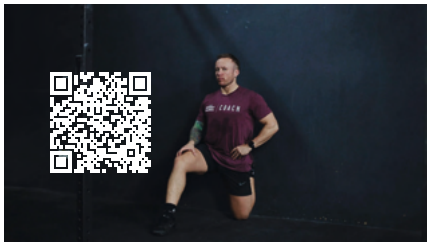


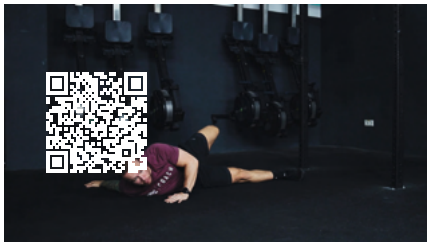
Strength Accessory





COOLDOWN





BODYBUILDING

3D/W - W5D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps on Plate

Strength Volume

Deadlift WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 3 Deadlifts
- 14 Shoulder Press

Deadlift: +5-10kg
Press: Gleiche Last

Strength Balance

4 Sets:
8 Box Jumps 30"
10/Side Single Arm DB Push Press
12 Supinated Feet Support Body Row

Rest 2:00 b/t Sets
Gleiche Last

Strength Accessory

3 Sets:
12 Seated Lateral Raises
12/Side Seated alternating DB Curls
14 Dumbbell French Press

COOLDOWN

0:45/Side Banded Lat Stretch
0:45/Side Banded Shoulder Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

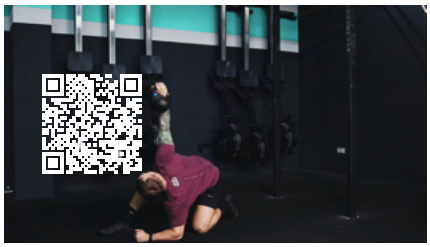
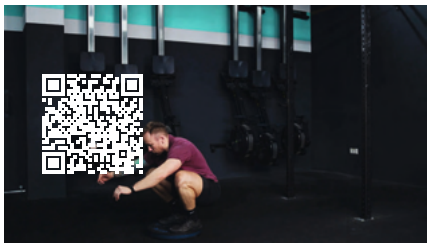
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

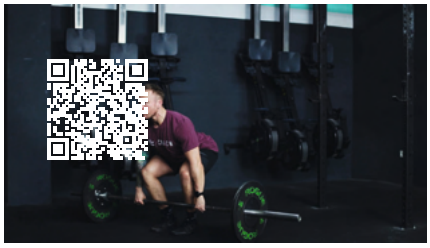
MOVEMENTS

how to -

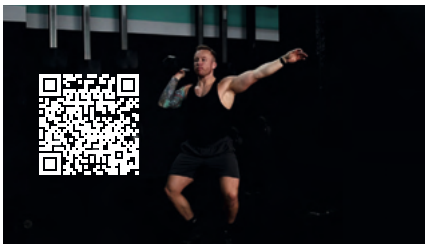
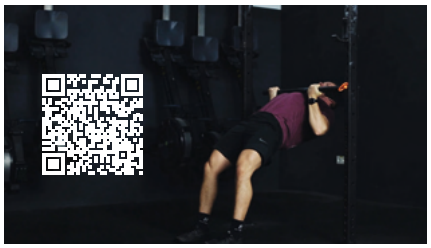
WARMUP

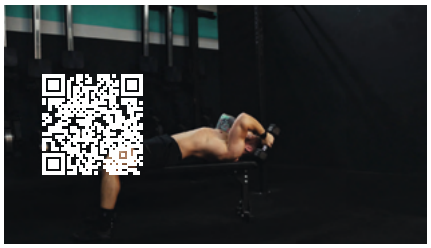
Strength Volume



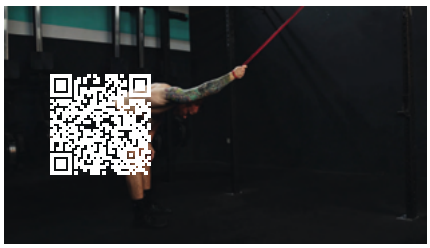
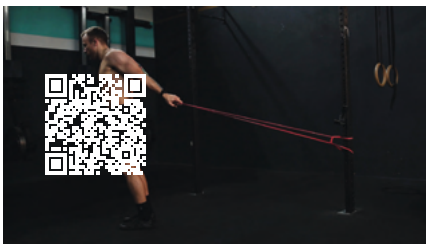
Strength Balance

Strength Accessory



COOLDOWN

BODYBUILDING

3D/W - W5D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

20s Wall Facing Handstand Hold
10 Kettlebell Tater 16-24kg
10/Side Copenhagen Raises

Strength Volume

Close Grip Bench WU Set 1: 10 Reps @ leicht
Front Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 7 Front Squats
- 8 Close Grip Bench Press

Squats: Gleiche Last wie letzte Woche
Bench: +2.5-5kg zu letzter Woche

Strength Balance

Every 0:45 - 10 Sets
Set 1: 12 Pushups
Set 2: 4 Ring Rows
Set 3: 10 Pushups
Set 4: 6 Ring Rows
Set 5: 8 Pushups
Set 6: 8 Ring Rows
Set 7: 6 Pushups
Set 8: 10 Ring Rows
Set 9: 4 Pushups
Set 10: 12 Ring Rows

Strength Accessory

15-12-9-6-9-12-15

- Situps
- Goblet Box Step Ups
- Cal Row

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
1:00 Child's Pose /w Lat Stretch
10 Rollover to Pancake

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

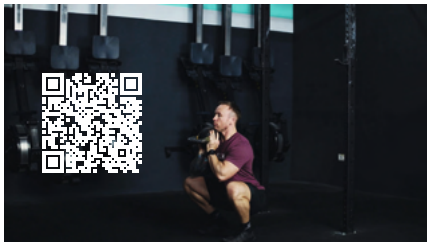
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

WARMUP

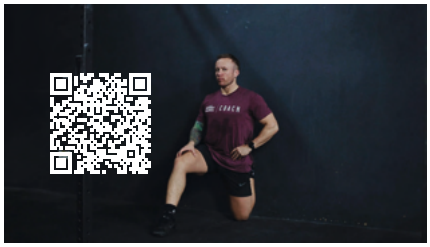


Strength Volume

Strength Balance

Strength Accessory

COOLDOWN



BODYBUILDING

3D/W - W6D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side See-Saw Bench Press
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
30s Pronated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 6 Back Squats
- 6 Bench Press
- +2.5-5kg pro Übung

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:
14 GHD Hip Extensions
12 Incline Dumbbell Bench Press

+ Reps, = Last

Strength Accessory #2

4 Rounds
15 Parallette Push Ups
12 Hanging Tuck Ups /w 10kg/7.5kg DB
9 Supinated Ring Rows
Rest 2:00 b/t Rounds

COOLDOWN

1:00/Side Box Pigeon Stretch
0:45/Side Banded Lat Stretch
0:45/Side Prayer Stretch
0:45/Side Scorpion Stretch

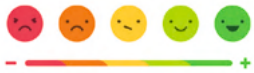
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

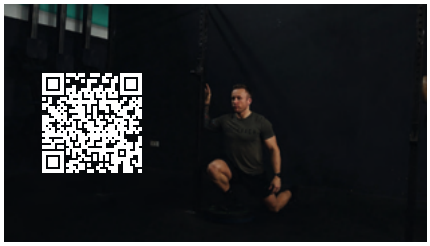
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

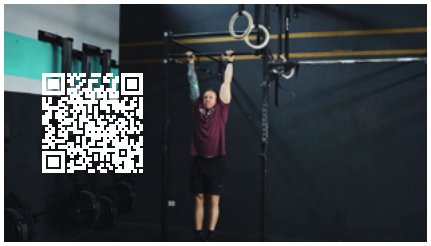


MOVEMENTS

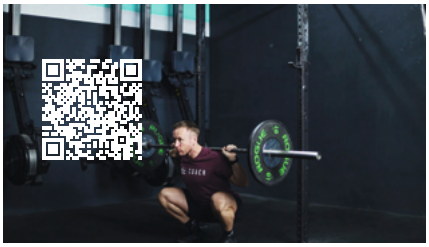
how to -

WARMUP

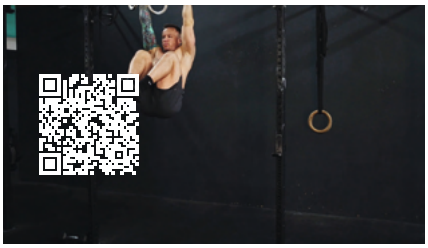


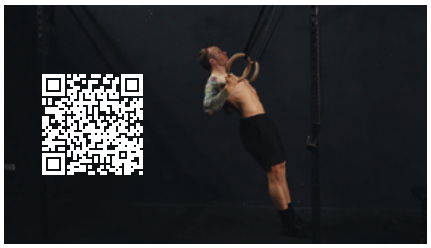


Strength Volume

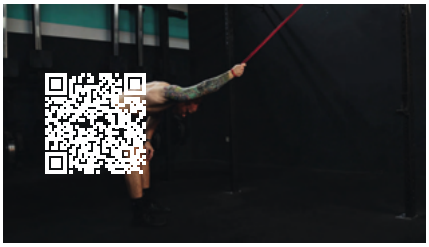


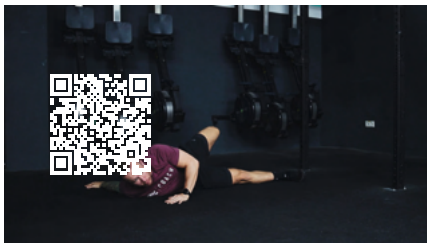
Strength Accessory





COOLDOWN





BODYBUILDING

3D/W - W6D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20s Dip Support Tuck Hold
6/Side Half Kneeling Windmill Press
6 Knee Jumps on Plate

Strength Volume

Deadlift WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:
- 5 Deadlifts
- 12 Shoulder Press

Deadlift: Gleiche Last
Press: +2-5kg

Strength Balance

AMRAP12
2-4-6-8-12-14-16-...
Goblet Tall Kneeling to Standing (L+R = 2)
Pike Leg Lift over Kettlebell (L+R = 1)

200m Run after each Set

Strength Accessory

3 Sets:
10 Seated Lateral Raises
10/Side Seated alternating DB Curls
12 Dumbbell French Press

Gewicht erhöhen

COOLDOWN

1:00/Side Couch Stretch
10/Side Shinbox Switch
0:45/Side Child's Pose Lat Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

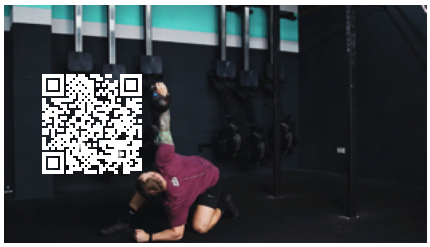
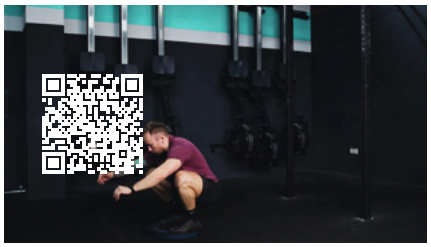
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

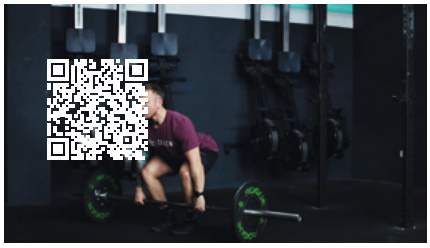
MOVEMENTS

how to -

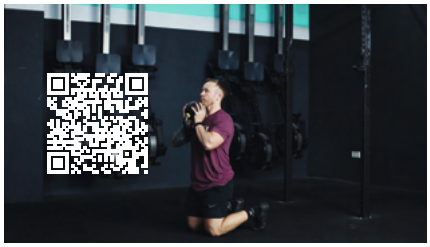
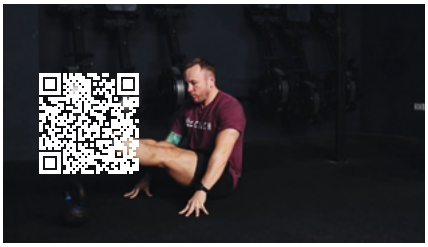
WARMUP

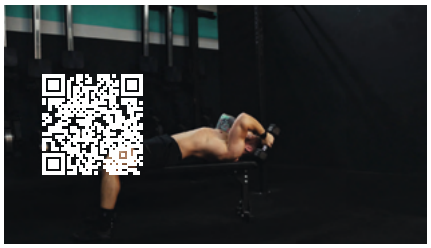
Strength Volume



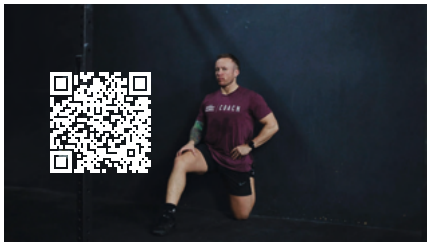
Strength Balance

Strength Accessory



COOLDOWN



BODYBUILDING

3D/W - W6D3

notes

WARMUP

8:00 Bike
On the 0:00, 4:00 and 8:00

30s Bottom of the Squat hold
20s Wall Facing Handstand Hold
10/Side Copenhagen Raises

Strength Volume

Close Grip Bench WU Set 1: 10 Reps @ leicht
Front Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 8 Front Squats
- 6 Close Grip Bench Press

Squats: Gleiche Last wie letzte Woche
Bench: +2.5-5kg zu letzter Woche

Strength Balance

Every 0:45 - 10 Sets
Set 1: 14 Pushups
Set 2: 6 Ring Rows
Set 3: 12Pushups
Set 4: 8 Ring Rows
Set 5: 10 Pushups
Set 6: 10 Ring Rows
Set 7: 8 Pushups
Set 8: 12 Ring Rows
Set 9: 6 Pushups
Set 10: 14 Ring Rows

Strength Accessory

15-12-9-6-9-12-15

- Box Jump Over 24"
- Push Press 40kg/30kg
- Cal Row

COOLDOWN

1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts
10 Rollover to Pancake

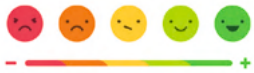
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



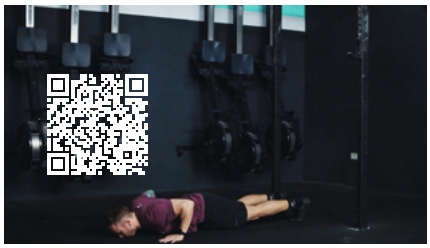
MOVEMENTS

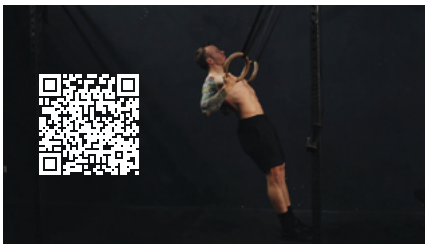
how to -

WARMUP

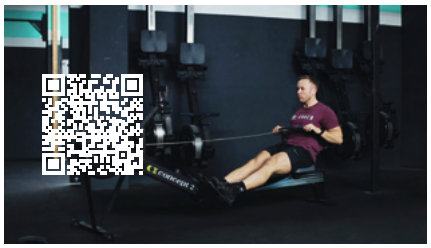
Strength Volume

Strength Balance

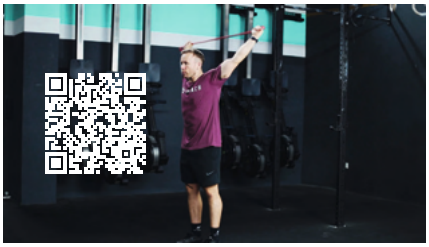




Strength Accessory



COOLDOWN



BODYBUILDING

3D/W - W7D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side See-Saw Bench Press
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
30s Pronated Bar Hang

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

- Work up to a 20RM Back Squat
- 1x ME Parallel Bar Dips

Back Off:
3x10 @ 90% 20RM
3x10 Dips (ggf. Mit Band)

Strength Accessory

Every 2:00 - 3 Sets each - alternate b/t:
20 Barbell Walking Lunges*
15 Dumbbell Bench Press

*sub: Reverse Lunges

Strength Accessory #2

EMOM10
1. 15 Kettlebell Swings + 15 Abmat Situps
2. 15 Air Squats + 10 Ring Rows

COOLDOWN

1:00/Side Box Pigeon Stretch
1:00/Side Couch Stretch
0:45/Side Banded Lat Stretch
0:45/Side Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

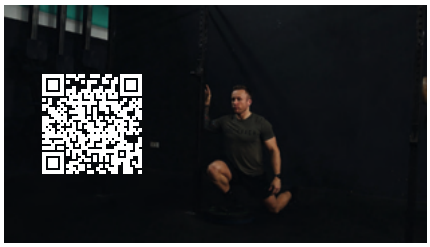
Wie hast du dich gefühlt?

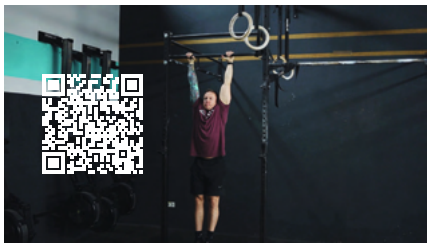
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

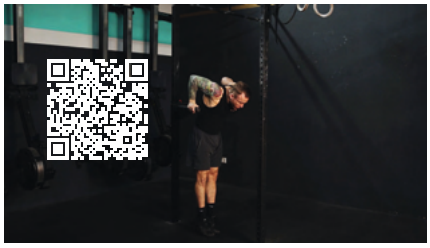
how to -

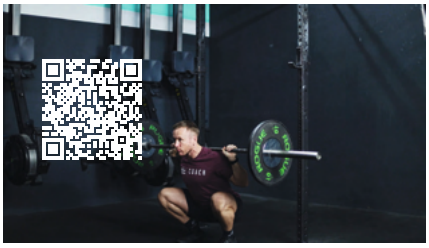
WARMUP



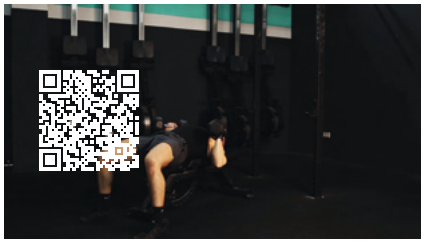


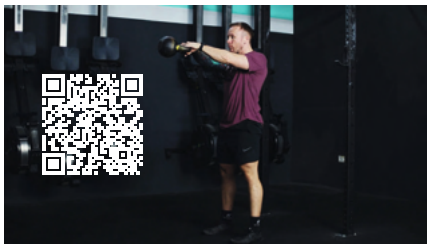
Strength Volume

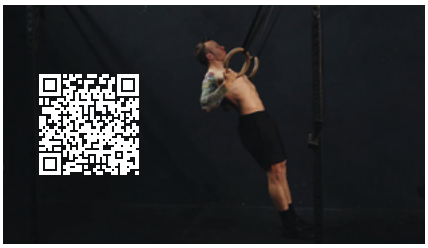




Strength Accessory







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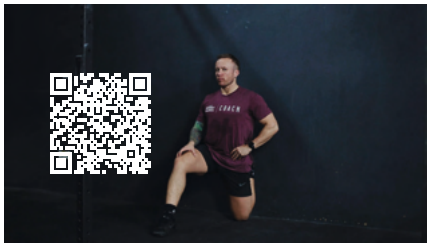
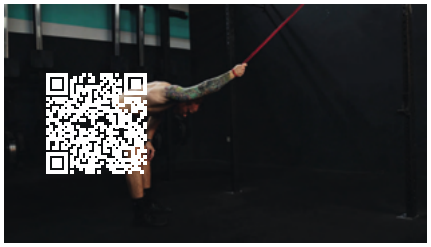
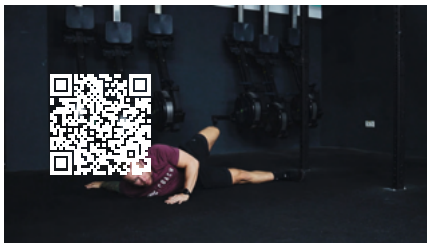






BODYBUILDING

3D/W - W7D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
8/Side Suitcase Deadlift
6/Side Tall Kneeling Press
6/Side Tall Kneeling Windmill
20 Ballistic KB Rows

Strength Volume

Trapbar Deadlift WU Set 1: 10 Reps @ leicht
Pike Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 1:30 - 5 Sets each - alternate b/t:

- 10 Trapbar Deadlifts RPE7
- 10 Pike Pushups

Power Conditioning

4 Sets:
125m Row hard
7 Dumbbell Snatches links
7 Single Arm Dumbbell Push Press links
7 Dumbbell Snatches rechts
7 Single Arm Dumbbell Push Press rechts
125m Row hard
Rest 1:30 b/t Sets

Strength Accessory

3 Giant Sets
12 Lateral Raises
12 Bent over Lateral Raises
12 Turkish Situps
Rest 2:00 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
15 Banded Face Pulls
15 Banded Good Mornings
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

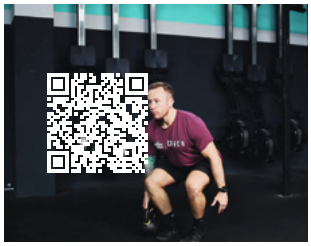
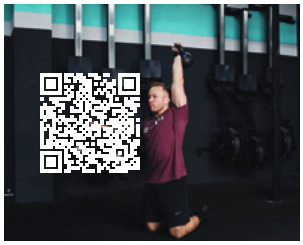
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

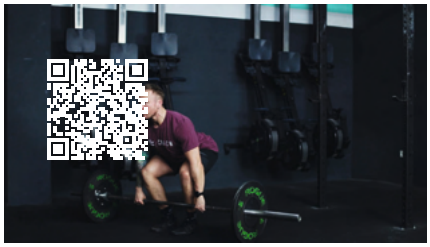
MOVEMENTS

how to -

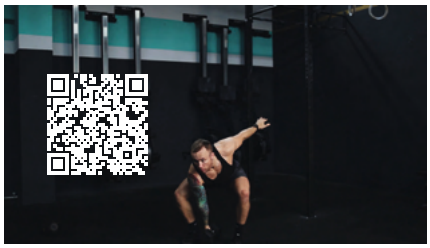
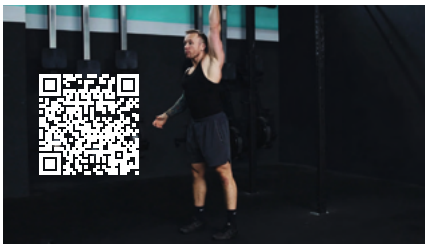
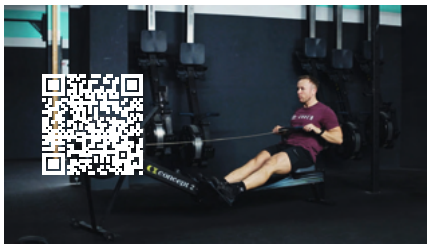
WARMUP

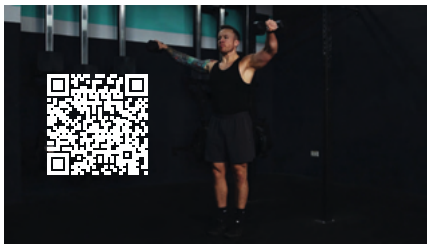
Strength Volume

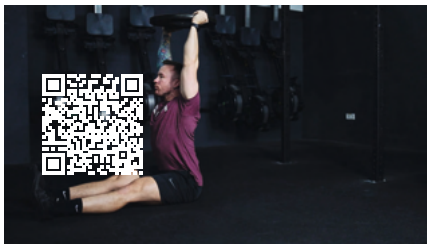


Power Conditioning

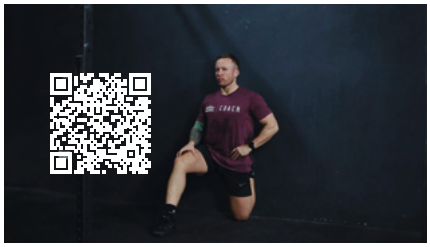
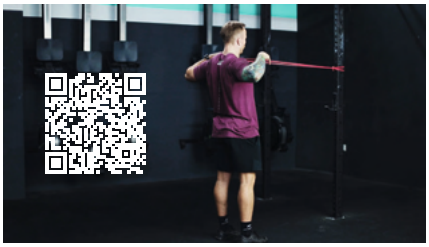
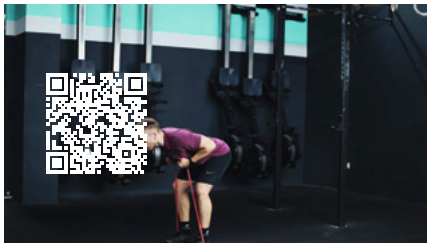
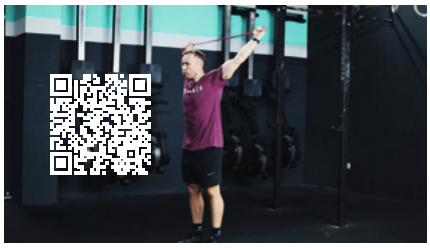




Strength Accessory





COOLDOWN

BODYBUILDING

3D/W - W7D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

0:30 Plank Shoulder Taps
0:15-0:30 Half Pushup Plank Hold
10 Jumping Air Squats

Strength Volume

Incline Bench Press WU Set 1: 10 Reps @ leicht
Safety Bar Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 – 4 Sets each – alternate b/t:

- 8 Safety Bar Squats
- 8 Incline Bench Press

RPE7

Strength Balance

Every 0:45 – 10 Sets
Set 1: 10 Parallette Pushups
Set 2: 6 Ring Rows
Set 3: 8 Parallette Pushups
Set 4: 8 Ring Rows
Set 5: 6 Parallette Pushups
Set 6: 10 Ring Rows
Set 7: 4 Parallette Pushups
Set 8: 12 Ring Rows
Set 9: 2 Parallette Pushups
Set 10: 14 Ring Rows

Stamina Conditioning

For Time:
500m/400m Row
Then:

- 15 Burpees
- 30 Turkish Situps 5-12.5kg
- 10 Burpees
- 20 Turkish Situps 5-12.5kg
- 5 Burpees
- 10 Turkish Situps 5-12.5kg

Then: 500m/400m Row

COOLDOWN

5x Cat Cow
5x Downdog to Updog
0:30/side Child's Pose with Lat Stretch
0:30/side Child's Pose Reach Through

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

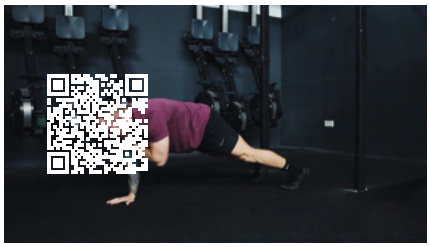
Wie hast du dich gefühlt?

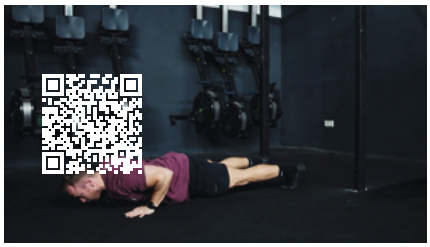
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

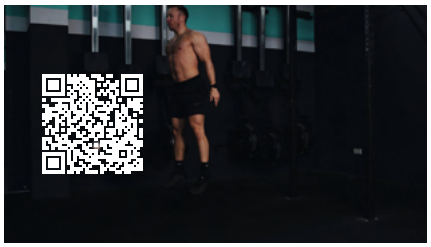
MOVEMENTS

how to -

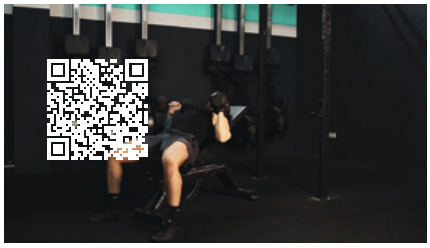
WARMUP



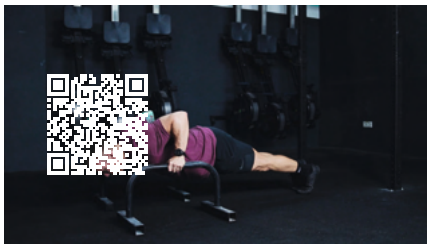


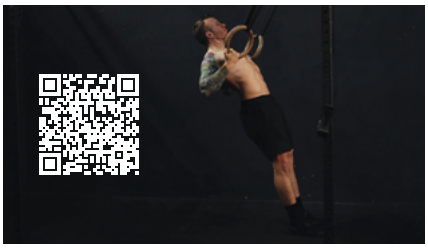


Strength Volume

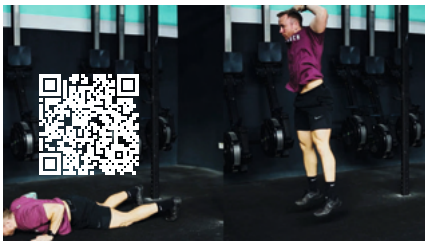


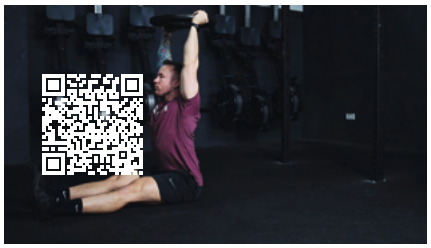
Strength Balance



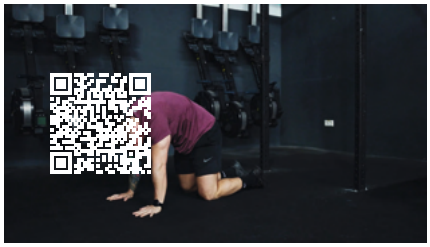


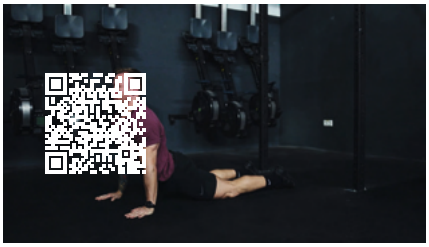
Stamina Conditioning





COOLDOWN





BODYBUILDING

3D/W - W8D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
6-8/side Front Foot elevated KOT Suitc.Split Squats
10 Hanging Knee Tuck @ 20X1
10 Russian Baby Maker

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.
4 Sets, alternate b/t

- 15 Back Squats 80-90% 20RM
- 40-50%ME Parallel Bar Dips
- -> Mind. 10 Dips/Set

Strength Balance

Every 2:00 - 3 Sets each - alternate b/t:

- 20 KB Rack Walking Lunges*
- 12 Dumbbell Bench Press

*sub: Reverse Lunges
+ Gewicht beim Bench Press

Strength Accessory

EMOM12
1. 15 Kettlebell Swings + 15 Abmat Situps
2. 15 Air Squats + 10 Ring Rows

COOLDOWN

1:00/Side Box Pigeon Stretch
1:00/Side Couch Stretch
0:45/Side Banded Lat Stretch
0:45/Side Scorpion Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

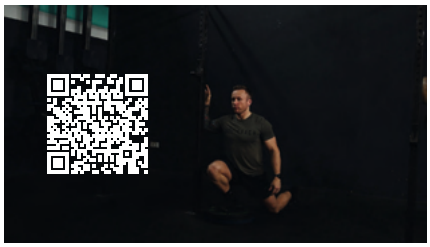
Wie hast du dich gefühlt?

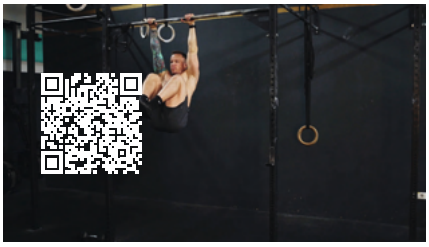
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

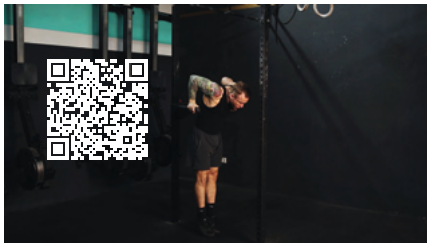
how to -

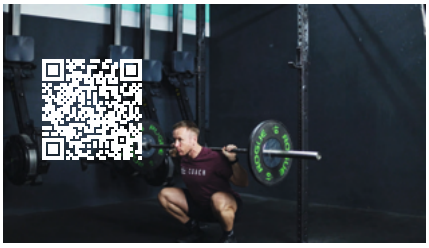
WARMUP



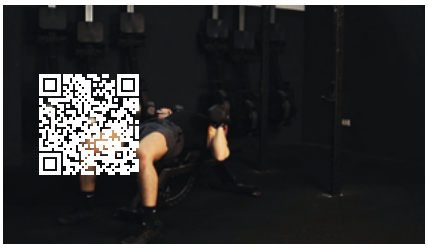


Strength Volume

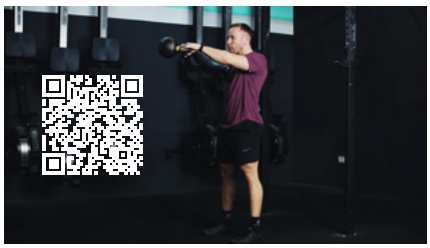


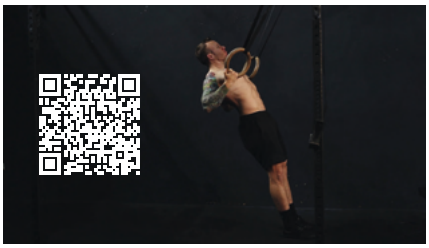


Strength Balance

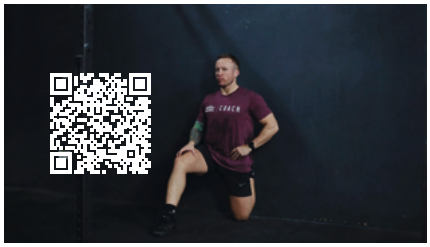


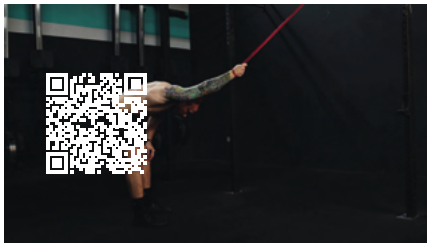
Strength Accessory

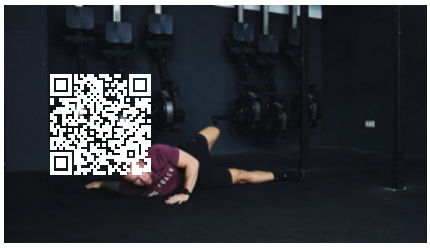




COOLDOWN







BODYBUILDING

3D/W - W8D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Dynamic Box Step Ups 24"/20"
15 Kettlebell Swings
10 Downward Dog Toe Taps

Strength Volume

Trapbar Deadlift WU Set 1: 10 Reps @ leicht
Pike Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 1:30 - 5 Sets each - alternate b/t:

- 8 Trapbar Deadlifts RPE7
- 12 Pike Pushups

Deadlifts +5-7.5%
+2 Reps @ Pike Pushups

Strength Accessory

Every 3:00 - 4 Sets
10 Supinated Barbell Row
8-12 Dip Support Tuck Ups

Power Conditioning

5 Sets:
125m Row
8 Box Jump Over 24"/20"
6 Kettlebell Burpees 2x24kg/2x16kg
Rest 1:30 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
15 Banded Face Pulls
15 Banded Good Mornings
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

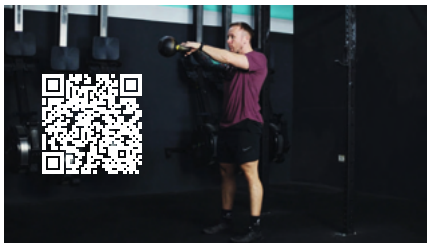
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

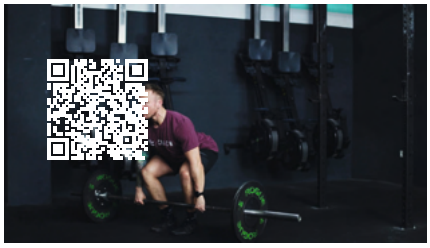
MOVEMENTS

how to -

WARMUP

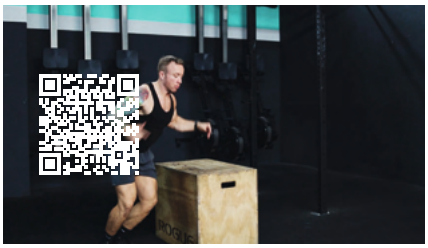


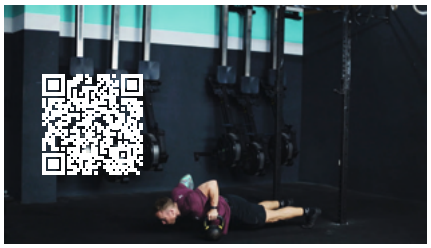
Strength Volume



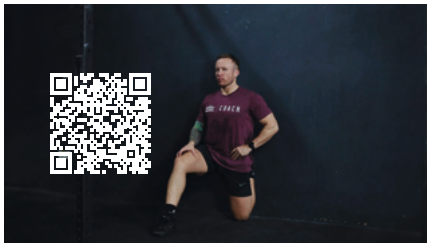
Strength Accessory

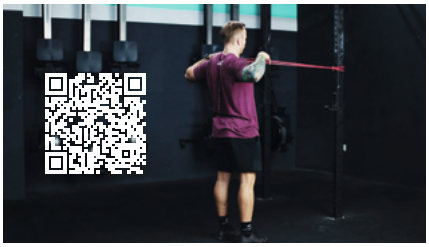
Power Conditioning

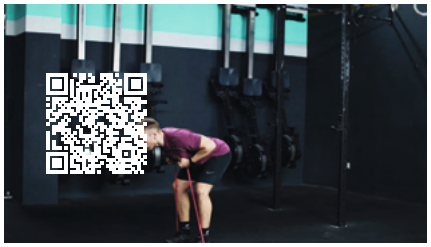


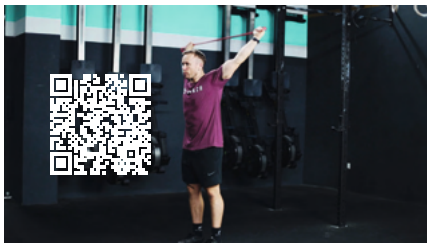


COOLDOWN









BODYBUILDING

3D/W - W8D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00
10 Longe Lunge
12 Alt. Single Arm DB Snatch
6/Side Dumbbell Z Press

Strength Volume

Incline Bench Press WU Set 1: 10 Reps @ leicht
Safety Bar Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 10 Safety Bar Squats
- 6 Incline Bench Press

+ Reps @ Squat
+ Gewicht @ Incline Bench Press

Strength Balance

Every 0:45 - 10 Sets
Set 1: 14 Parallette Pushups
Set 2: 6 Ring Rows
Set 3: 12 Parallette Pushups
Set 4: 8 Ring Rows
Set 5: 10 Parallette Pushups
Set 6: 10 Ring Rows
Set 7: 8 Parallette Pushups
Set 8: 12 Ring Rows
Set 9: 6 Parallette Pushups
Set 10: 12 Ring Rows

Stamina Conditioning

For Time:
20 Cal Row
10 Renegade Row + K2E
16 Cal Row
8 Renegade Row + K2E
12 Cal Row
6 Renegade Row + K2E
8 Cal Row
4 Renegade Row + K2E
4 Cal Row
2 Renegade Row + K2E

Optional:
3 Sets: 12-15 Curls + 15-20 Banded Triceps Ext.

COOLDOWN

5x Cat Cow
5x Downdog to Updog
0:30/side Child's Pose with Lat Stretch
0:30/side Child's Pose Reach Through

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

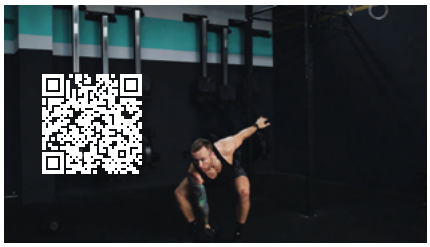
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

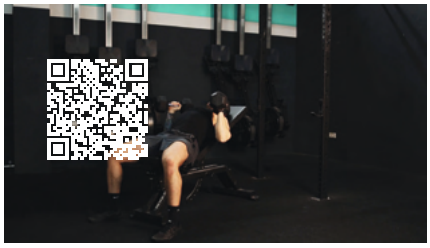
MOVEMENTS

how to -

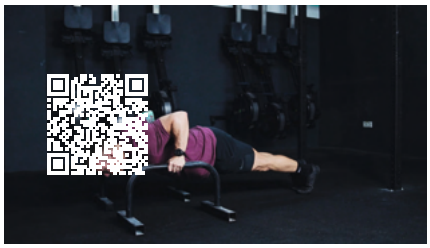
WARMUP

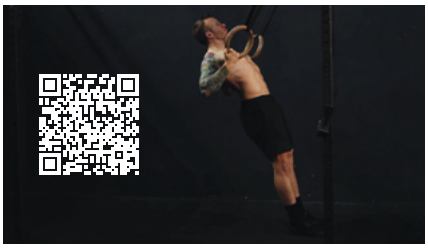


Strength Volume



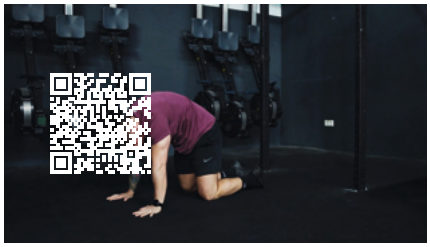
Strength Balance

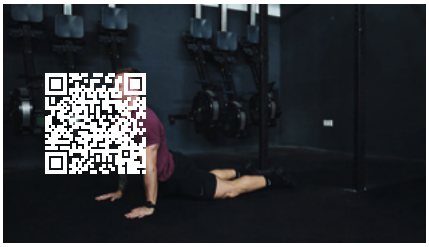




Stamina Conditioning

COOLDOWN





BODYBUILDING

3D/W - W9D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Shoulder Bridges
10 Blackburns
7/Side Hand Supported Kossack Squats

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.
4 Sets, alternate b/t

- 12 Back Squats
- 40-50%ME Parallel Bar Dips

-> Mind. 10 Dips/Set
+ Gewicht @ Squats
+ 1-2 Reps @ Dips

Strength Balance

Every 2:00 - 3 Sets each - alternate b/t:
14 KB Overhead Walking Lunges*
10 Dumbbell Bench Press

*sub: Reverse Lunges
+ Gewicht beim Bench Press

Strength Accessory

EMOM12
1. 5 High Box Jumps + 15 Kettlebell Swings
2. 5 Dumbbell Shoulder Press + Hanging Tuck Up /w 10kg/7.5kg

COOLDOWN

1:00/Side Long Lunge Pulse
20 Banded Face Pulls
10/Side Shinbox Good Mornings
10 Scorpion Stretch Switches

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

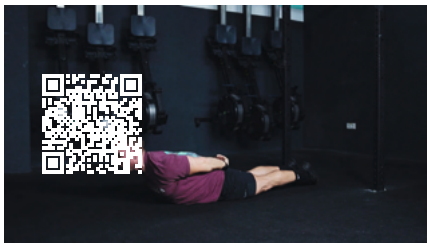
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

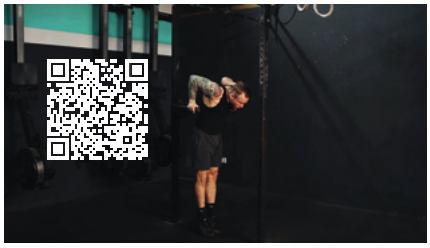
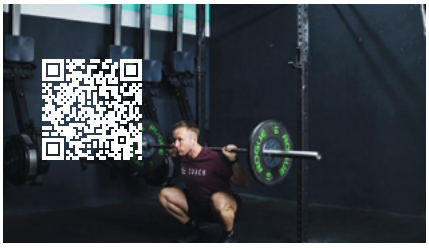
MOVEMENTS

how to -

WARMUP



Strength Volume

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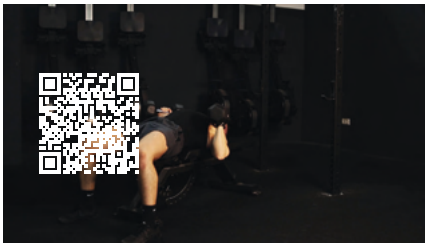
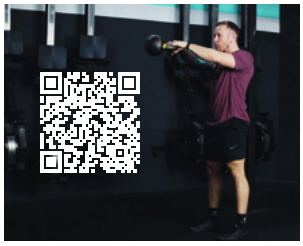
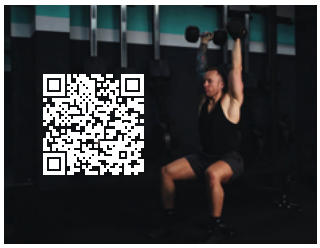
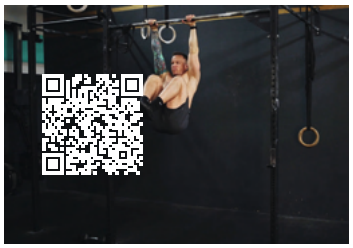
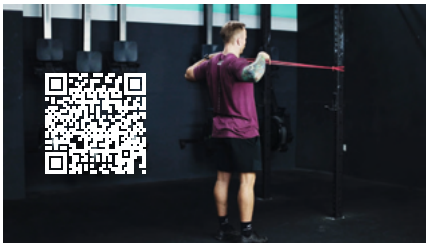


Strength Accessory

COOLDOWN



BODYBUILDING

3D/W - W9D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Dynamic Box Step Ups 24"/20"
15 Kettlebell Swings
10 Downward Dog Toe Taps

Strength Volume

Trapbar Deadlift WU Set 1: 10 Reps @ leicht
Pike Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 1:30 - 5 Sets each - alternate b/t:

- 6 Trapbar Deadlifts RPE7
- 10 Box Pike Pushups

Deadlifts +5-7.5%

Strength Accessory

Every 3:00 - 4 Sets
8 Supinated Barbell Row
12-15 Dip Support Tuck Ups

Power Conditioning

5 Sets:
125m Ski (Hard)
15 Kettlebell Swings
5 Burpee Tuck Jump

Rest 1:30 b/t Sets

Then:
2-3 Sets
12 Seated Dumbbell Lateral Raises
12 Seated Dumbbell Curls
15-20 Banded Triceps Extensions

COOLDOWN

10/Side Shinbox Switches
15 Banded Face Pulls
10/Side Long Lunge Pulse
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

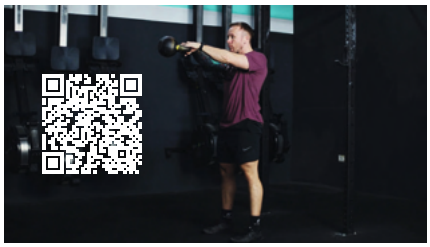
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

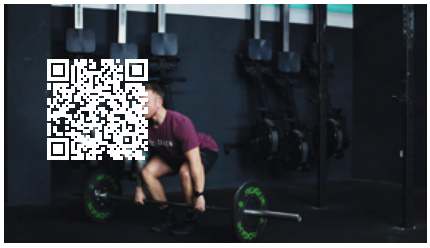
MOVEMENTS

how to -

WARMUP

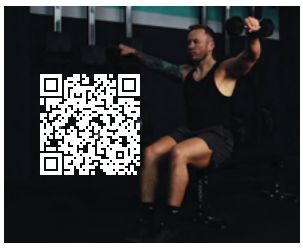
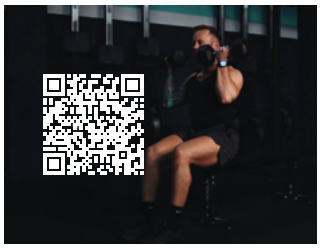
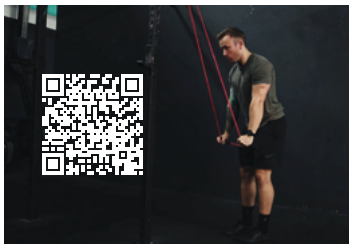


Strength Volume

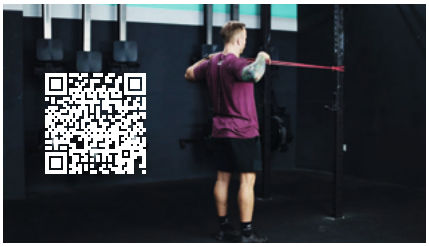


Strength Accessory

Power Conditioning

COOLDOWN



BODYBUILDING

3D/W - W9D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Longe Lunge
12 Alt. Single Arm DB Snatch
6/Side Dumbbell Z Press

Strength Volume

Incline Bench Press WU Set 1: 10 Reps @ leicht
Safety Bar Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 12 Safety Bar Squats
- 4 Incline Bench Press

+ Reps @ Squat
+ Gewicht @ Incline Bench Press

Strength Balance

Every 4:00 - 4 Sets
15 Dumbbell Bench Press
10/Side Hand Supported Suitcase
Bulgarian Spl.Sq
6-8 Pronated Pullups

Strength Accessory

3 Sets:
20 Barbell Curls
15 Barbell French Press
10/Side Lean in Lateral Raises

COOLDOWN

1:00/Side Couch Stretch
1:00 Pancake Stretch
0:45/Side Prayer Stretch
0:45/Side Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

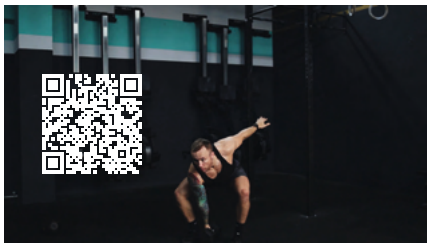
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

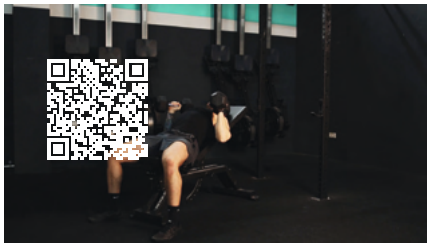
MOVEMENTS

how to -

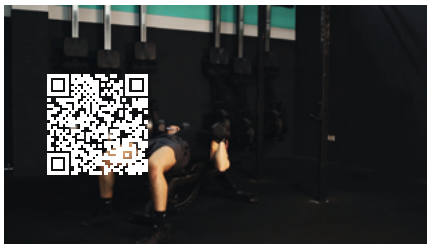
WARMUP



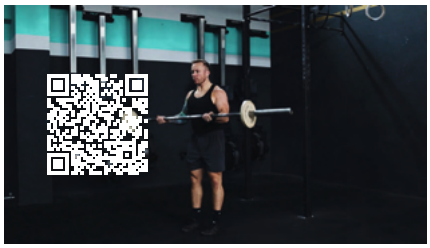
Strength Volume



Strength Balance



Strength Accessory



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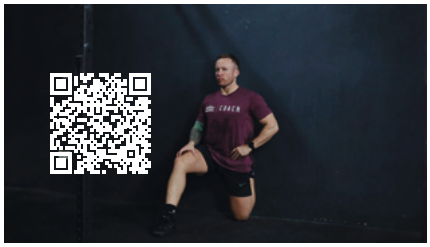
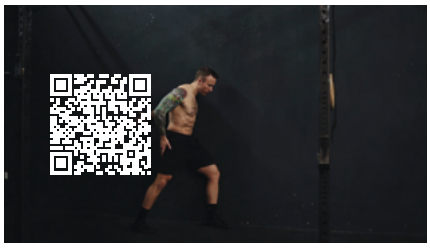




BODYBUILDING

3D/W - W10D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Shoulder Bridges
10 Blackburns
7/Side Hand Supported Kossack Squats

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.
4 Sets, alternate b/t

- 10 Back Squats
- 40-50%ME Parallel Bar Dips
- -> Mind. 10 Dips/Set

+ Gewicht @ Squats
+ 1-2 Reps @ Dips

Strength Balance

3 Sets each:
12 Romanian Deadlifts
12 Dumbbell Bench Press
12 Bent Over Dumbbell Row

*sub: Reverse Lunges
+ Gewicht beim Bench Press

Stamina Conditioning

EMOM15
1. 50 Double Unders
2. 15 Burpees
3. 20s Hanging Tuck Hold

COOLDOWN

1:00/Side Long Lunge Pulse
20 Banded Face Pulls
0:45/Side Banded Lat Stretch
10 Scorpion Stretch Switches

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

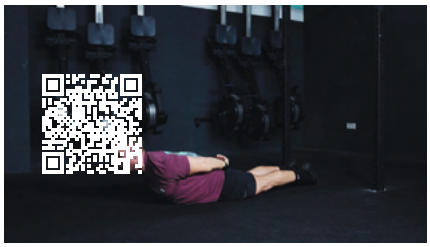
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

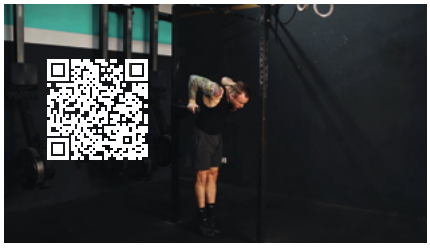
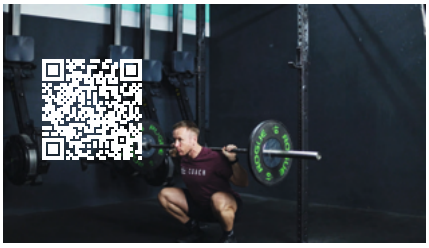
MOVEMENTS

how to -

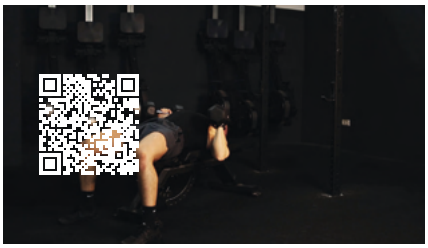
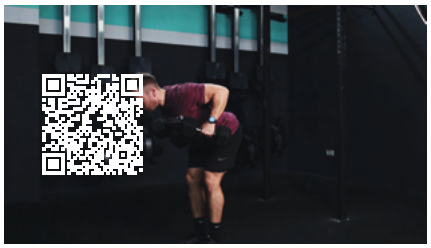
WARMUP



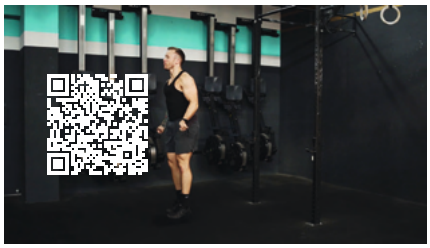
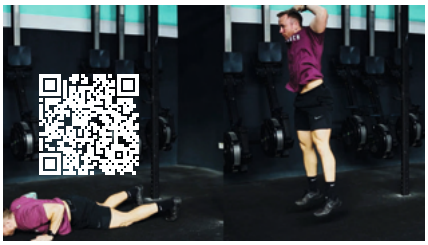
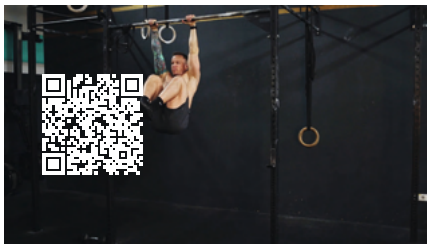
Strength Volume

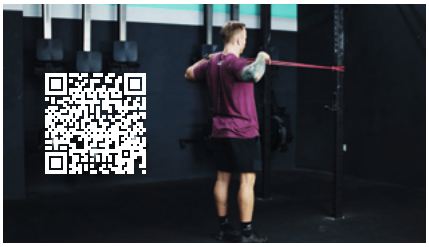
Strength Balance

Stamina Conditioning

COOLDOWN



BODYBUILDING

3D/W - W10D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
20 Dynamic Box Step Ups 24"/20"
15 Kettlebell Swings
10 Downward Dog Toe Taps

Strength Volume

Trapbar Deadlift WU Set 1: 10 Reps @ leicht
Pike Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 1:30 - 5 Sets each - alternate b/t:

- 4 Trapbar Deadlifts RPE7
- 12 Box Pike Pushups

Deadlifts +5-7.5%

Strength Accessory

Every 4:00 - 3 Sets
10 Barbell Shoulder Press
6-8 Pronated Pullups

Power Conditioning

4-5 Sets:
250m Row
15 Kettlebell Swings
10 Goblet Box Step ups 20"@ 24kg/16kg

Rest 1:30 b/t Sets

Then:
2-3 Sets
14 Seated Dumbbell Lateral Raises
14 Seated Dumbbell Curls
15-20 Banded Triceps Extensions

COOLDOWN

10/Side Shinbox Switches
15 Banded Face Pulls
10/Side Long Lunge Pulse
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

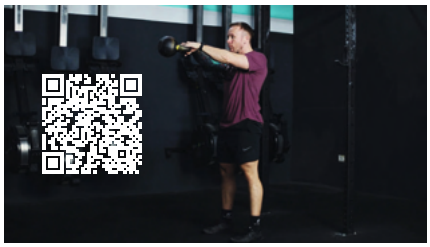
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

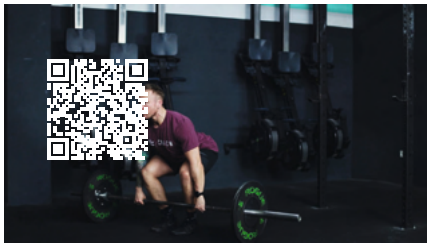
MOVEMENTS

how to -

WARMUP

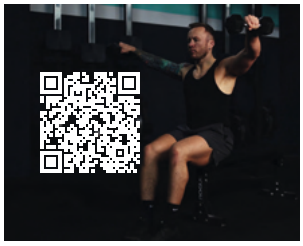
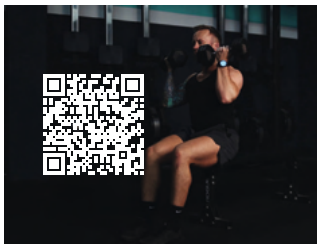
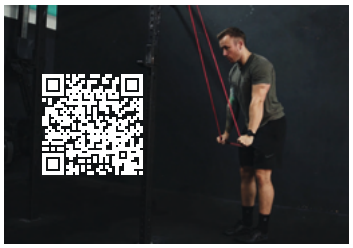


Strength Volume

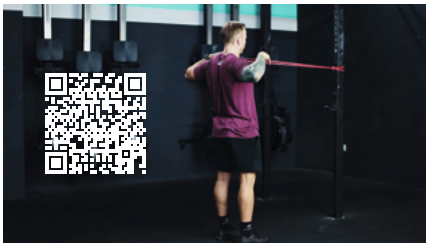


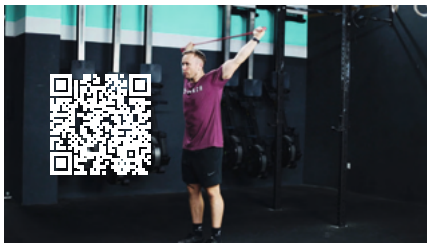
Strength Accessory

Power Conditioning

COOLDOWN





BODYBUILDING

3D/W - W10D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

12 Longe Lunge
9 Kettlebell Swings
6/Side Floor Press /w Kettlebell

Strength Volume

Incline Bench Press WU Set 1: 10 Reps @ leicht
Safety Bar Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 2:00 - 4 Sets each - alternate b/t:

- 12 Safety Bar Squats
- 6 Incline Bench Press

+ Gewicht @ Squat
+ 2 Reps @ Bench Press

Strength Capacity

1 Set ME Deficit Push Ups
1 Set ME Supinated Pullups

Then:
2x 30% ME jeweils
Rest 1:30-2:00 b/t Sets

Deficit: 20kg Comp Plate / 10kg Bumper Plate

Strength Accessory

3 Sets:
16 Barbell Curls
12 Barbell French Press
10/Side Lean in Lateral Raises

Gewicht zu letzter Woche erhöhen

COOLDOWN

10 Roll Over to Pancake
1:00/Side Box Pigeon
1:00/Side Deep Lunge Hold
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

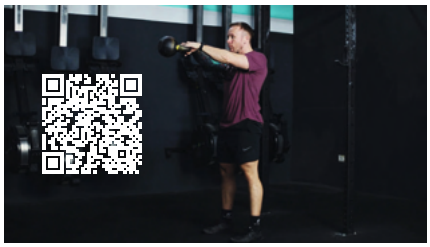
Wie hast du dich gefühlt?

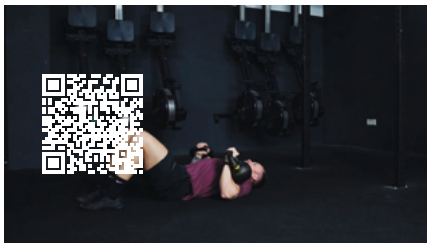
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

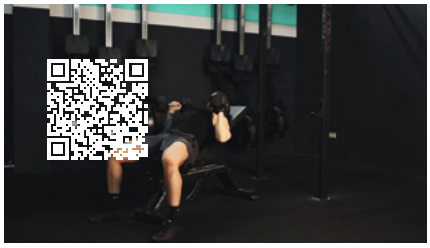
how to -

WARMUP

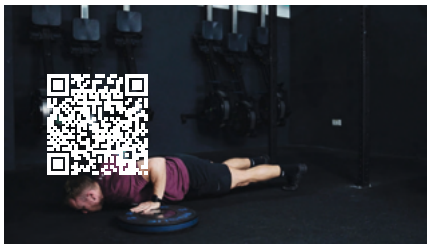


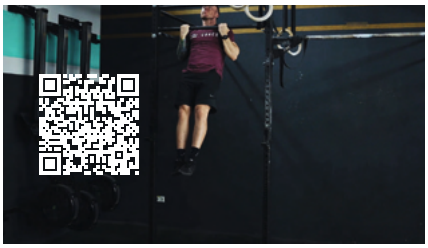


Strength Volume

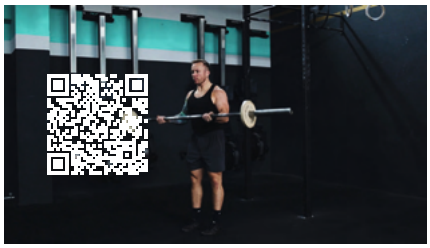


Strength Capacity

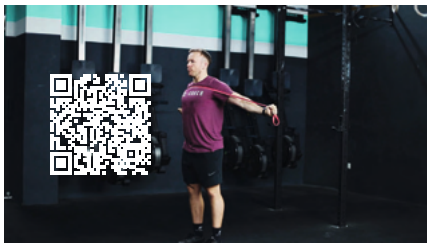




Strength Accessory



COOLDOWN



BODYBUILDING

3D/W - W11D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Beast to Leg Through
10 Blackburns
8/Side Hand Supported F.el. KOT Split Squats

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.
4 Sets, alternate b/t

- 8 Back Squats
- Find 5RM Parallel Bar Dips /weight

+ Gewicht @ Squats
+ 1-2 Reps @ Dips

Strength Balance

3 Sets each:
14 Romanian Deadlifts
12 Incline Dumbbell Bench Press
10 Bent Over Dumbbell Row

*sub: Reverse Lunges

Stamina Conditioning

EMOM15
1. 15/12 Cal Row
2. 15 Kettlebell Swings
3. 30s ME Toes to Bar

COOLDOWN

1:00/Side Long Lunge Pulse
20 Banded Face Pulls
0:45/Side Banded Lat Stretch
10/Side Thread the Needle

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

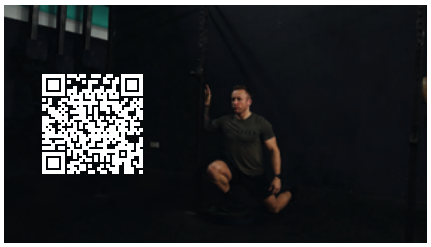
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

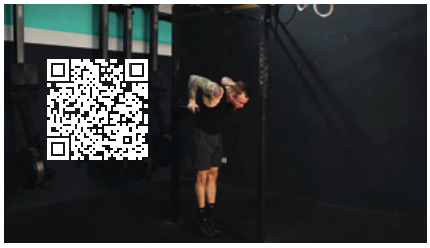
MOVEMENTS

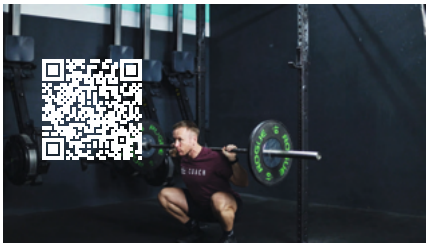
how to -

WARMUP

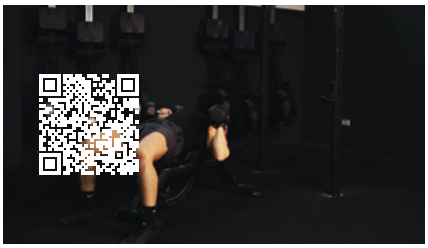


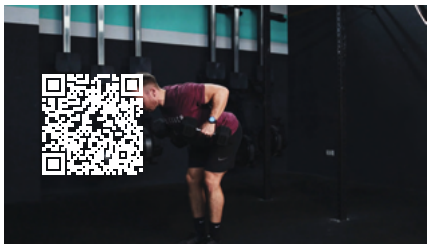
Strength Volume



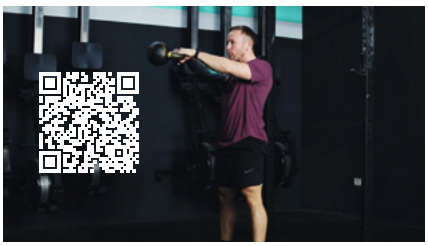


Strength Balance

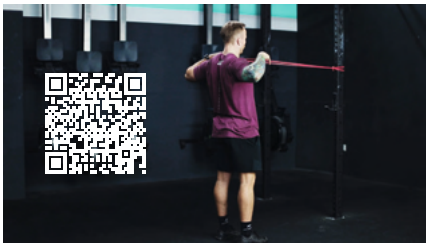


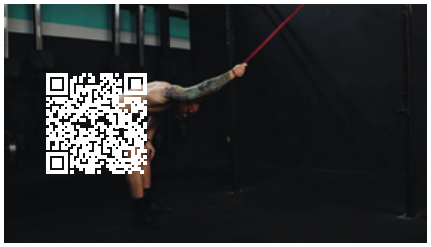


Stamina Conditioning



COOLDOWN





BODYBUILDING

3D/W - W11D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Kettlebell Juggle Cleans links
8 Kettlebell Push Press links
6 Kettlebell Rack Kossack Squats
Wiederhole auf rechts

Strength Volume

Trapbar Deadlift WU Set 1: 10 Reps @ leicht
Pike Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

Every 1:30 - 5 Sets each - alternate b/t:

- 8 Deadlifts RPE7
- 6 Handstand Pushup Descents

Deadlifts +5-7.5%
Optional: 6-8 Strict Handstand Pushups

Strength Accessory

Every 4:00 - 3 Sets
8 Barbell Shoulder Press
6-10 Pronated Pullups

+ Gewicht @ Shoulder Press

Power Conditioning

4-5 Sets:
250m Row
10 Kettlebell Tater 24kg/16kg
10 Pike Pushups
Rest 1:30 b/t Sets

Then:
2-3 Sets
10 Seated Dumbbell Lateral Raises
10 Seated Dumbbell Curls
15-20 Banded Triceps Extensions

COOLDOWN

10/Side Shinbox Good Mornings
1:00 Banded Shoulder Ext. Stretch
1:00/side Foot elevated Hamstring Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

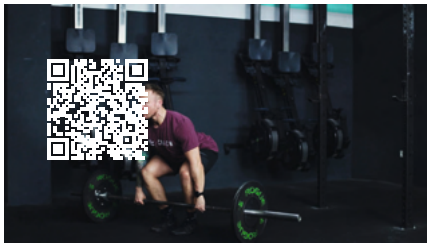
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

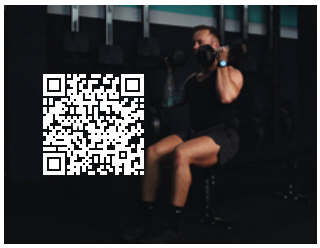
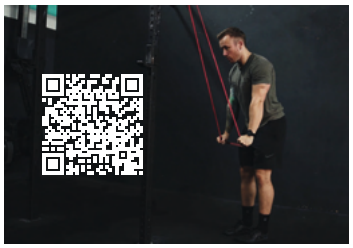
WARMUP

Strength Volume

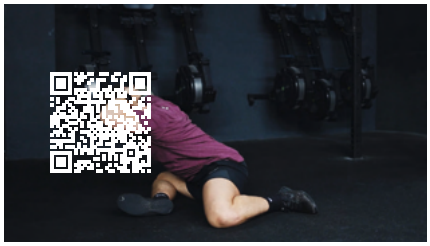
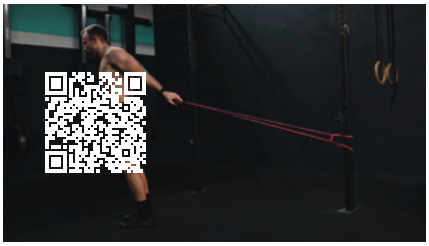


Strength Accessory

Power Conditioning

COOLDOWN

BODYBUILDING

3D/W - W11D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Pause Goblet Squats
10 Tuck Jumps
5 Push Up to downward Dog

Strength Volume

Incline Bench Press WU Set 1: 10 Reps @ leicht
Safety Bar Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

- Work up to a 20RM Safety Bar Squat
- Work up to a 20RM Incline Barbell Bench Press

Back Off: 3x8-10 @ 20RM

Strength Capacity

Every 2:00 - Alternate b/t - 3 Sets each:
40% ME Deficit Pushups
40% ME Supinated Pullups

Deficit: 20kg Comp Plate / 10kg Bumper Plate

Strength Accessory

3 Sets:
10 Zottmann Curls
12 Dumbbell French Press
12/Side Lean in Lateral Raises

Gewicht zu letzter Woche erhöhen

COOLDOWN

10 Cat Cow
1:00/Side Wall Biceps Stretch
1:00/Side Prayer Stretch
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

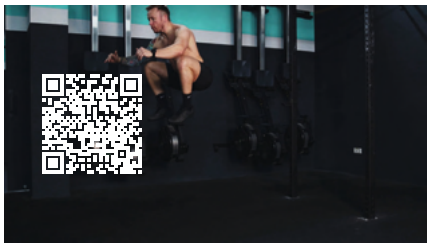
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

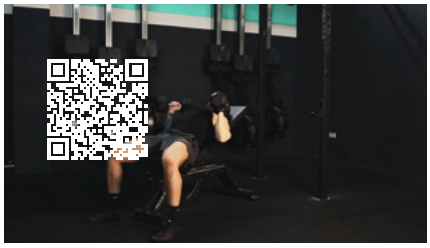
MOVEMENTS

how to -

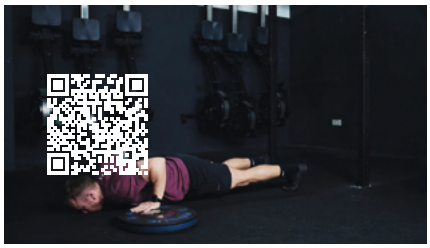
WARMUP

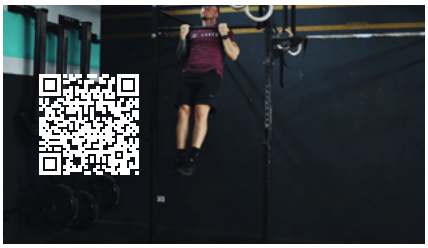


Strength Volume

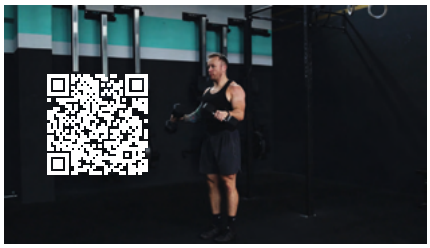


Strength Capacity





Strength Accessory



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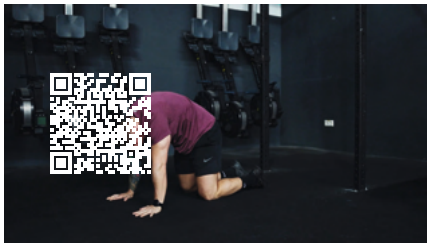
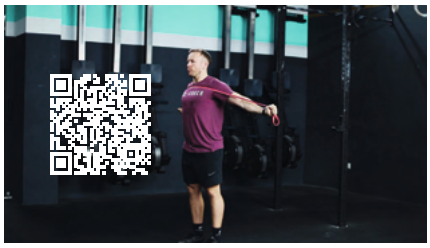




BODYBUILDING

3D/W - W12D1

notes

WARMUP

3 Rounds:
1:00 Row
10 Beast to Leg Through
10 Blackburns
8/Side Hand Supported F.el. KOT Split Squats

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Back Squat WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.
4 Sets, alternate b/t

- Find 5RM Back Squat
- Find 5RM Bench Press

Back Off sets: 3x10 @ 60% 5RM

Strength Balance

3 Sets each:
15 GHD Hip Extensions
15 Incline Dumbbell Bench Press
12 Bent Over Dumbbell Row

*sub: Reverse Lunges

Stamina Conditioning

4 Rounds
20 Cal C2 Bike
15 Goblet Squats 24kg/16kg
20 Cal C2 Row
15 Pushups

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pidgeon Stretch
1:00 Plow Pose
0:45/Side Scorpion Chest Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

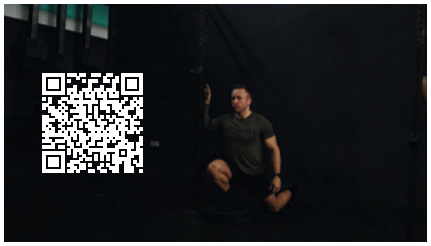
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

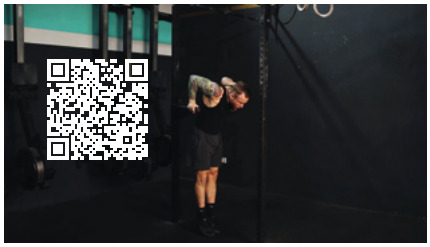
MOVEMENTS

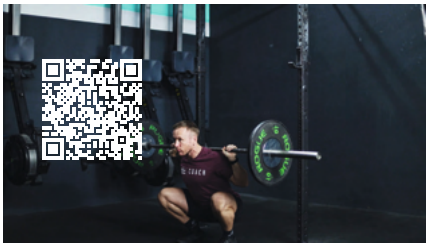
how to -

WARMUP

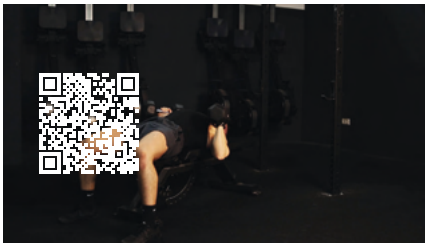


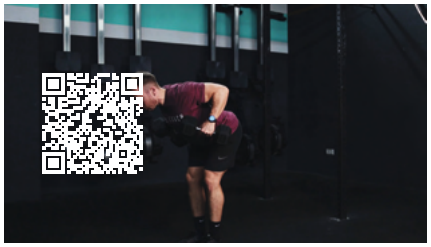
Strength Volume



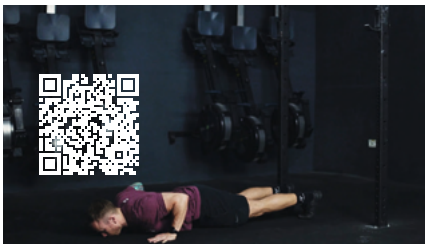


Strength Balance

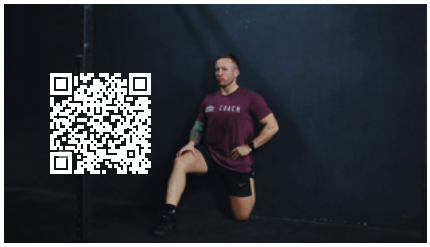


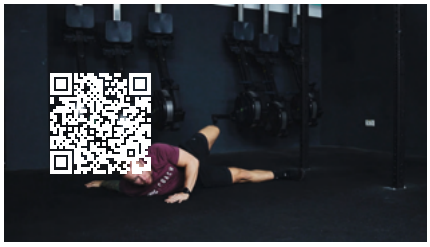


Stamina Conditioning



COOLDOWN





BODYBUILDING

3D/W - W12D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
8 Kettlebell Suitcase Deadlift
6/Side Kettlebell Clean & Push Press

Strength Volume

Trapbar Deadlift WU Set 1: 10 Reps @ leicht
Pike Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

- Work up to a 5RM Deadlift
- ME Strict Handstand Pushups

Back off Deadlift: 3x6 @ 70% 5RM
Back off HSPU: 3x40% ME

Optional: 6-8 Handstand Pushups Descents
Rest as needed b/t Stes

Strength Accessory

Every 4:00 - 3 Sets
10 Back Supported Dumbbell Shoulder Press
Work up to a 5 RM Weighted Supinated Pullup

Power Conditioning

4-5 Sets:
10/8 Cal Echo Bike Sprint
8 Burpee Box Jump Over

Rest 1:30 b/t Sets
Then:
2-3 Sets
10 Seated Dumbbell Lateral Raises
10 Seated Dumbbell Curls
15-20 Banded Triceps Extensions

COOLDOWN

10/Side Shinbox Good Mornings
1:00 Banded Shoulder Ext. Stretch
1:00/side Foot elevated Hamstring Stretch
10 Roll over to Pancake

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

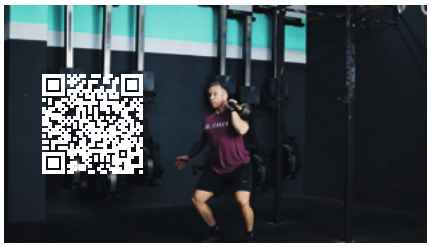
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

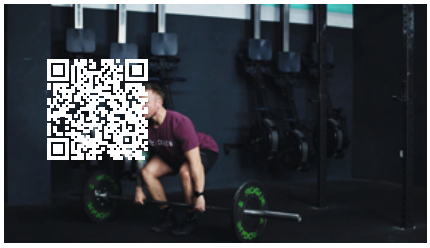
MOVEMENTS

how to -

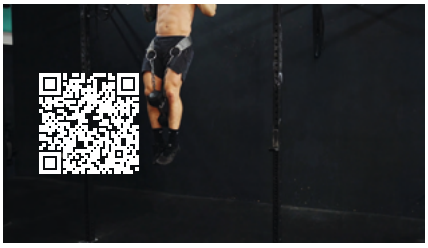
WARMUP



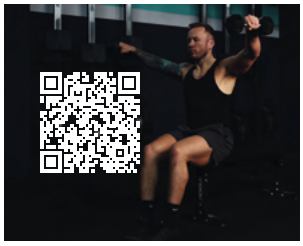
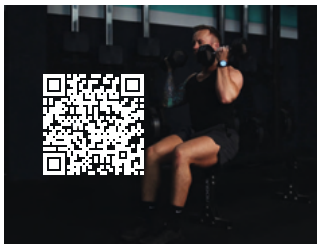
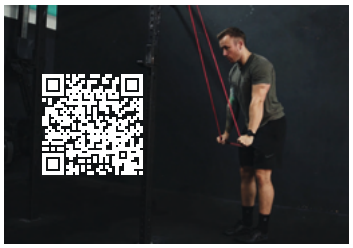
Strength Volume



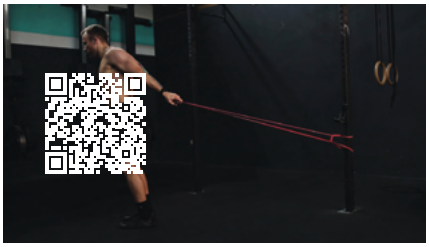
Strength Accessory



Power Conditioning

COOLDOWN



BODYBUILDING

3D/W - W12D3

notes

WARMUP

8:00 Row Conversational Pace
On the 0:00, 4:00 and 8:00

10 Pause Goblet Squats
10 Tuck Jumps
5 Push Up to downward Dog

Strength Volume

Strength Volume
Front Squat WU Set 1: 10 Reps @ leicht
Shoulder Press WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten.

- Work up to a 5RM Front Squat
- Work up to a 5RM Shoulder Press

Back Off: 3x8-10 @ 60% 5RM

Strength Capacity

Every 2:00 - Alternate b/t - 3 Sets each:
40%+2 ME Deficit Pushups
Work up to a ME Set Pronated Pullups

Deficit: 20kg Comp Plate / 10kg Bumper Plate

Strength Accessory

3 Sets:
10 Zottmann Curls
12 Dumbbell French Press
12/Side Lean in Lateral Raises

Gewicht zu letzter Woche erhöhen

COOLDOWN

10 Cat Cow
1:00/Side Wall Biceps Stretch
1:00/Side Prayer Stretch
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

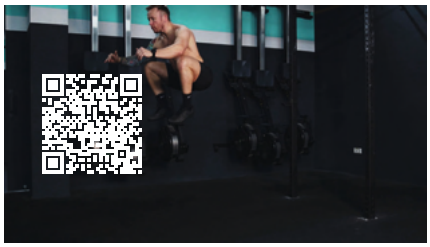
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

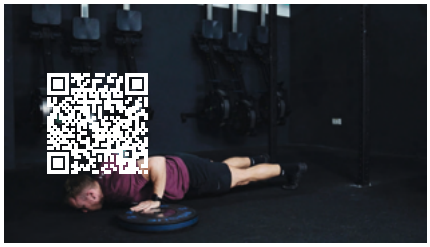
how to -

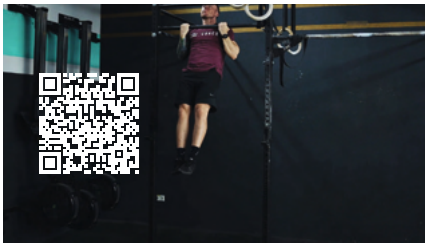
WARMUP



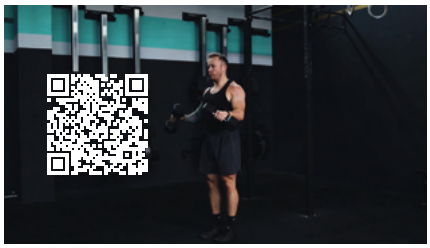
Strength Volume

Strength Capacity





Strength Accessory



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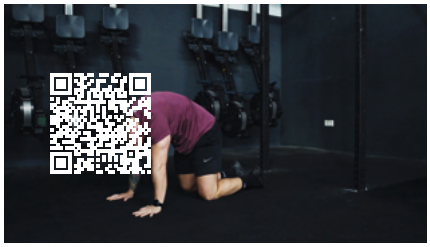
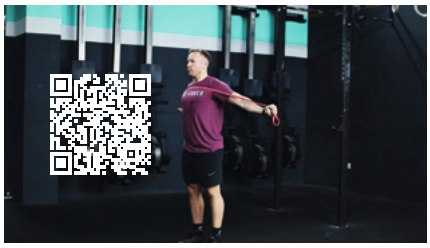




BODYBUILDING

5D/W - W1D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 5x8 @ RPE7
Alternierend mit Chinups 5x6-8 @ RPE7

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
10-12 Incline Dumbbell Bench Press
10-12 Supinated Body Row

Strength Accessory

Every 3:00 - 3 Sets
- 12 Dumbbell Flys
- 15 Band Face Pulls

COOLDOWN

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
20:00 easy-moderates Cardio nach Wahl

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

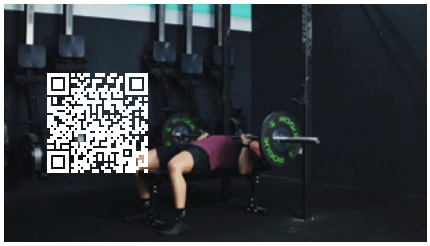
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

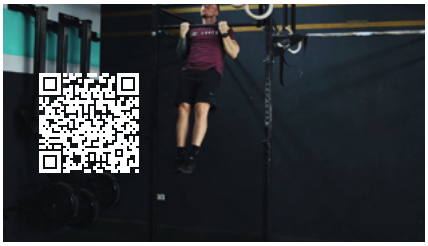
MOVEMENTS

how to -

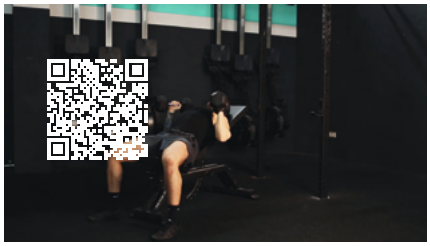
WARMUP

Strength Volume

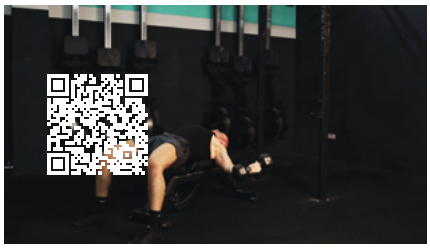


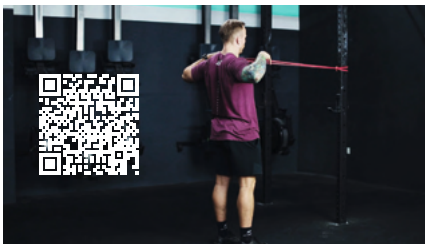


Strength Balance



Strength Accessory





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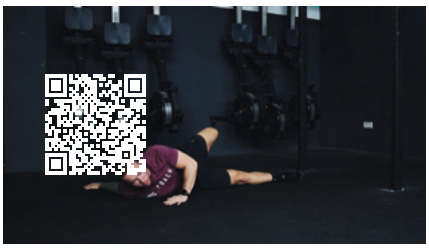


BODYBUILDING

5D/W - W1D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Air Squats
10 Kettlebell Swings 16kg/12kg
10 Box Jumps

Strength Volume

Every 3:00 - 5 Sets
8 Back Squats @ RPE7

Strength Balance

Every 3:00 - 4 Sets
15 Romanian Deadlifts @ RPE7
Directly into
10m Suit Case Walking Lunges

Lower Body Conditioning

5 Sets:
15 Kettlebell Swings
15 Dip Support Tuck Ups
15/12 Cal Echo Bike
Rest 2:00 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

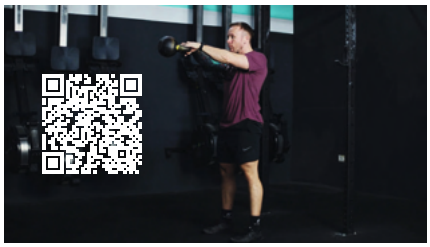
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

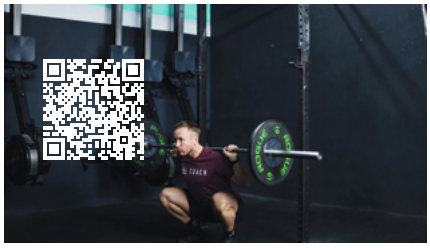
MOVEMENTS

how to -

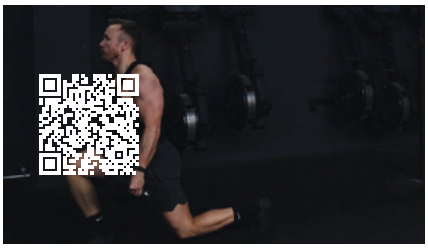
WARMUP



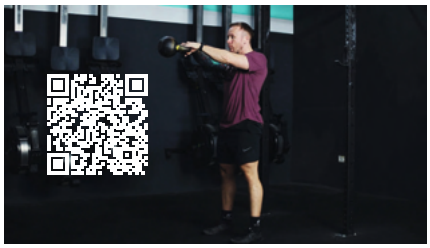
Strength Volume



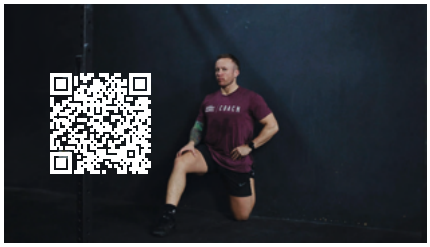
Strength Balance

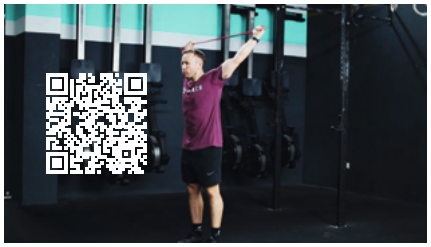


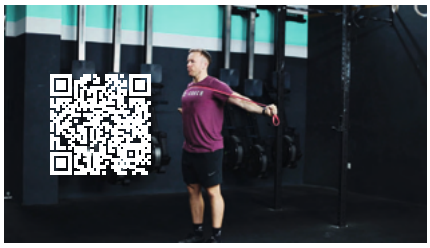
Lower Body Conditioning



COOLDOWN







BODYBUILDING

5D/W - W1D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 4x8 @ RPE7
Alternierend mit Strict Pullups 4x8 @ RPE7

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
10 Back Supported Dumbbell Shoulder Press
10 Dumbbell Rows

Strength Conditioning / Arme

Every 4:00 - 4 Sets
15/12 Cal Row
12 Alternating Dumbbell Snatches
30kg/20kg
6+6 Single Arm Dumbbell Push Press
30kg/20kg

Oder:
3 Sets
10 Lateral Dumbbell Raises
10 Barbell Biceps Curls
10 Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

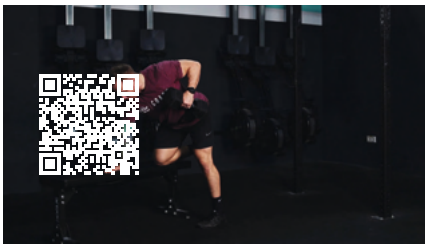
MOVEMENTS

how to -

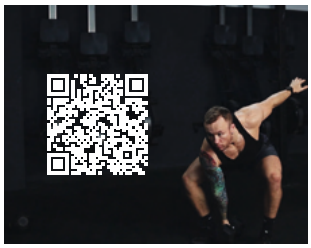
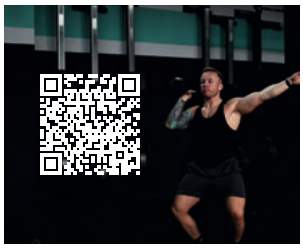
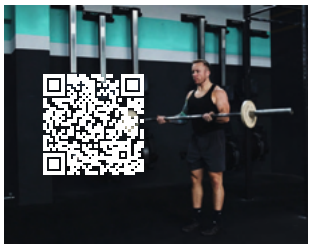
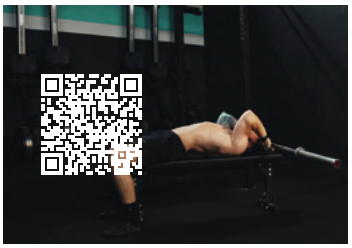
WARMUP

Strength Volume

Strength Balance



Strength Conditioning

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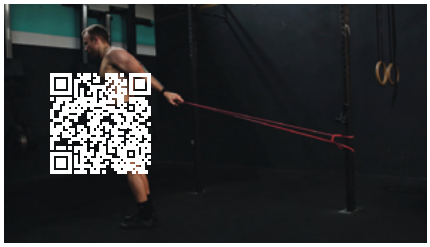
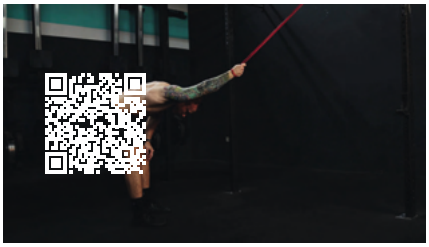
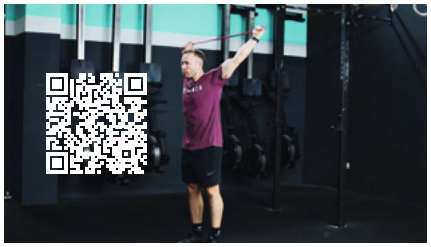
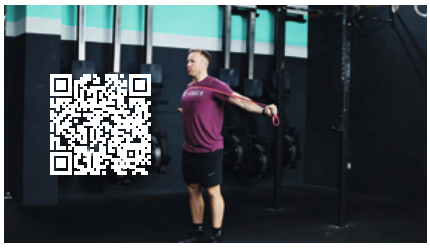





BODYBUILDING

5D/W - W1D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
10 Pushup to Downward Dog

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 4x8 @ RPE7
Alternierend mit Supinated Body Row 4x8 @ RPE7

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 10-12 Dumbbell Bench Press
- 10-12 Bent over Lateral Raises

Pump Conditioning

Every 3:00 - 5 Sets
20/16 Cal Row
10 Burpee Tuck Jump

Danach:
3 Rounds
12 Alternating Dumbbell Biceps Curl
12/Side Single Arm Dumbbell Triceps Overhead Ext.

COOLDOWN

1:00/Side Box Pigeon Stretch
0:30 Passive Bar Hang
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

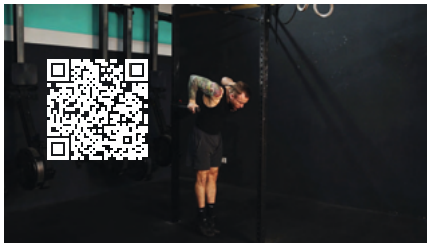
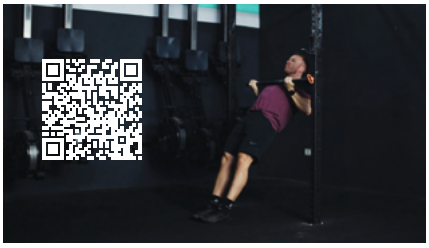
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

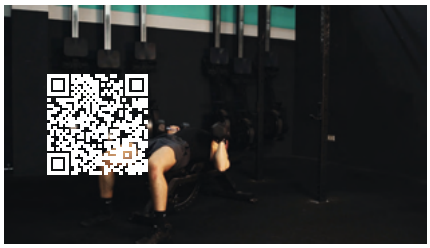
how to -

WARMUP

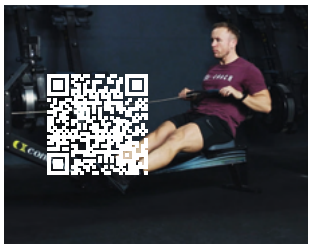
Strength Volume

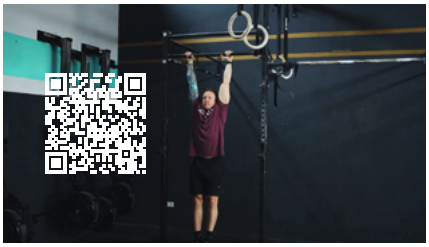
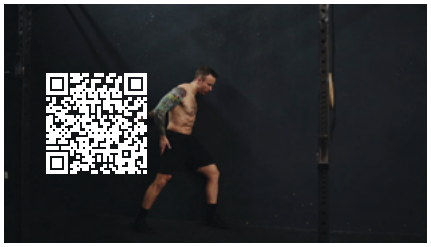
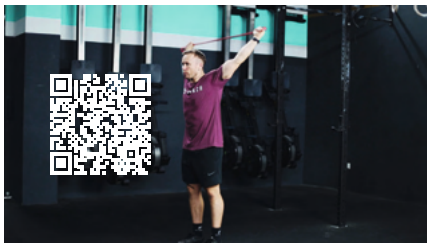
Strength Balance



Pump Conditioning



COOLDOWN

BODYBUILDING

5D/W - W1D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 10 Low Switch Kossack Squats	
Squat Pump 1-2 Warmup Sets Cyclist Front Squats Then: Every 2:00 - 5 Sets 8 Cyclist Front Squats @ RPE7	
Strength Balance Every 3:00 - 4 Sets 12 Suitcase Walking Lunges Directly into 8 GHD Hip Extensions	
Pump Conditioning 4 Sets: 15/12 Cal Echo Bike 15 Dual Kettlebell Swings 30m Dual Overhead Kettlebell Carry Rest 2:00 b/t Sets	
COOLDOWN 1:00/Side Couch Stretch 10 Rollover to Pancake 10 Cat Cow 1:00 Banded Shoulder Ext. Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

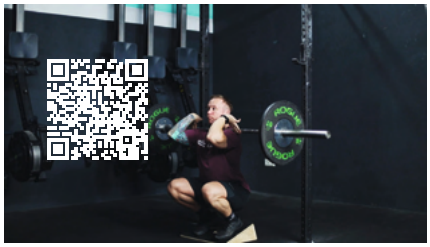
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

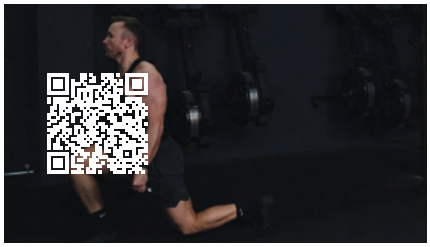
how to -

WARMUP

Squat Pump

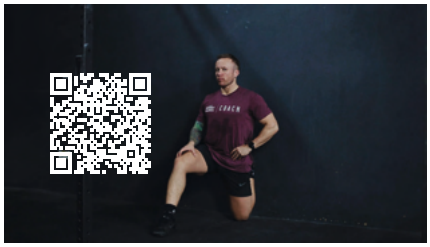


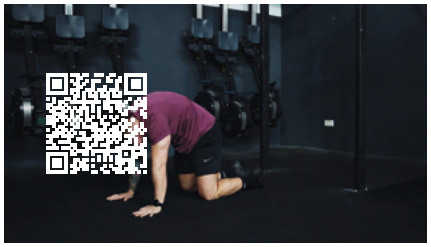
Strength Balance

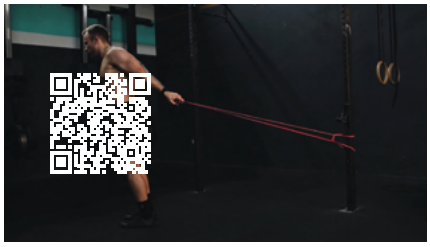


Pump Conditioning

COOLDOWN







BODYBUILDING

5D/W - W2D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 5x10 @ Gleiche Last wie Woche 1
Alternierend mit Chinups 5x7-9 (+1-2 Reps)

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
12-14 Incline Dumbbell Bench Press
12-14 Supinated Body Row

Gleiche Last wie Woche 1

Strength Accessory

Every 3:00 - 3 Sets
- 14 Dumbbell Flys
- 16 Band Face Pulls

COOLDOWN

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
25:00 easy-moderates Cardio nach Wahl

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

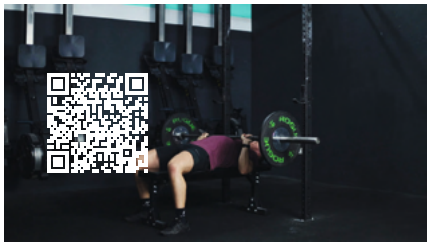
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

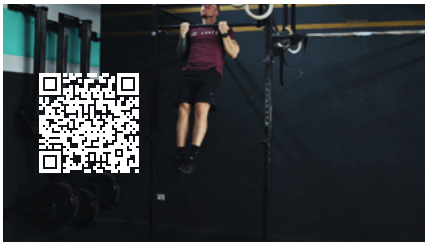
MOVEMENTS

how to -

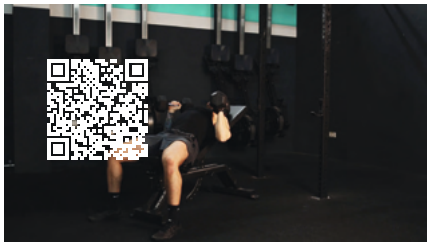
WARMUP

Strength Volume

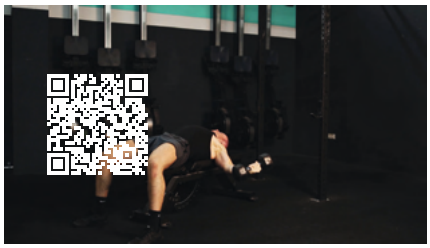


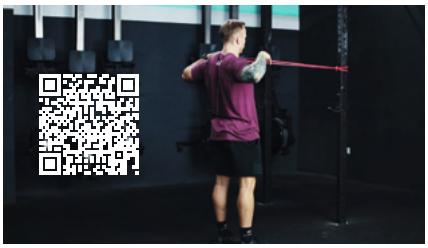


Strength Balance



Strength Accessory





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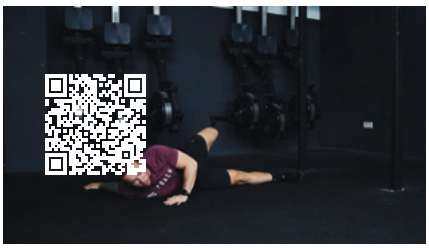


BODYBUILDING

5D/W - W2D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Kettlebell Swings
10 Box Jumps

Then: 1x 0:30 Bottom of the Squat hold

Strength Volume

Every 3:00 - 5 Sets
10 Back Squats @ Gleiche Last wie Woche 1

Strength Balance

Every 3:00 - 4 Sets
12 Romanian Deadlifts @ +2.5-5kg
Directly into
12m Suit Case Walking Lunges

Lower Body Conditioning

5 Sets:
5 Squat Box Jumps 30"/24"
10 Jumping Squats
12/9 Cal Echo Bike @ 85%
Rest 2:00 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

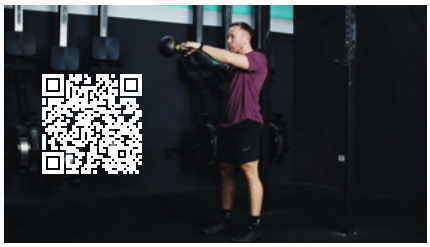
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

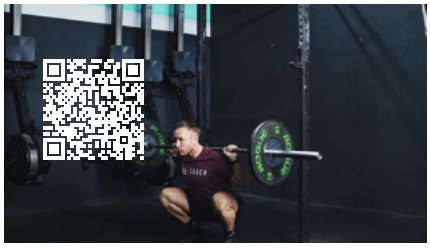
MOVEMENTS

how to -

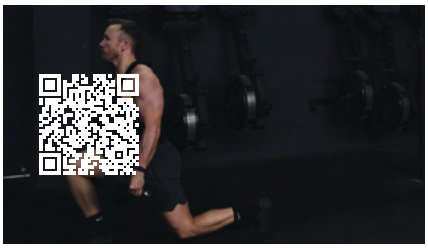
WARMUP



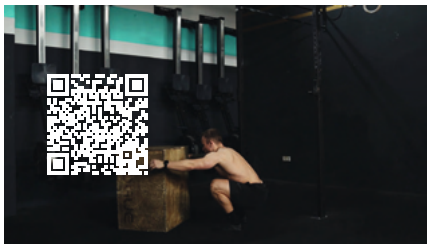
Strength Volume

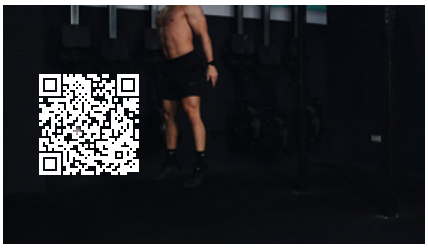


Strength Balance

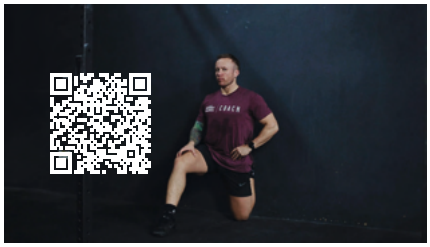


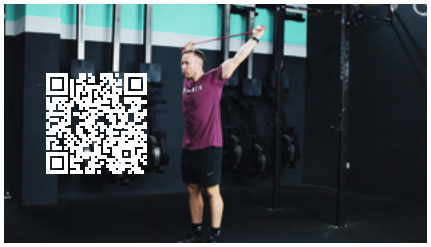
Lower Body Conditioning

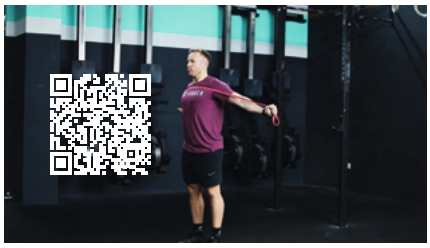




COOLDOWN







BODYBUILDING

5D/W - W2D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5/Side Kettlebell Arm Bar
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 4x10 @ RPE7
Alternierend mit Strict Pullups 4x10 @ RPE7

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 4 Sets
12 Back Supported Dumbbell Shoulder Press
12 Dumbbell Rows

Strength Conditioning / Arme

Every 5:00 - 4 Sets
15/12 Cal Row
12 Single Arm Alternating Devil Press
22.5kg/15kg
9 Burpees over Rower

Oder:
3 Sets
10 Lateral Dumbbell Raises
10 Barbell Biceps Curls
10 Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

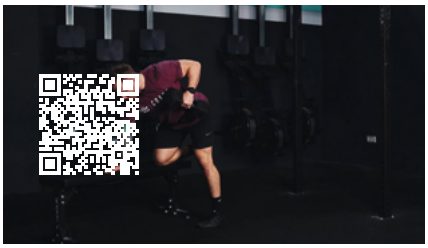
MOVEMENTS

how to -

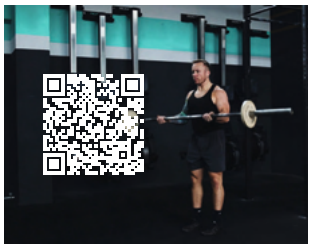
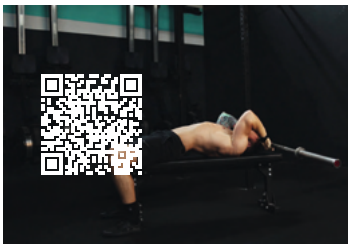
WARMUP

Strength Volume

Strength Balance



Strength Conditioning

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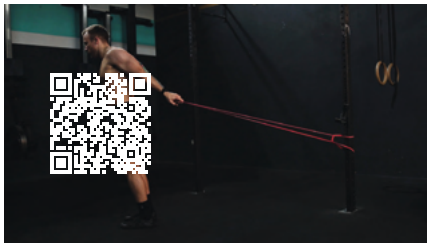
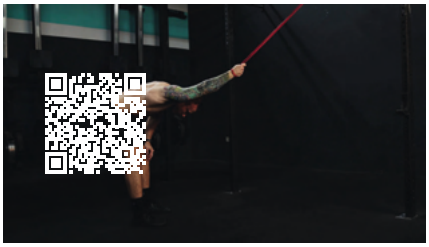
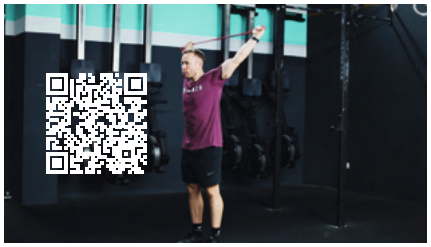
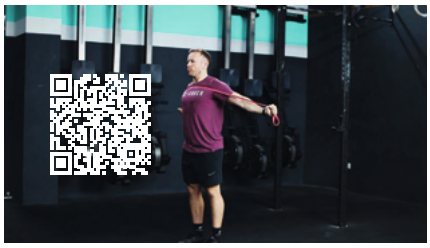





BODYBUILDING

5D/W - W2D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side Half Kneeling Kettlebell Press
5/Side Half Kneeling Windmilld
10 Pushup to Downward Dog

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 4x10 @ RPE7
Alternierend mit Supinated Body Row 4x10 @ RPE7

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 12-14 Dumbbell Bench Press
- 12-14 Bent over Lateral Raises

Pump Conditioning

Every 3:00 - 5 Sets
20/16 Cal Row
10 Burpee Box Jump Over 24"/20"

Danach:
3 Rounds
14 Alternating Dumbbell Biceps Curl
14/Side Single Arm Dumbbell Triceps Overhead Ext.

COOLDOWN

1:00/Side Box Pigeon Stretch
0:30 Passive Bar Hang
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

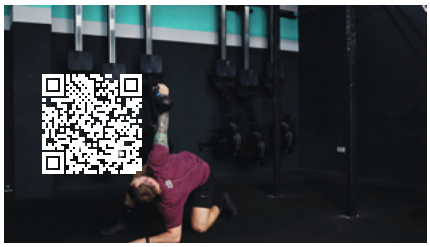
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

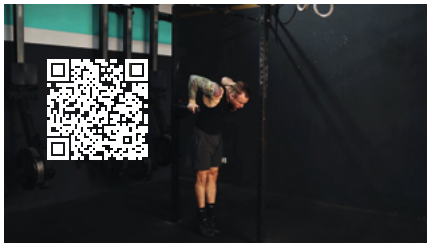
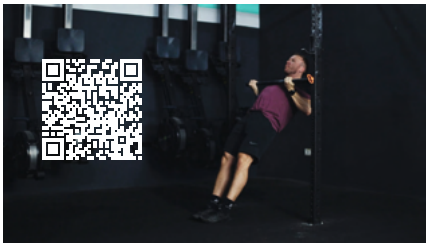
MOVEMENTS

how to -

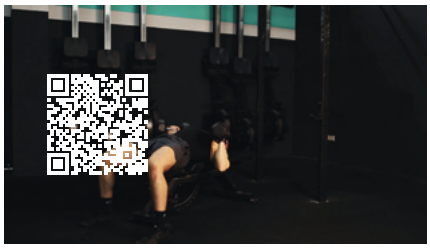
WARMUP



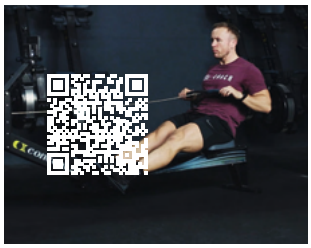
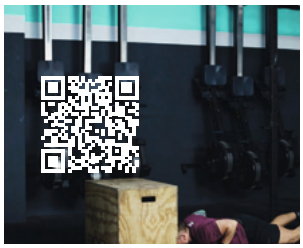
Strength Volume

Strength Balance



Pump Conditioning

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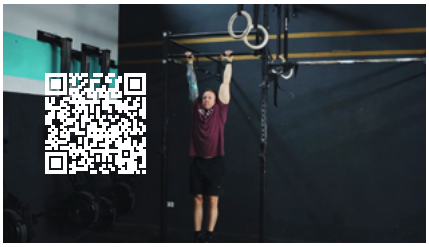
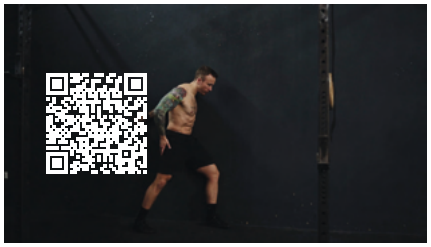
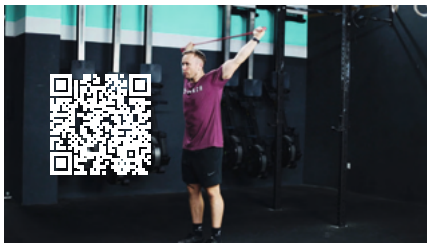




BODYBUILDING

5D/W - W2D5

notes

WARMUP 2:00 Easy Cardio 3 Rounds 15s Echo Bike Sprint 10 Low Switch Kossack Squats 6-8/Side Front Foot elevated Knees over Toes Split Squats	
Squat Pump 1-2 Warmup Sets Cyclist Front Squats Then: Every 2:00 - 5 Sets 10 Cyclist Front Squats @ RPE7	
Strength Balance Every 3:00 - 4 Sets 14 Suitcase Walking Lunges Directly into 10 GHD Hip Extensions	
Pump Conditioning 4 Sets: 15/12 Cal Echo Bike 8+8 Single Arm Kettlebell Clean and Press 24kg/16kg 10 Weighted Hanging Tuck Ups Rest 2:30 b/t Sets	
COOLDOWN 1:00/Side Couch Stretch 10 Rollover to Pancake 10 Cat Cow 1:00 Banded Shoulder Ext. Stretch	

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

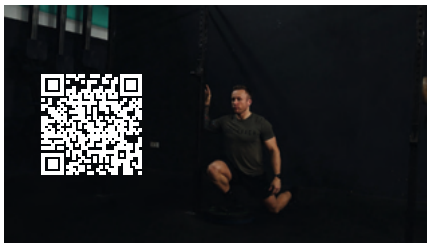
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

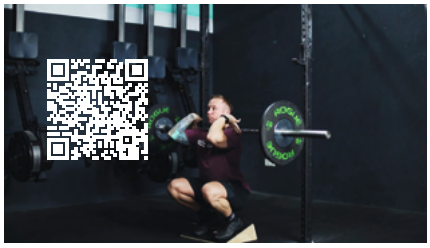
MOVEMENTS

how to -

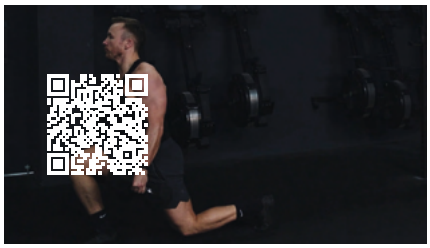
WARMUP



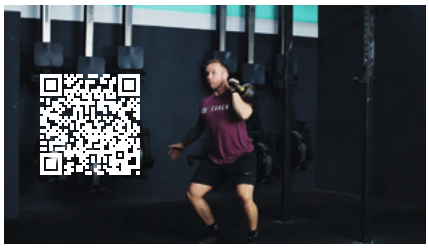
Squat Pump

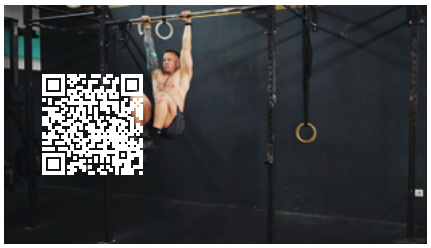


Strength Balance

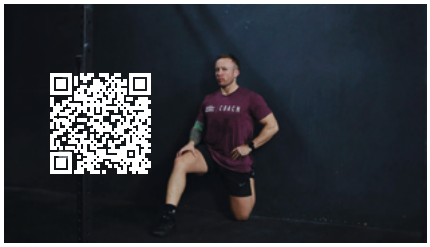


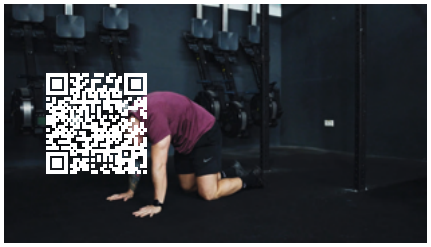
Pump Conditioning

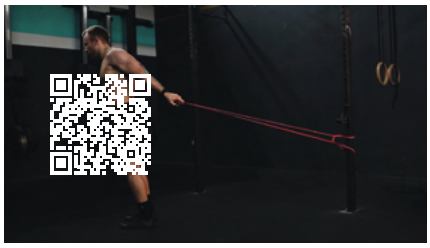




COOLDOWN







BODYBUILDING

5D/W - W3D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10 Turkish Situps
10 Russian Baby Makers
20s Supinated Bar Hang

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 4x12 @ Gleiche Last wie Woche 1
Alternierend mit Chinups 4x12 (+1-2 Reps)

+ Je 1x Max Effort.

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
13-15 Incline Dumbbell Bench Press
13-15 Supinated Body Row

Strength Accessory

Every 3:00 - 3 Sets
- 15 Dumbbell Flys
- 15 Band Face Pulls

COOLDOWN

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
Continious Movement/Steady State
20:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00 & 20:00 perform 20 Abmat Situps

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

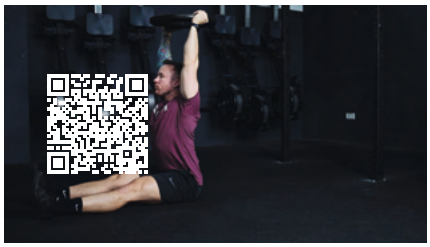
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

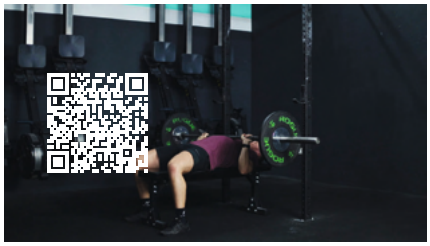
MOVEMENTS

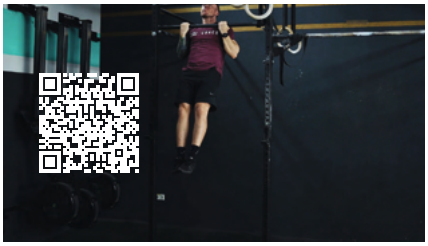
how to -

WARMUP

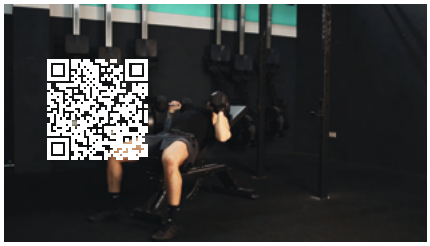


Strength Volume

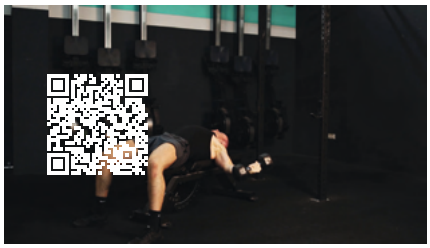


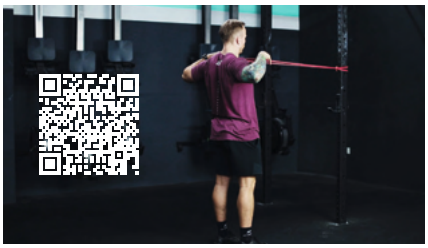


Strength Balance

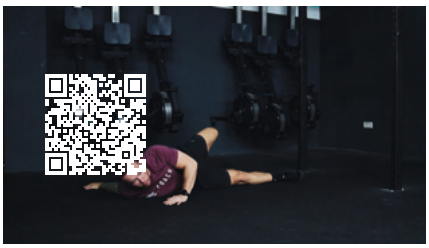


Strength Accessory





COOLDOWN



BODYBUILDING

5D/W - W3D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Kettlebell Tater
10 Box Jumps

Then: 1x 0:30 Bottom of the Squat hold

Strength Volume

Every 3:00 - 5 Sets
12 Back Squats @ Gleiche Last wie Woche 1

Strength Balance

Every 3:00 - 4 Sets
10 Romanian Deadlifts @ +2.5-5kg
Directly into
14m Suit Case Walking Lunges

Lower Body Conditioning

5 Sets:
15 Kettlebell Swings 24kg/16kg
10 Box Jumps /w Step Down 24"/20kg
0:20 C2 Bike Sprint
Rest 2:00 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

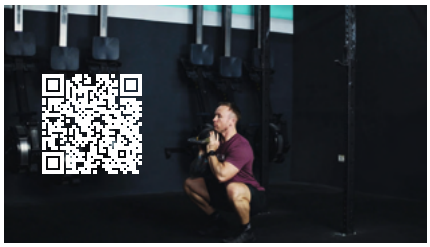
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

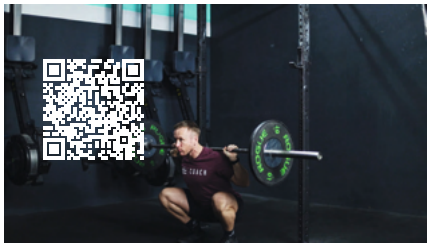
MOVEMENTS

how to -

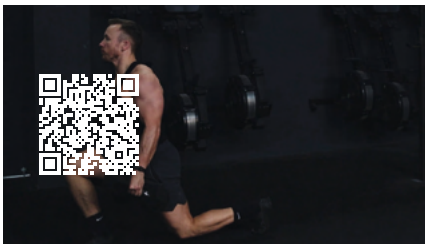
WARMUP



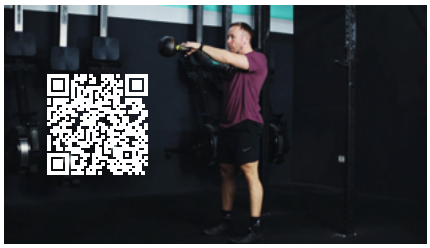
Strength Volume



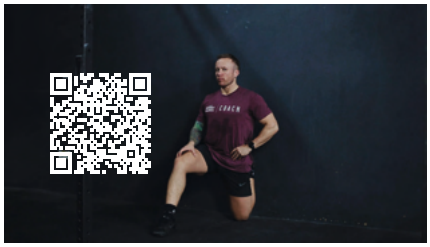
Strength Balance

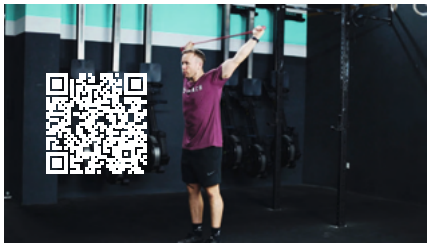


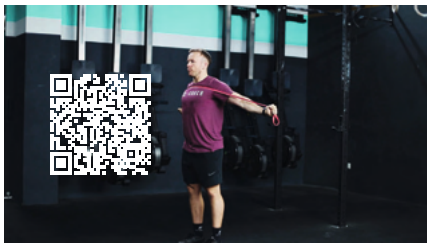
Lower Body Conditioning



COOLDOWN







BODYBUILDING

5D/W - W3D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side Tall Kneeling Kettlebell Press
20 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 3x12 @ RPE7
Alternierend mit Strict Pullups 3x10 @ RPE7

+ je 1 Max Effort Set

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
14 Back Supported Dumbbell Shoulder Press
14 Dumbbell Rows

Strength Conditioning / Arme

Every 3:00 - 5 Sets
12/12 Cal Ski
8 Devil Press 22.5kg/15kg

Oder:
3 Sets
12 Lateral Dumbbell Raises
12 Barbell Biceps Curls
12 Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

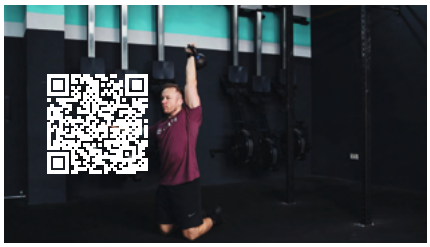
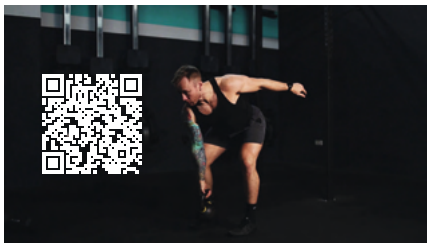
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

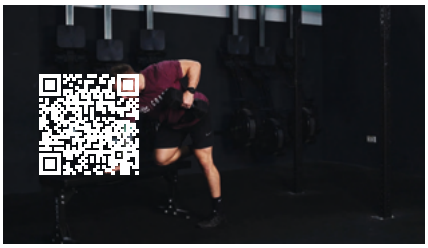
how to -

WARMUP

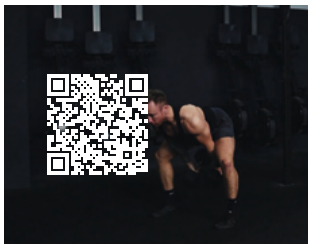



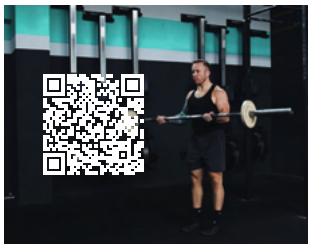
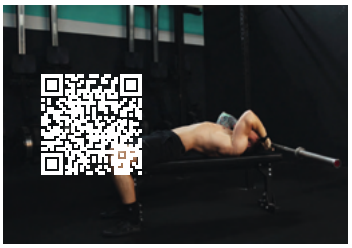
Strength Volume

Strength Balance

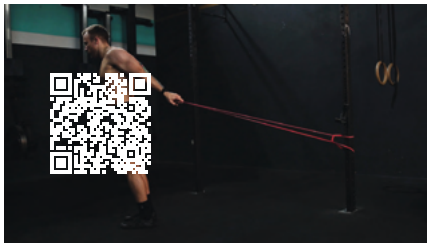
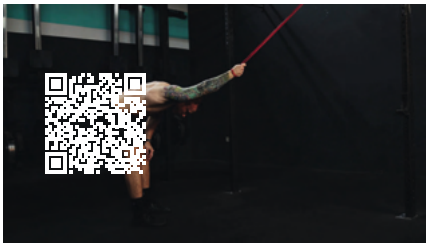
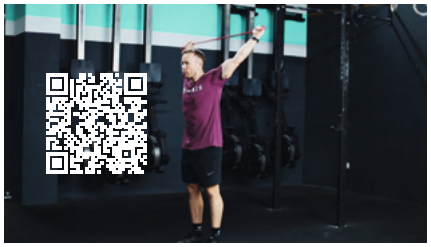
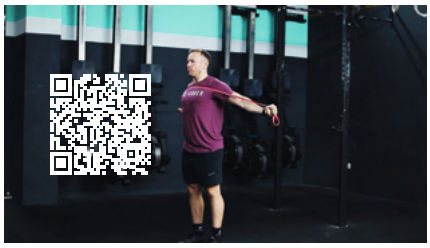


Strength Conditioning



COOLDOWN

BODYBUILDING

5D/W - W3D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
10/Side Half Kneeling Kettlebell Press
5/Side Half Kneeling Windmilld
10 Pushup to Downward Dog

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 3x12 @ RPE7
Alternierend mit Supinated Body Row 3x12 @ RPE7

+ Jeweils 1 ME Set

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 13-15 Dumbbell Bench Press
- 13-15 Bent over Lateral Raises

Pump Conditioning

Every 4:00 - 5 Sets
20/16 Cal Row
10 Burpees
10 GHD Situps

Danach:
3 Rounds
14 Alternating Dumbbell Biceps Curl
14/Side Single Arm Dumbbell Triceps Overhead Ext.

COOLDOWN

1:00/Side Box Pigeon Stretch
0:30 Passive Bar Hang
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

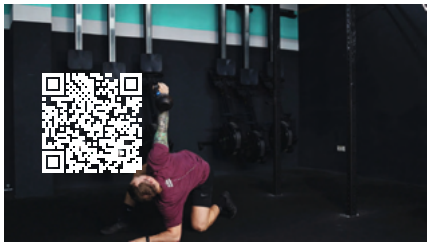
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

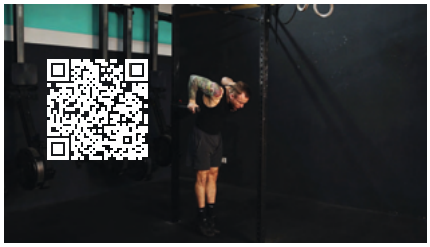
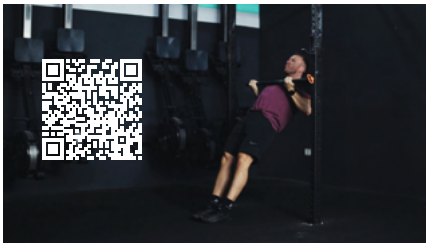
MOVEMENTS

how to -

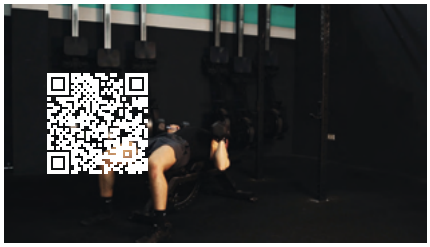
WARMUP



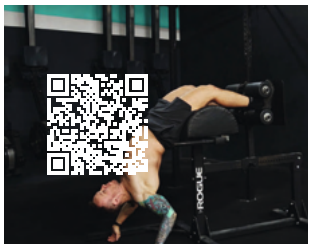
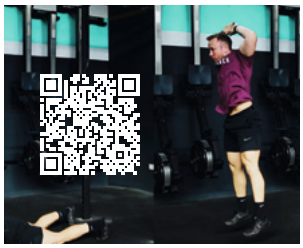
Strength Volume

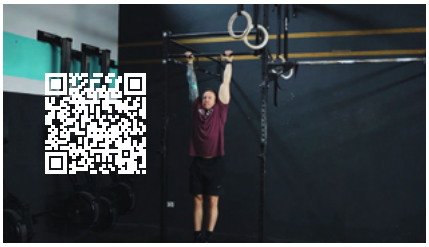
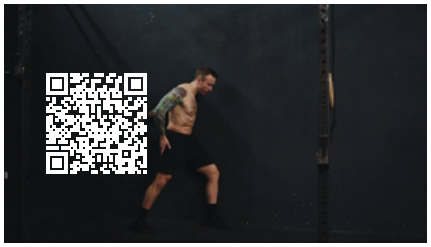
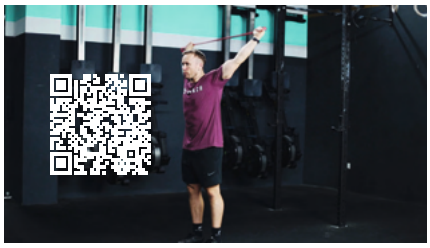
Strength Balance



Pump Conditioning

COOLDOWN

BODYBUILDING

5D/W - W3D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Low Switch Kossack Squats
6-8/Side Front Foot elevated Knees over Toes Split Squats

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 2:00 – 4 Sets
12 Cyclist Front Squats @ RPE7

+ 1 Set Max Effort

Strength Balance

4 Sets – 2:30 Rest b/t Sets
10 pro Seite: Hand Supported Suitcase Bulgarian Split Squats
Directly into
0:30 Dual Kettlebell Front Rack Carry

Pump Conditioning

4 Rounds
10 Kettlebell Swings
10 Goblet Squats
500m C2 Bike
Rest 1:30 b/t Sets

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
10 Cat Cow
1:00 Banded Shoulder Ext. Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

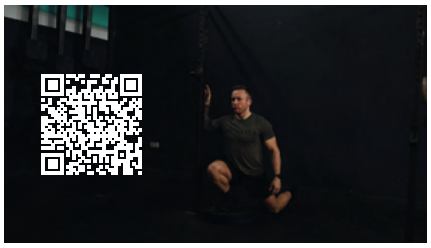
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

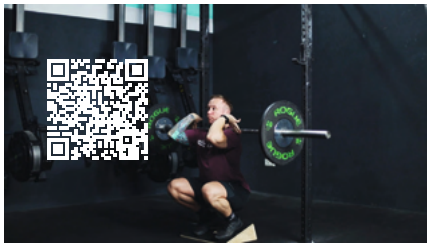
MOVEMENTS

how to -

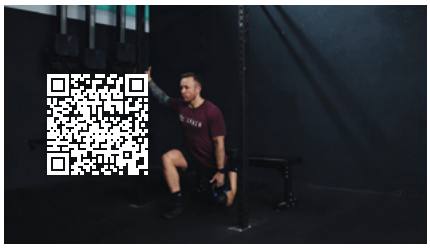
WARMUP



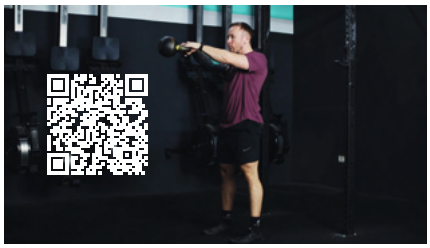
Squat Pump



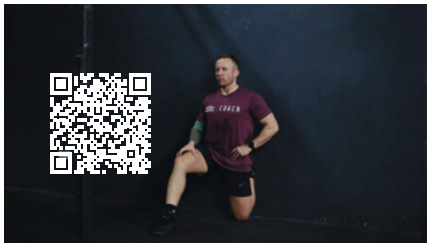
Strength Balance

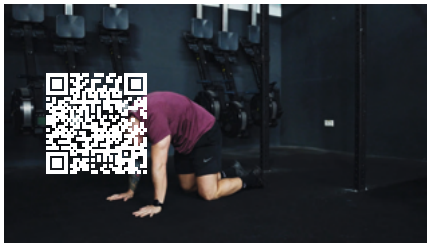


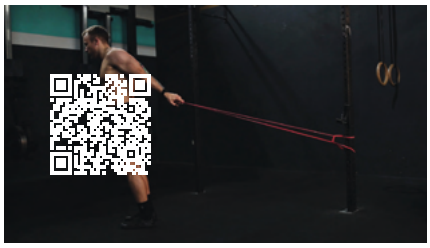
Pump Conditioning



COOLDOWN







BODYBUILDING

5D/W - W4D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Ski Erg
10 Pushup to Downward Dog
30s Pronated Bar Hang

Strength Volume

Strength Volume
Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 4x14 @ Gleiche Last wie Woche 1
Cluster 50 Chinups in so wenig Sets wie möglich.
Anzahl der Cluster mit Reps notieren.
Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
15-17 Incline Dumbbell Bench Press
15-17 Supinated Body Row

Letzte Set Max Effort

Strength Accessory

Every 3:00 - 3 Sets
- 17 Dumbbell Flys
- 15 Band Face Pulls

COOLDOWN

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
Continious Movement/Steady State
20:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00 & 20:00 perform 10 Burpee Tuck Ups

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

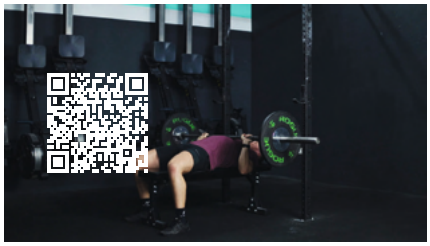
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

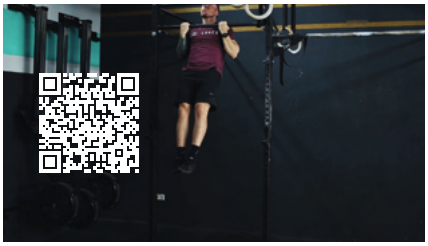
MOVEMENTS

how to -

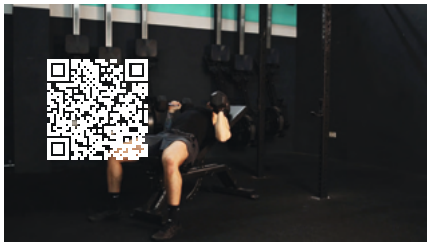
WARMUP

Strength Volume

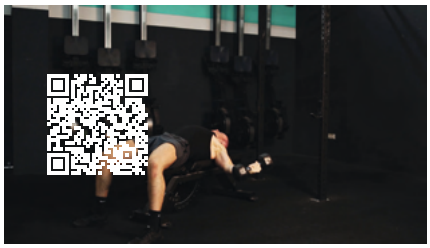


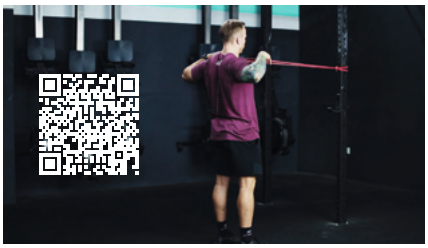


Strength Balance

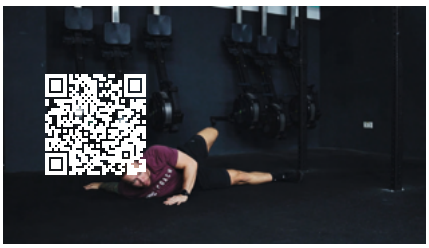


Strength Accessory





COOLDOWN



BODYBUILDING

5D/W - W4D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
10 Box Jumps

Then: 1x 0:30 Bottom of the Squat hold

Strength Volume

Every 3:00 - 4 Sets
Work up to a 20RM Back Squat
3x10 @ 20RM

Strength Balance

Every 3:00 - 4 Sets
12 Romanian Deadlifts @ +2.5-5kg
Directly into
12 Kettlebell Rack Walking Reverse Lunges

Lower Body Conditioning

5 Rounds
20/16 Cal Row
15 Kettlebell Swings
10 Front Squats 60kg/40kg

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

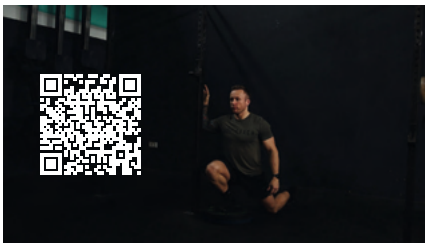
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

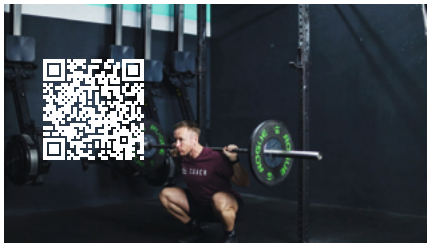
MOVEMENTS

how to -

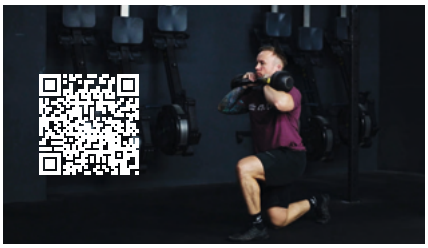
WARMUP



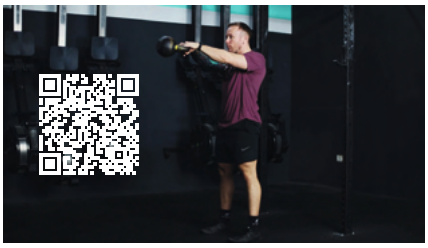
Strength Volume



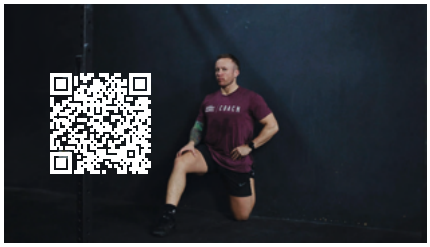
Strength Balance

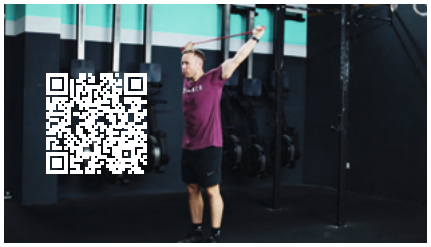


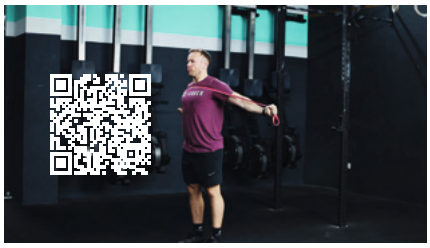
Lower Body Conditioning



COOLDOWN







BODYBUILDING

5D/W - W4D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side Half Kneeling Windmill Press
10 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 5x5 @ RPE7
Alternierend mit Strict Pullups 5x5 Weighted @ RPE7

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
10 Back Supported Dumbbell Shoulder Press
10 Dumbbell Rows

+10-15% Gewicht

Strength Conditioning / Arme

5 Sets
50 Double Unders
15 GHD Situps
10+10 Single Arm Dumbbell Push Press
25kg/17.5kg

Rest 1:30 b/t Sets
Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

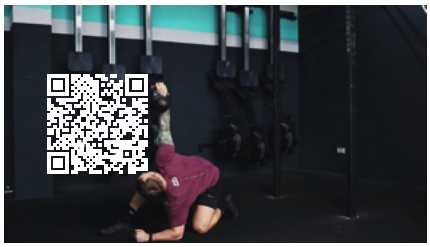
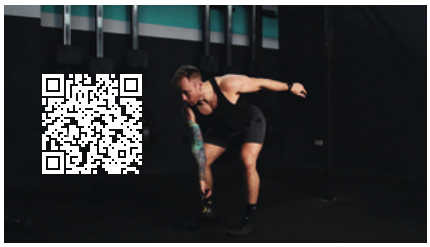
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

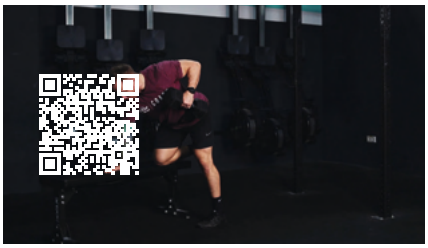
how to -

WARMUP

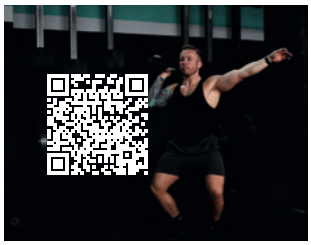
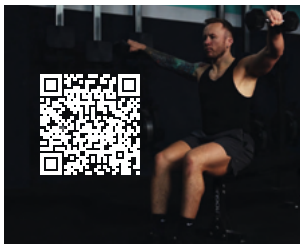



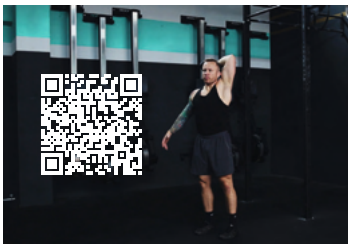
Strength Volume

Strength Balance

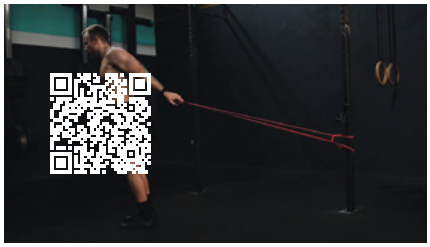
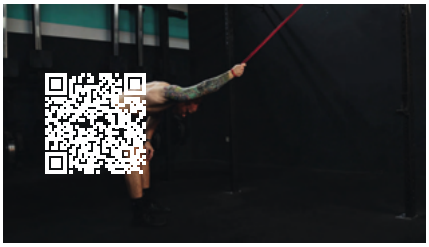
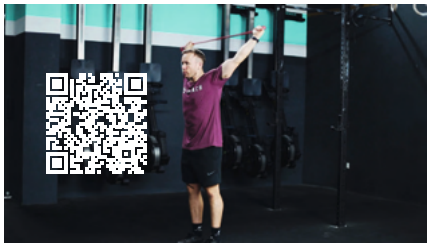
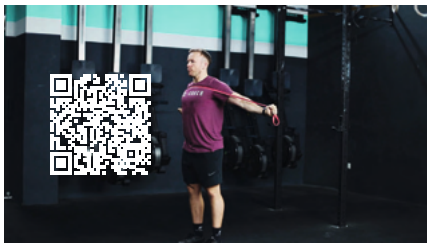


Strength Conditioning



COOLDOWN

BODYBUILDING

5D/W - W4D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Planking Shoulder Taps
0:30 Half Pushup Plank Hold

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 4x8 Weighted
Alternierend mit Supinated Barbell Rows 4x8

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 10-12 Dumbbell Bench Press
- 10-12 Ring Rows

Pump Conditioning

Every 4:00 - 5 Sets
20/16 Cal Ski
10 Pike Pushups
10 GHD Situps

Danach:
3 Rounds
14 Dual Dumbbell Biceps Curl
12 Dumbbell French Press

COOLDOWN

1:00/Side Box Pigeon Stretch
0:30 Passive Bar Hang
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

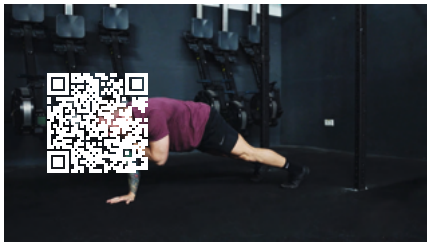
Wie hast du dich gefühlt?

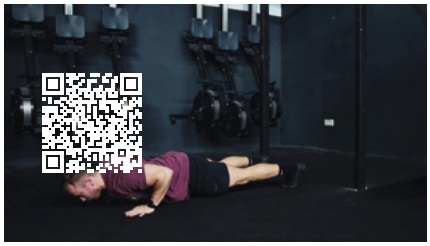
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

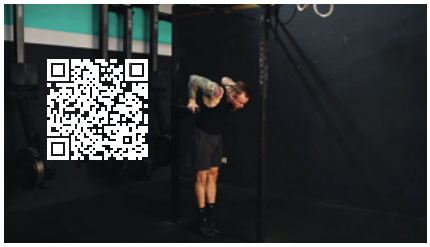
how to -

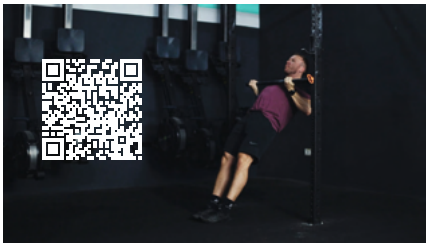
WARMUP



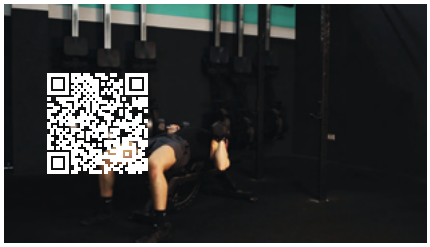


Strength Volume

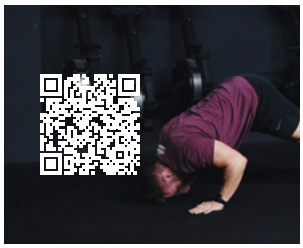


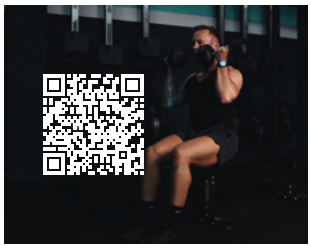


Strength Balance

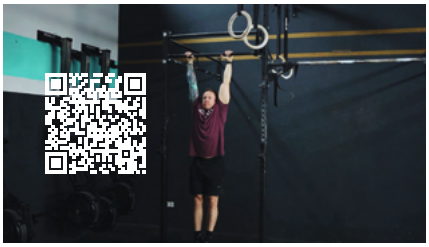


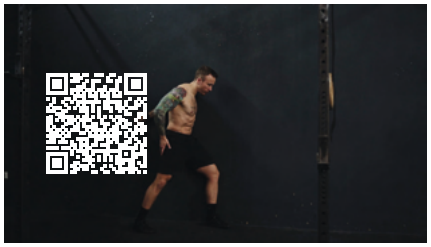
Pump Conditioning

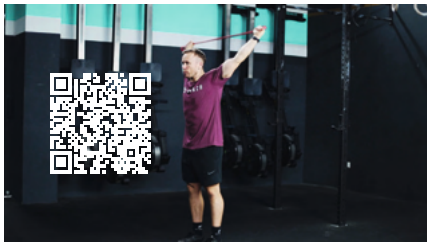




COOLDOWN







BODYBUILDING

5D/W - W4D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Low Switch Kossack Squats
6-8/Side Front Foot elevated Knees over Toes Split Squats

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 – 5 Sets
8 Tempo Cyclist Front Squats @ 32X0

Strength Balance

4 Sets – 2:30 Rest b/t Sets
12 pro Seite: Hand Supported Suitcase Bulgarian Split Squats
Directly into
0:30 Dual Kettlebell Front Rack Carry

Letzte Set ME @ Bulgarian Split Squats

Pump Conditioning

Pump Conditioning
AMRAP12
2-4-6-8-10-...-...
Pike Leg Lift Over Kettlebell (L+R = 1)
Kettlebell Kneeling to Standing (L+R = 2)
200m Run

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

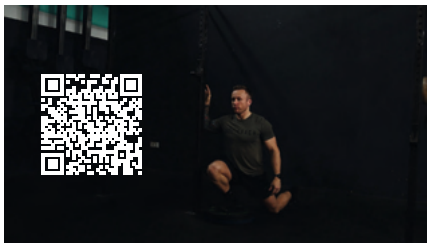
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

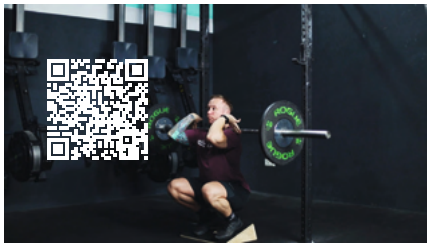
MOVEMENTS

how to -

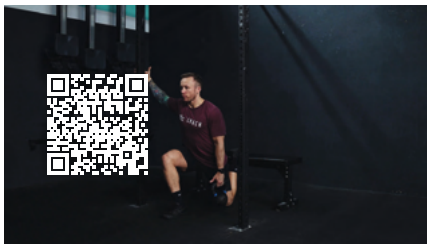
WARMUP



Squat Pump

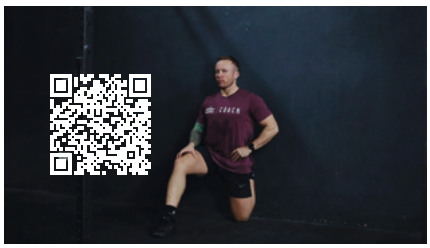


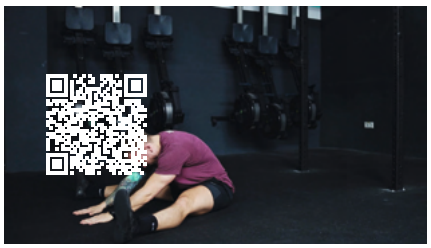
Strength Balance



Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W5D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
30s Dip Support Tuck Hold
10 Plate Ground to Overhead /w 1s Hold
8/Side Half Kneeling Windmill Presses

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 4x12 @ +2.5-5kg
Chinups: Gleiche Anzahl der Cluster wie letzte Woche. +1 Rep je Cluster

Rest as needed @ Bench

Strength Balance

Every 3:00 - 4 Sets
12-15 Incline Dumbbell Bench Press +2.5kg-5kg
17-20Supinated Body Row

Strength Accessory

Every 3:00 - 3 Sets
- 20 Dumbbell Flys
- 15 Band Face Pulls

COOLDOWN

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 10 Burpee Tuck Ups

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

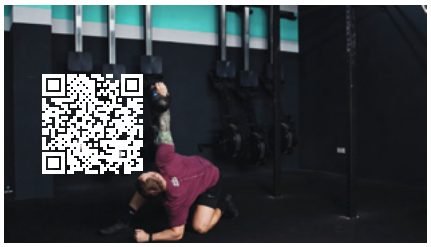
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

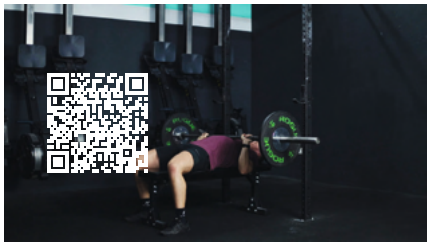
MOVEMENTS

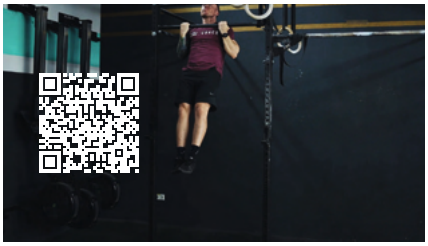
how to -

WARMUP

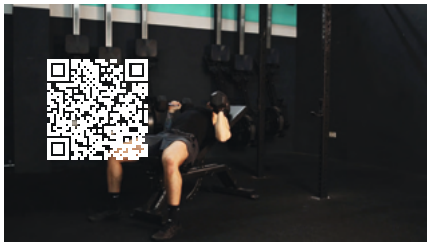


Strength Volume

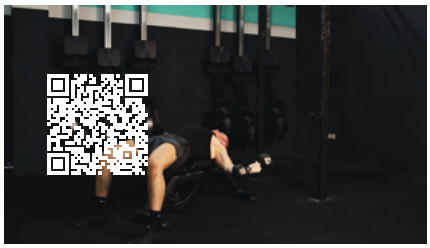


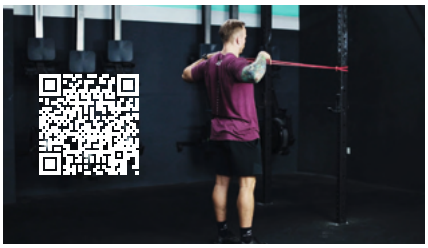


Strength Balance

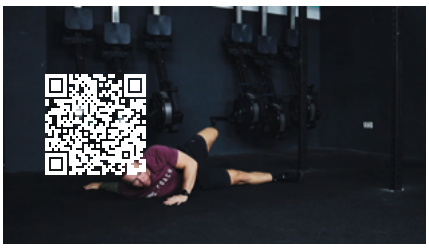


Strength Accessory





COOLDOWN



BODYBUILDING

5D/W - W5D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
8-10/side Hand Supported Front Foot elevated Knees over Toes Split Squat
8-10/Side Longe Lunge

Then: 1x 0:30 Bottom of the Squat hold

Strength Volume

Every 3:00 - 4 Sets
Back Squat 4x12 @ 20RM

Strength Balance

Every 3:00 - 4 Sets
12 Romanian Deadlifts @ 30X0
Directly into
12 Front Foot elevated Kettlebell Rack Split Squats

Lower Body Conditioning

5 Rounds
24/20 Cal Echo Bike
12 Box Jump Step Down 30"/24"

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

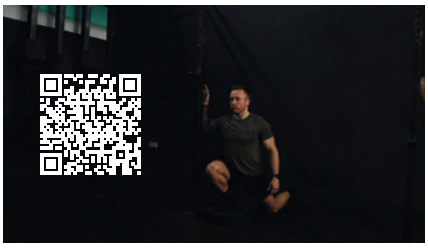
Wie hast du dich gefühlt?

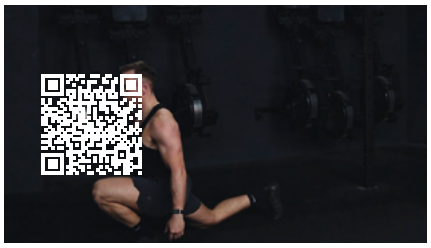
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

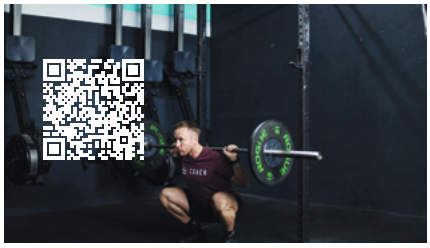
how to -

WARMUP

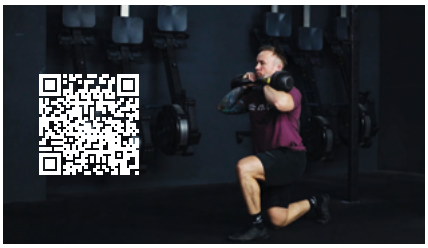




Strength Volume

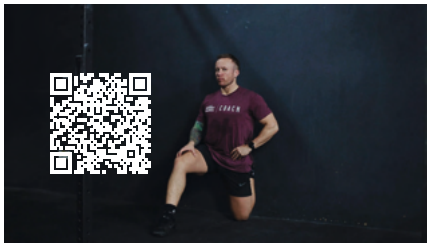


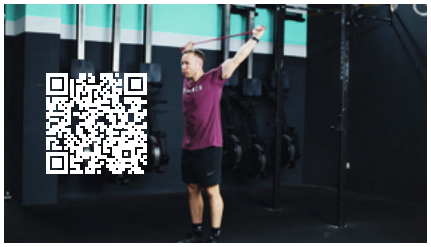
Strength Balance

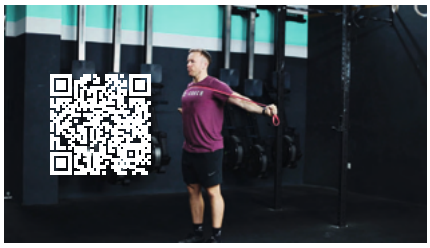


Lower Body Conditioning

COOLDOWN







BODYBUILDING

5D/W - W5D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side See Saw Shoulder Press
20 Single Arm Alt. Kettlebell Swings
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 5x6 @ Gleiche Last
Alternierend mit Strict Pullups 5x6 Weighted @ Gleiche Last

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
12 Back Supported Dumbbell Shoulder Press
12 Dumbbell Rows

Gleiche Last

Strength Conditioning / Arme

5 Sets
50 Double Unders
10 Toes to Bar
10+10 Single Arm Dumbbell Push Jerks
30kg/20kg

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

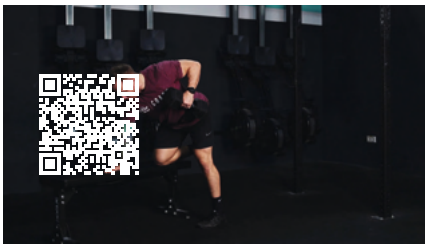
MOVEMENTS

how to -

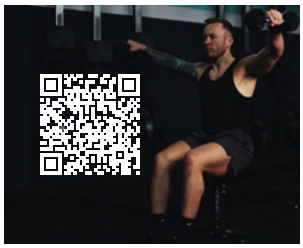
WARMUP

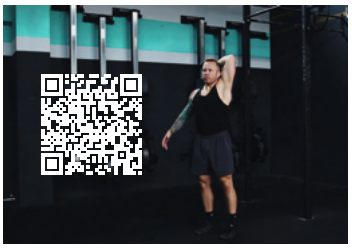
Strength Volume

Strength Balance

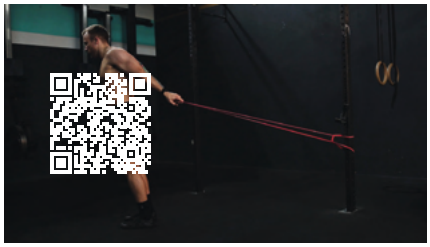
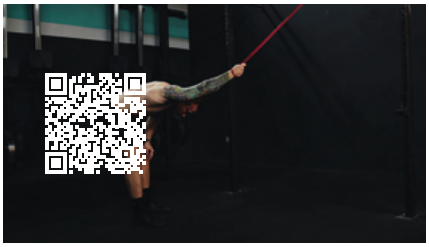
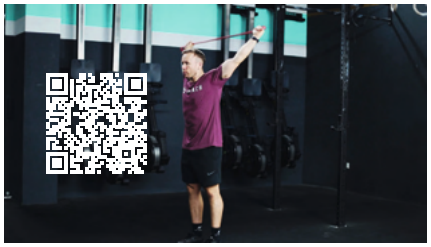
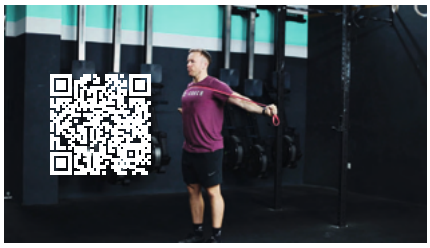


Strength Conditioning





COOLDOWN

BODYBUILDING

5D/W - W5D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Planking Shoulder Taps
0:30 Half Pushup Plank Hold

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 4x10 Weighted
Alternierend mit Supinated Barbell Rows 4x10

Gleiche Last

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 12-14 Dumbbell Bench Press
- 12-14 Ring Rows

Gleiche Last

Pump Conditioning

Every 4:00 - 5 Sets
24/20 Cal Row
12 GHD Situps
8 Handstand Push Ups

Danach:
3 Rounds
14 Dual Dumbbell Biceps Curl
12 Dumbbell French Press

COOLDOWN

10 Thread the Needle
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

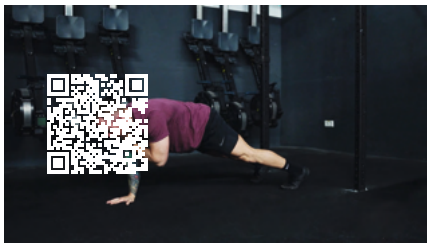
Wie hast du dich gefühlt?

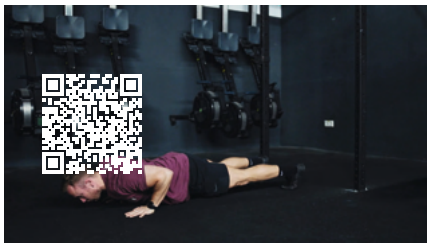
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

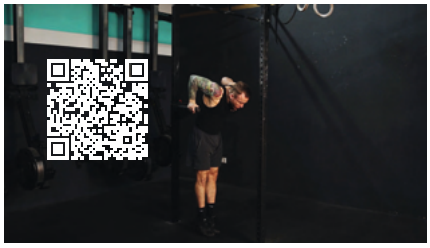
how to -

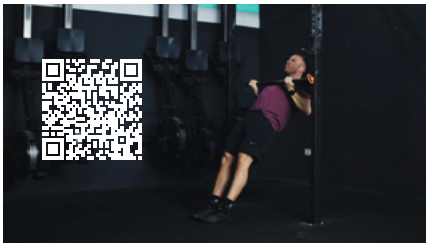
WARMUP

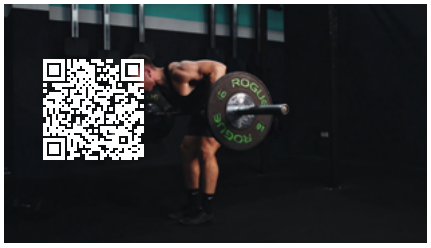




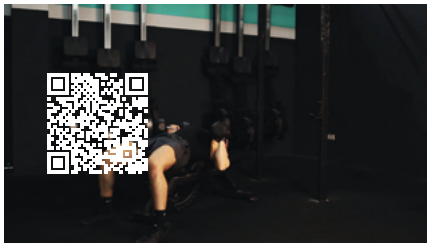
Strength Volume

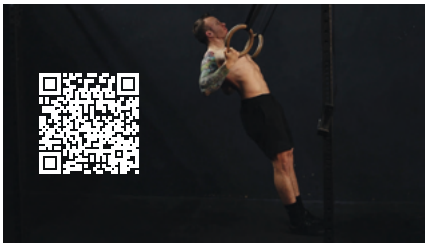




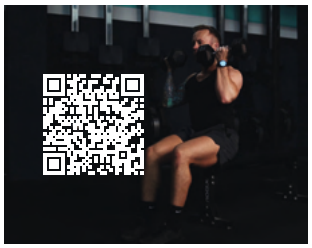


Strength Balance

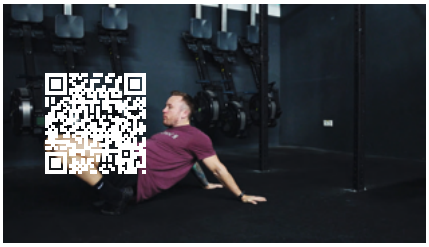


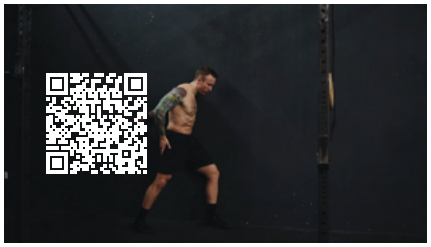


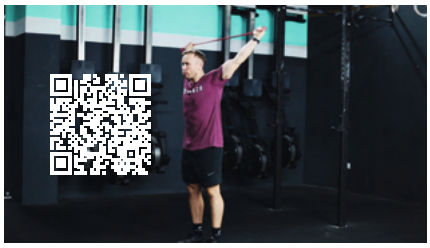
Pump Conditioning



COOLDOWN







BODYBUILDING

5D/W - W5D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Low Switch Kossack Squats
10 Dynamic Box Step Ups
0:30 Goblet Bottom of the Squat Hold

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 - 5 Sets
10 Tempo Cyclist Front Squats @ 32X0

Gleiche Last wie letzte Woche

Strength Balance

4 Sets - 2:30 Rest b/t Sets
8 Sumo Deadlifts @ RPE7
4 Squat Box Jumps

Pump Conditioning

AMRAP16
16/12 Cal C2 Bike
12 Reverse Front Rack Lunges 60kg/40kg
8 Toes to Bar

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

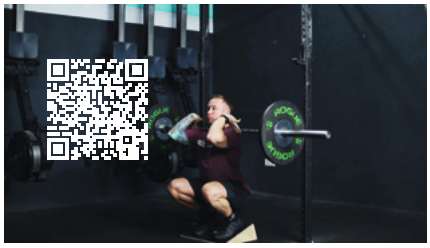
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

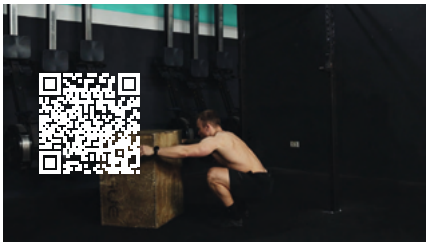
how to -

WARMUP

Squat Pump

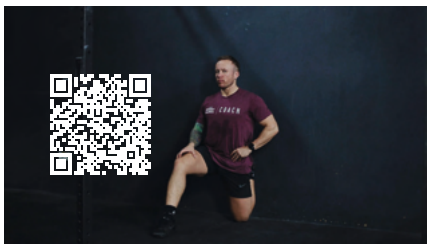


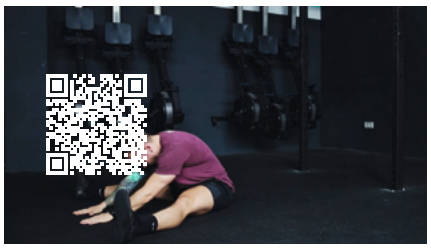
Strength Balance



Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W6D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Shoulder Bridge
10/Side See Saw Bench Press
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 4x10 @ +2.5-5kg
Chinups: 50 Reps insgesamt in so wenig Cluster wie möglich.

Rest as needed @ Bench

Strength Balance

Every 3:00 - 4 Sets
10-12 Incline Dumbbell Bench Press +2.5kg-5kg
3x15 + 1x ME Supinated Body Row

Strength Accessory

3 Sets - Rest 2:30 b/t
10 Deficit Pushups + 10 Dumbbell Flys
15 Band Face Pulls

COOLDOWN

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 10 Burpee Tuck Ups

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

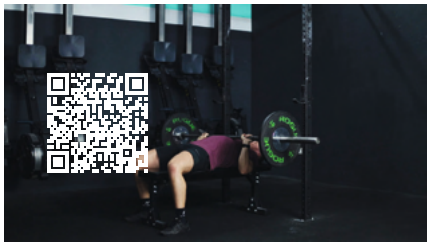
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

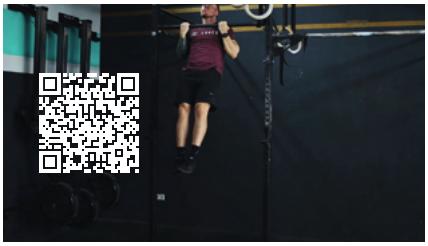
MOVEMENTS

how to -

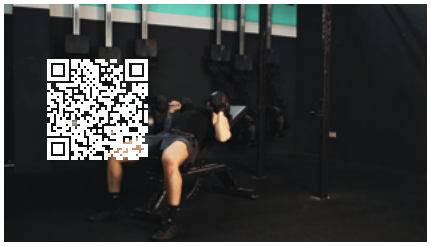
WARMUP

Strength Volume

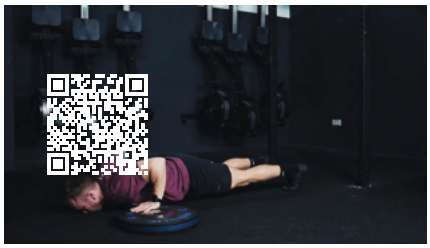


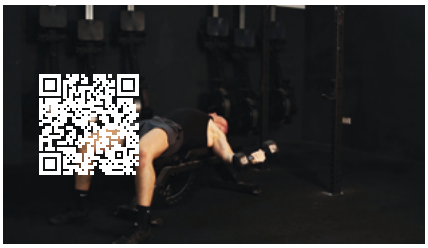


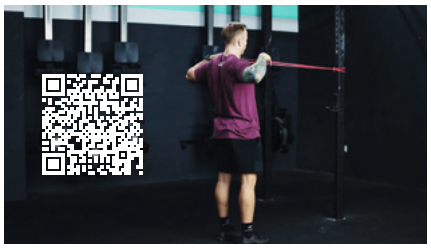
Strength Balance



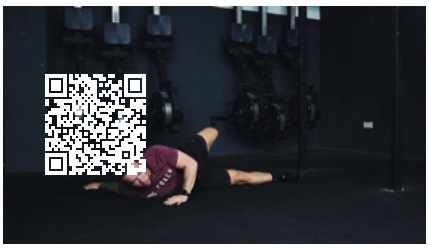
Strength Accessory







COOLDOWN



BODYBUILDING

5D/W - W6D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Box Jump Overs
10 Kettlebell Taters
8-10/Side Goblet Longe Lunge

Then: 1x 0:30 Bottom of the Squat hold

Strength Volume

Every 3:00 - 5 Sets
Back Squat 5x10 @ +5-10kg zu letzter Woche

Strength Balance

Every 3:00 - 4 Sets
14 Romanian Deadlifts @ 30X0
Directly into
14 Front Foot elevated Kettlebell Rack Split Squats

Lower Body Conditioning

5 Rounds
2000m Bike
15 Toes to Bar
30 Air Squats

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

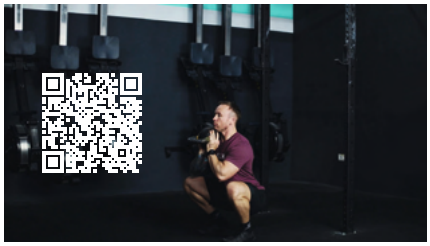
Wie hast du dich gefühlt?

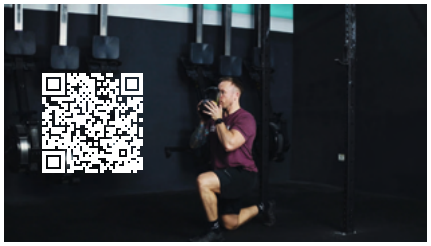
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

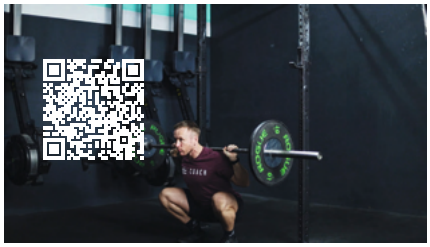
how to -

WARMUP

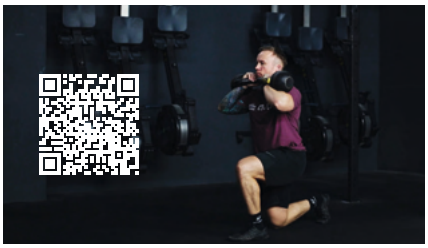




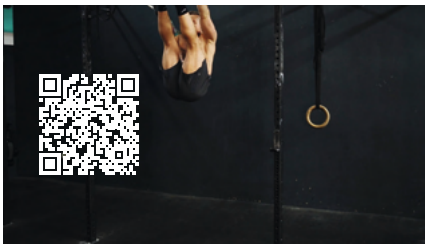
Strength Volume



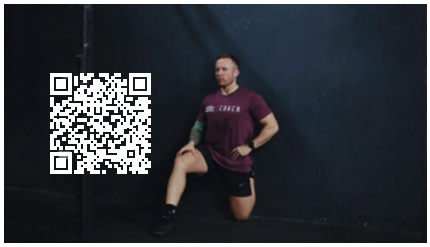
Strength Balance

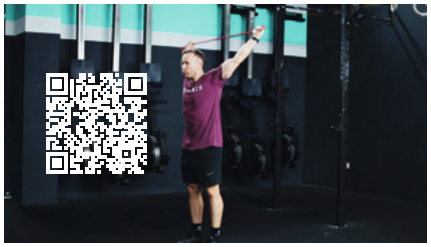


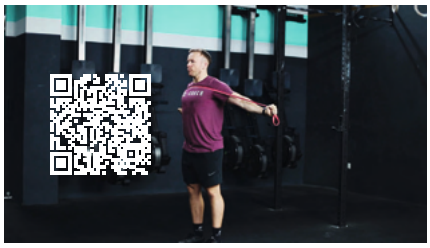
Lower Body Conditioning



COOLDOWN







BODYBUILDING

5D/W - W6D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side Tall Kneeling See Saw Shoulder Press
20 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 4x7 @ Gleiche Last
Alternierend mit Strict Pullups 4x7 Weighted @ Gleiche Last

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
10 Back Supported Dumbbell Shoulder Press
12 Meadow's Rows

+ Gewicht @ Shoulder Press

Strength Conditioning / Arme

5 Sets
10 Cal/8 Ski Erg
10 Dual Dumbbell Push Press 22.5kg/15kg
10 Supinated Body Rows

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Alternating Dumbbell Hammer Curls
9/Side Standing Dumbbell Triceps Extensions

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
10 Banded Pull Aparts

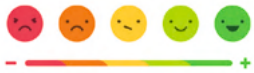
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

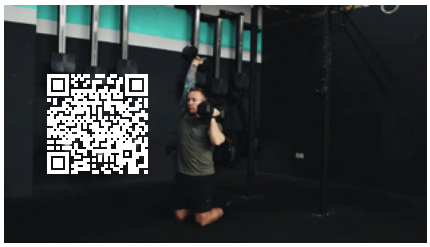
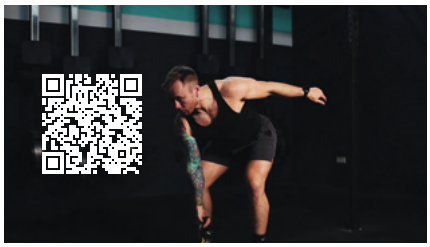
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



MOVEMENTS

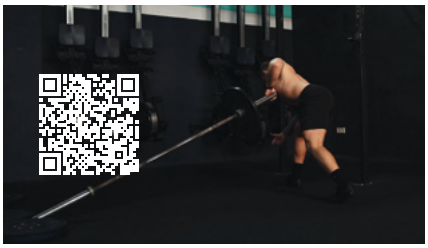
how to -

WARMUP

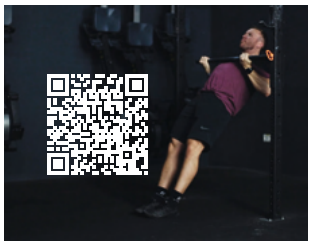
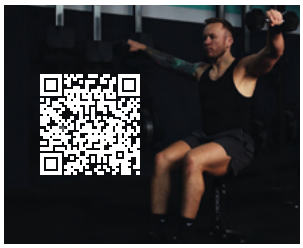



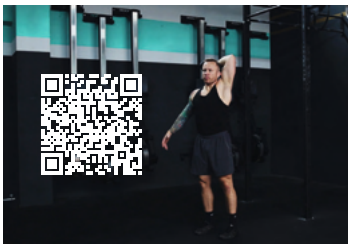
Strength Volume

Strength Balance

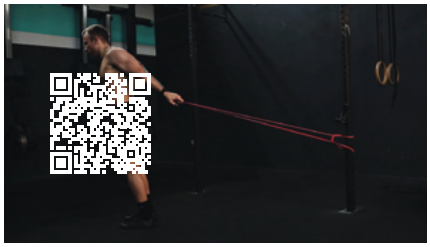
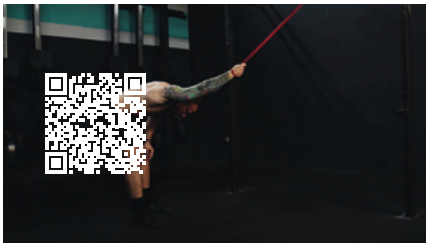
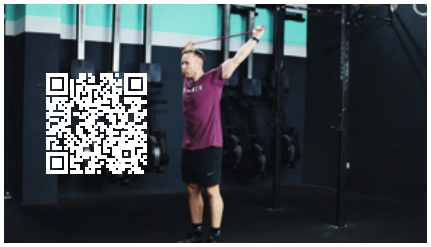
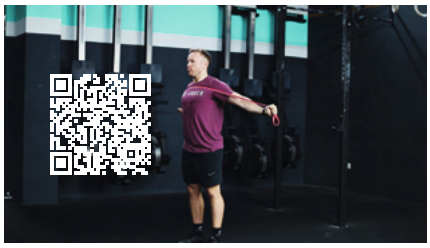


Strength Conditioning



COOLDOWN

BODYBUILDING

5D/W - W6D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 4x8 Weighted
Alternierend mit Supinated Barbell Rows 4x8

+2.5kg @ Dips
+2.5-5kg @Rows

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 14-16 Dumbbell Bench Press
- 14-16 Ring Rows

Gleiche Last

Pump Conditioning

Every 4:00 - 5 Sets
24/20 Cal Row
12 GHD Situps
4 Strict Handstand Push Ups
6 Kipping Handstand Pushups

Danach:
3 Rounds
14 Dual Dumbbell Biceps Curl
12 Dumbbell French Press

COOLDOWN

10 Thread the Needle
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

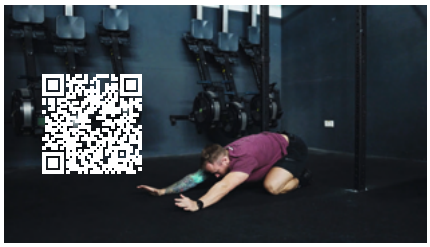
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

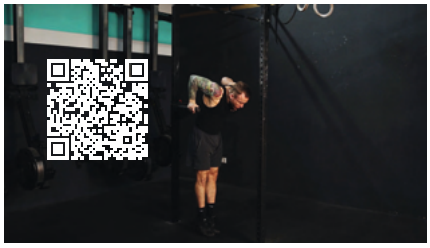
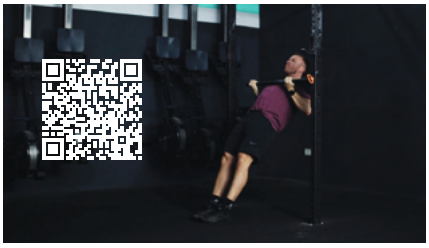
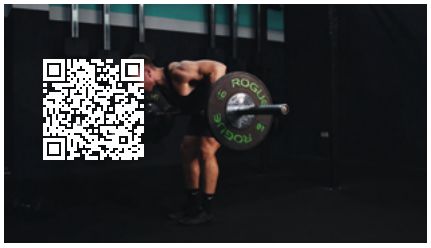
MOVEMENTS

how to -

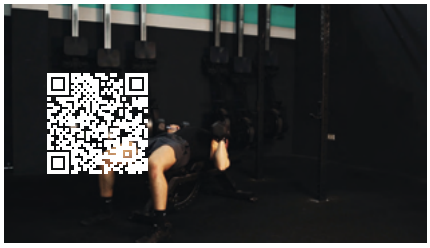
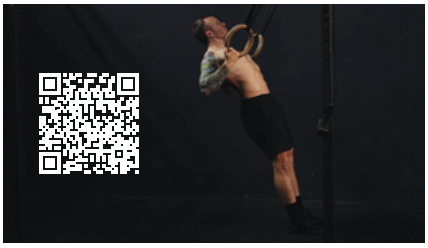
WARMUP



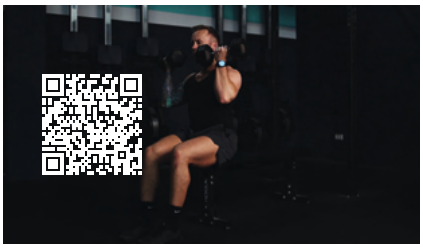
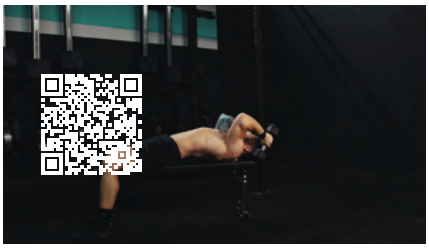
Strength Volume

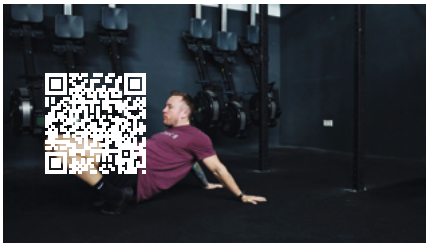
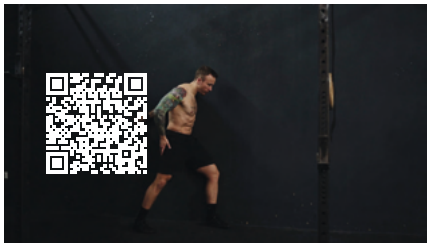
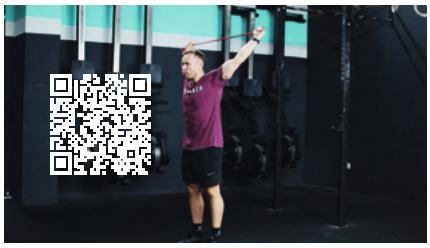
Strength Balance

Pump Conditioning

COOLDOWN

BODYBUILDING

5D/W - W6D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Low Switch Kossack Squats
10 Box Jumps + Step Down

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 - 5 Sets
12 Tempo Cyclist Front Squats @ 32X1

Gleiche Last wie letzte Woche

Strength Balance

EMOM10 - Alternate Between
1. 10 Box Jump Overs
2. 5 Sumo Deadlifts @ RPE7-8

Pump Conditioning

Every 4:00 - 5 Sets
20/16 Cal Ski
10 Dual Kettlebell Swings
10 Dual Kettlebell Rack Reverse Lunges

@ 2x24kg/2x16kg

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

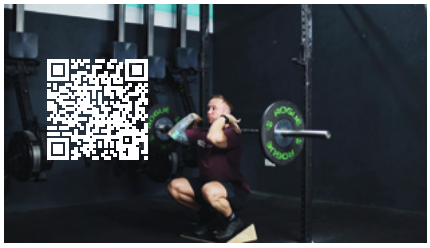
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

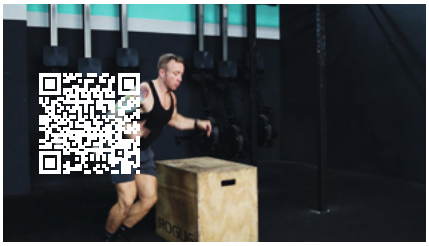
how to -

WARMUP

Squat Pump

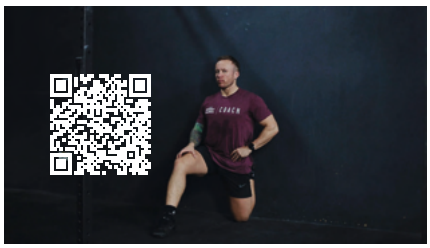


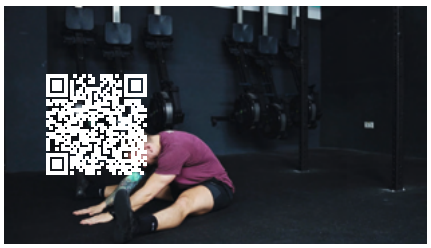
Strength Balance



Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W7D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Shoulder Bridge
10/Side Alternating Bench Press
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 4x8 @ +2.5-5kg
Chinups: 60 Reps in Cluster

Rest as needed @ Bench

Strength Balance

Every 3:00 - 4 Sets
12-14 Incline Dumbbell Bench Press
Gleiche Last wie letzte Woche
3x15 + 1x ME Pronated Body Row

Strength Accessory

3 Sets - Rest 2:30 b/t
12 Deficit Pushups + 10 Dumbbell Flys
15 Band Face Pulls

COOLDOWN / CARDIO

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
5 Sets - Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 10 Turkish Situps

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

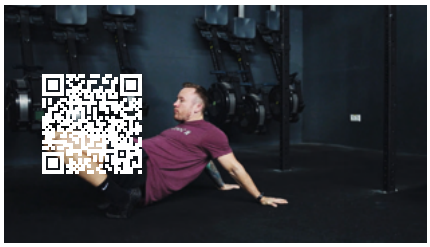
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

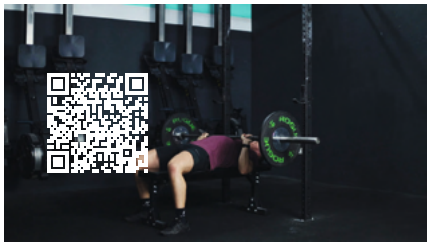
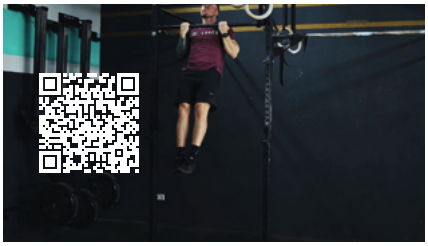
MOVEMENTS

how to -

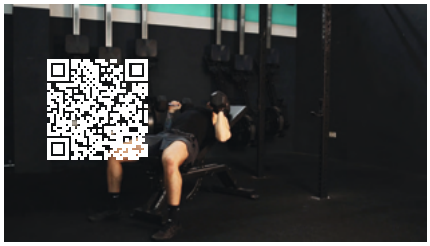
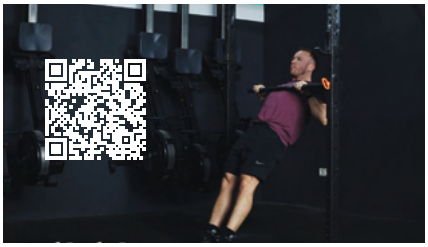
WARMUP



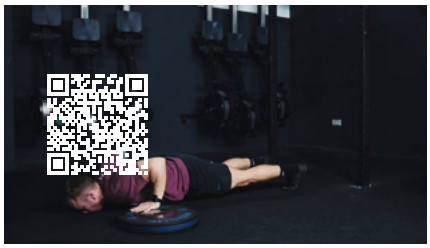
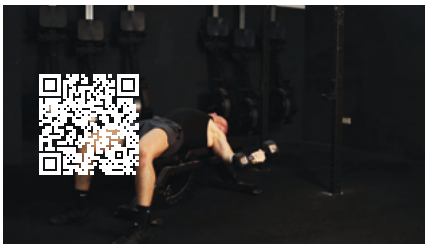
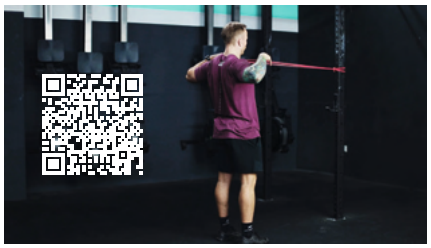
Strength Volume

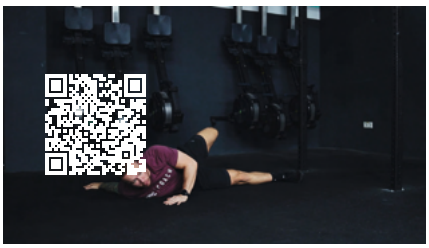
Strength Balance

Strength Accessory

COOLDOWN



BODYBUILDING

5D/W - W7D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
10 Box Jump Overs
10 Kettlebell Taters
6/Side Kettlebell Rack Kossack Squats

Then: 1x 0:30 Goblet Bottom of the Squat hold

Strength Volume

Every 3:00 - 5 Sets
Back Squat 5x8 @ +5-10kg zu letzter Woche

Letzte Set: Max Effort
Goal: 10+

Strength Balance

Every 3:00 - 4 Sets
12 Romanian Deadlifts @ 30X0 + Gewicht
Directly into
12 Hand Supported Bulgarian Split Squats

Lower Body Conditioning

5 Rounds
2000m Bike
15 Toes to Bar
15 Jumping Air Squats

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

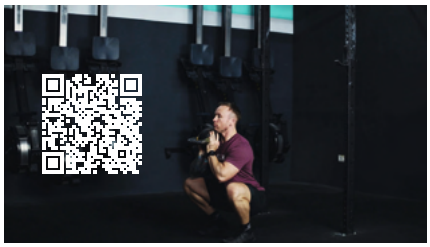
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

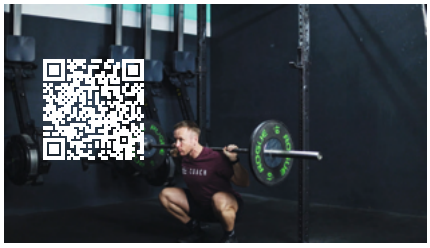
MOVEMENTS

how to -

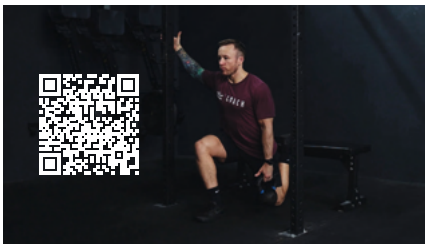
WARMUP



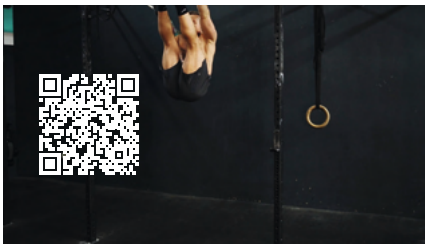
Strength Volume

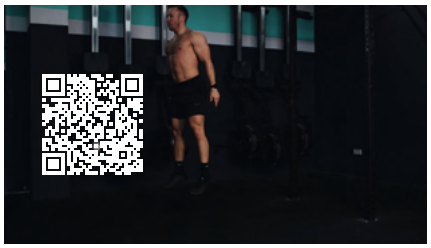


Strength Balance

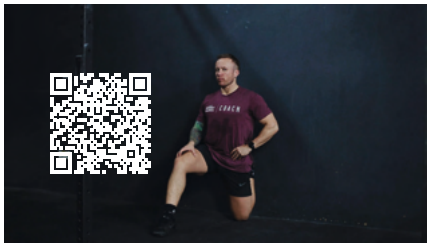


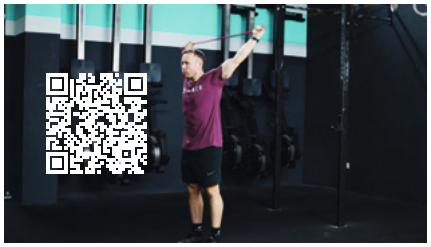
Lower Body Conditioning

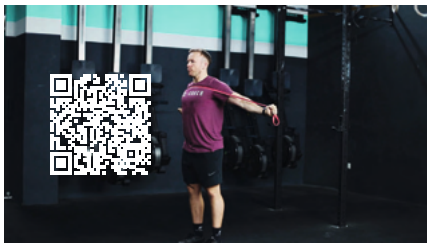




COOLDOWN







BODYBUILDING

5D/W - W7D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
6/Side Tall Kneeling See Saw Shoulder Press
20 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 4x8 @ Gleiche Last
Alternierend mit Strict Pullups 4x8 Weighted @ Gleiche Last

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
8 Back Supported Dumbbell Shoulder Press
14 Meadow's Rows

+ Gewicht @ Shoulder Press

Strength Conditioning / Arme

5 Sets
12 Cal/9 Ski Erg
5 Single Arm Dumbbell Shoulder Press Links
5 Single Arm Dumbbell Push Press Links
5+5 rechts

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
15 Seated Lateral Raises
12 Dual Dumbbell Biceps Curls
9 Rolling Dumbbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
1:00 Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

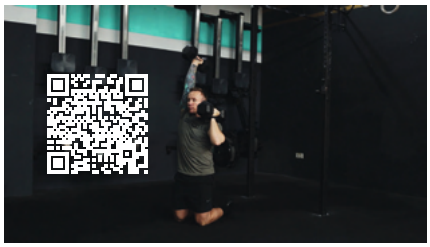
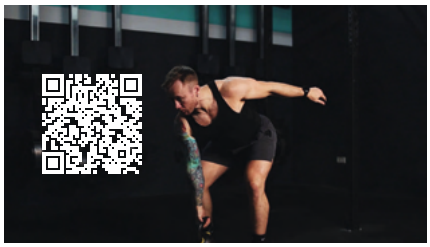
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

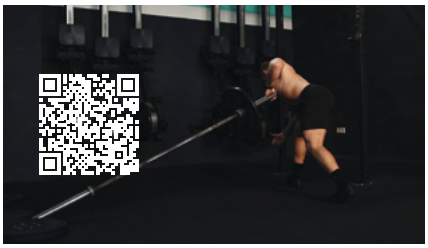
how to -

WARMUP

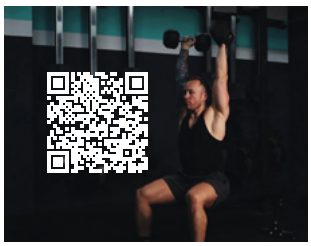
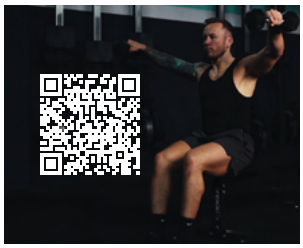
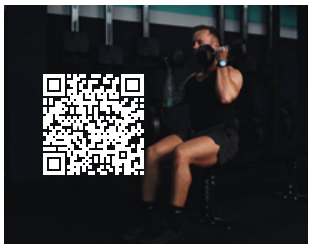



Strength Volume

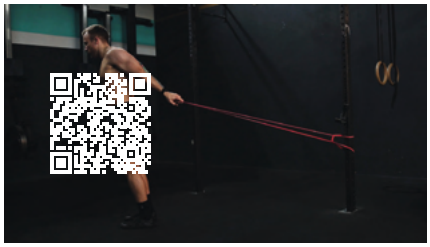
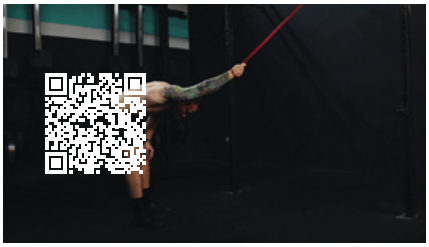
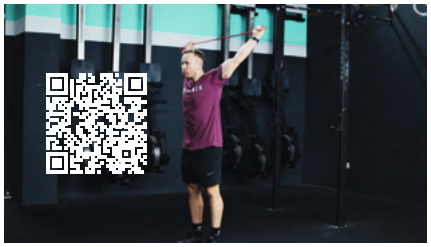
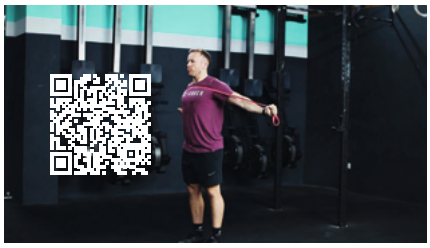
Strength Balance



Strength Conditioning

COOLDOWN

BODYBUILDING

5D/W - W7D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 5x6 Weighted
Alternierend mit Supinated Barbell Rows 5x6

+2.5kg @ Dips
+2.5-5kg @Rows

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - 4 Sets
- 16-18 Dumbbell Bench Press
- 16-18 Ring Rows

Gleiche Last

Letzte Set Max Effort

Pump Conditioning

Every 5:00 - 5 Sets
25/21 Cal Row
15 GHD Situps
5 Strict Handstand Push Ups
5 Kipping Handstand Pushups

Danach:
3 Rounds
10 Zottman Curls
12 Standing Single Arm Dumbbell Triceps Ext.

COOLDOWN

10 Thread the Needle
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

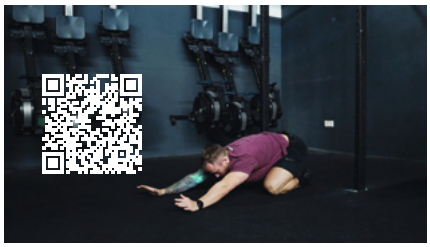
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

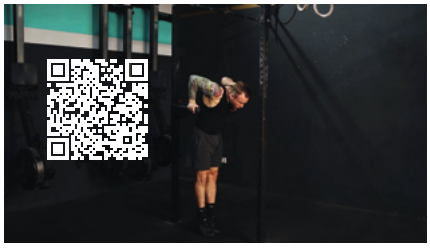
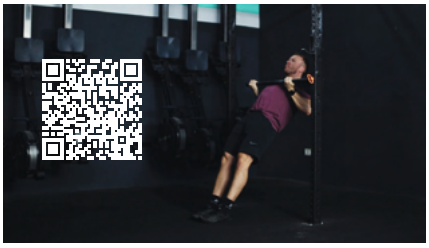
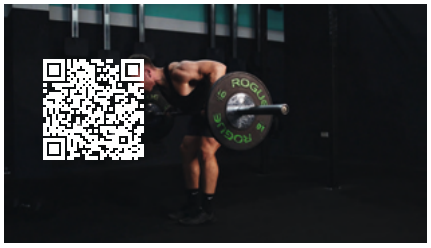
MOVEMENTS

how to -

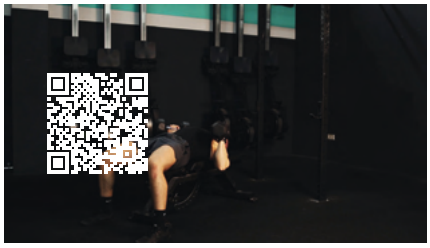
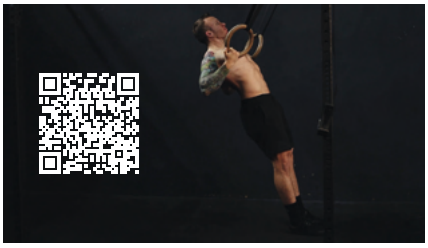
WARMUP



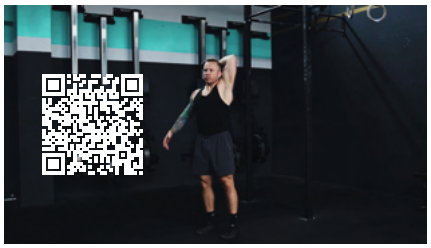
Strength Volume

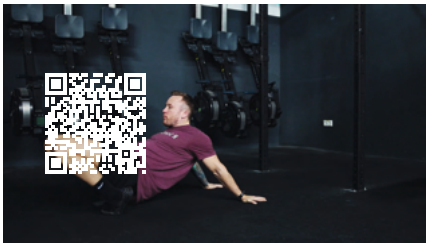
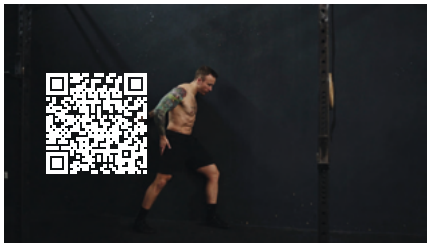
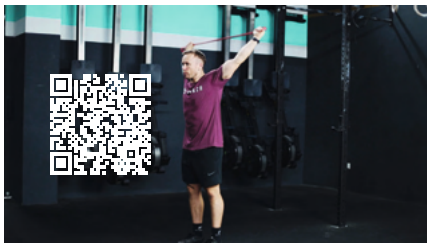
Strength Balance

Pump Conditioning



COOLDOWN

BODYBUILDING

5D/W - W7D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
15 Banded Good Mornings
10 Low Switch Kossack Squats
10 Box Jumps + Step Down

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 - 5 Sets
8 Tempo Cyclist Front Squats @ 32X1

+5-15kg

Letzte Set Max Effort
Goal: 10+

Strength Balance

EMOM12 - Alternate Between
1. 10 Box Jump Overs
2. 5 Deficit Sumo Deadlifts @ RPE7-8

Pump Conditioning

Every 4:00 - 5 Sets
20/16 Cal Ski
5 Single Arm Kettlebell Swings links
5 Single Arm Kettlebell Cleans links
5 Single Arm Kettlebell Snatches links
5+5+5 rechts

@ 1x24kg/1x16kg

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

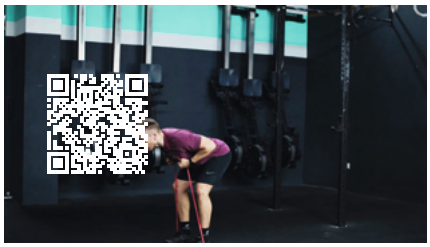
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

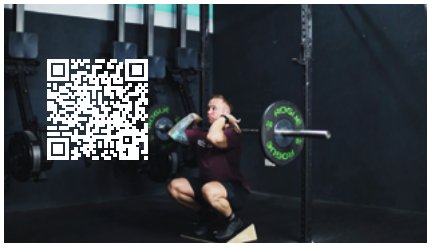
MOVEMENTS

how to -

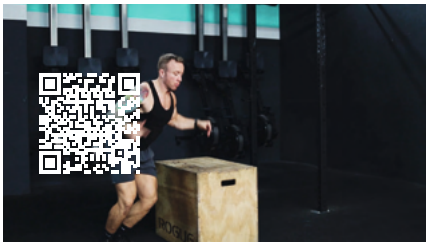
WARMUP



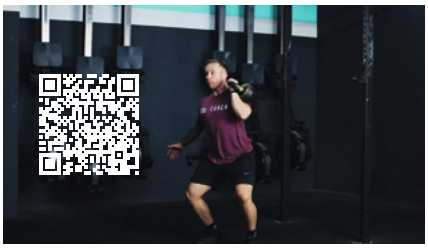
Squat Pump

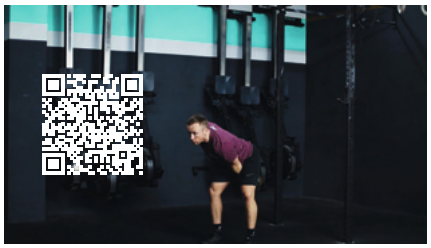


Strength Balance

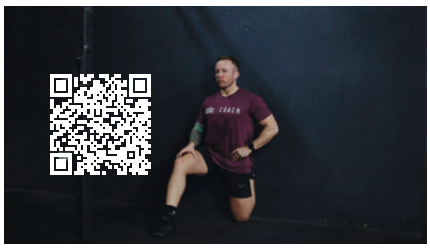


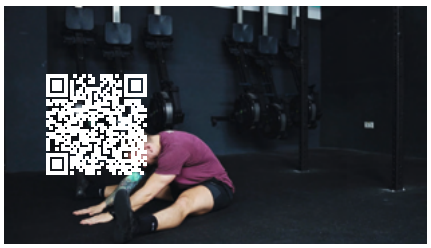
Pump Conditioning





COOLDOWN





BODYBUILDING

5D/W - W8D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Shoulder Bridge
10 Pushup to Downward Dog
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 4x6 @ +2.5-5kg
Chinups: 60 Reps in Cluster
Goal: 1-2 Cluster weniger als letzte Woche

Rest as needed @ Bench

Strength Balance

Every 3:00 - 4 Sets
14-16 Incline Dumbbell Bench Press
Gleiche Last wie letzte Woche
4x20 Pronated Body Row
Letzte Set Bench Press: Max Effort

Strength Accessory

3 Sets - Rest 2:30 b/t
8 Clapping Pushups + 12 Dumbbell Flys
15 Band Face Pulls

COOLDOWN / CARDIO

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
5 Sets - Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 10 Turkish Situps

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

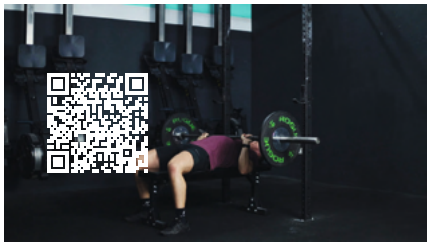
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

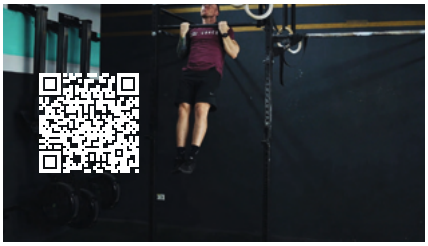
MOVEMENTS

how to -

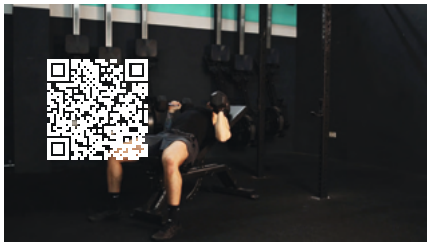
WARMUP

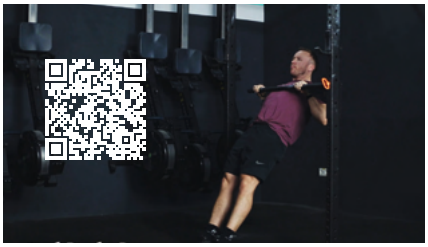
Strength Volume



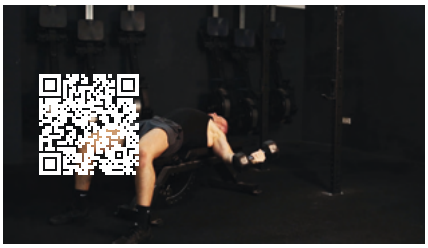


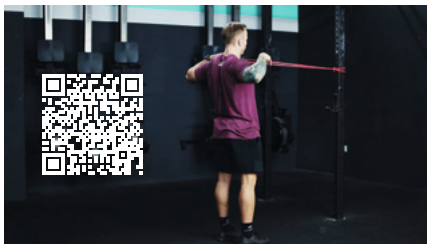
Strength Balance



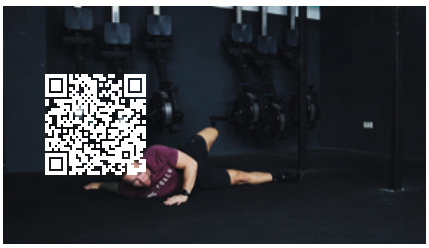


Strength Accessory





COOLDOWN



BODYBUILDING

5D/W - W8D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
16 Box Step Ups
8 Tempo Goblet Squats 32X0
0:20 Dip Support Tuck Hold

Strength Volume

Every 3:00 - 5 Sets
Back Squat 5x6 @ +5-10kg zu letzter Woche

Letzte Set: Max Effort
Goal: 10+

Strength Balance

Every 3:00 - 4 Sets
14 Romanian Deadlifts @ 20X0 + Gewicht
Directly into
8 Bulgarian Split Squats + Gewicht

Lower Body Conditioning

6 Sets
15/12 Cal Echo Bike Sprint
10 Box Jump Overs
10 Dip Support Tuck Ups

1:30 Rest b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

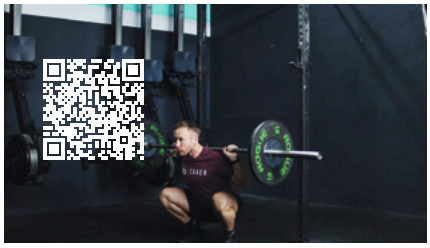
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

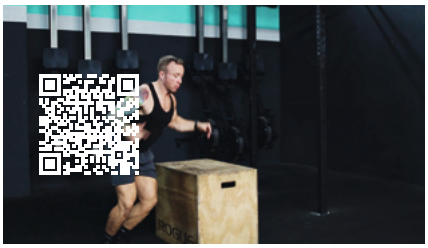
WARMUP

Strength Volume

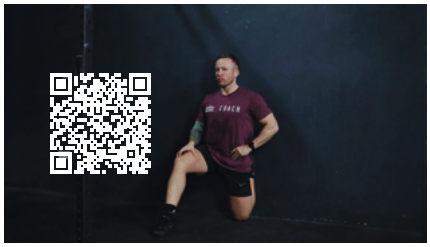


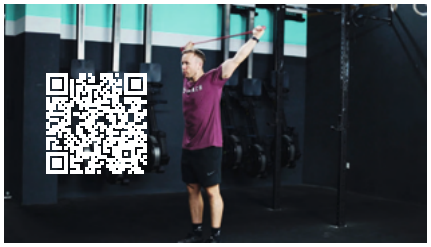
Strength Balance

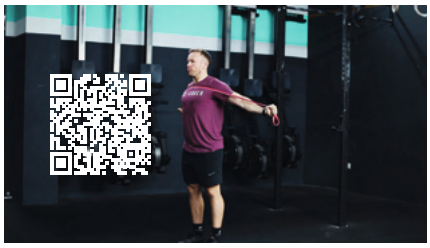
Lower Body Conditioning



COOLDOWN







BODYBUILDING

5D/W - W8D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5 Downdog to Updog
5 Handstand Pushup Descents
20 Ballistic Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets,
steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 5x8 @ Gleiche Last
Alternierend mit Strict Pullups 5x8 Weighted
@ Gleiche Last

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
- 6 Half Kneeling Landmine
- 14 Meadow's Rows

+ Gewicht @ Shoulder Press

Strength Conditioning / Arme

5 Sets
15/12 Cal Ski Erg
12 Toes to Bar
9 Push Press 60kg/40kg

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
10 Lean in Lateral Raises
10 Barbell Biceps Curl
10 Rolling Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
1:00 Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

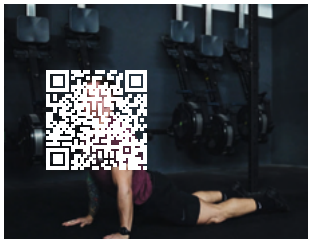
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

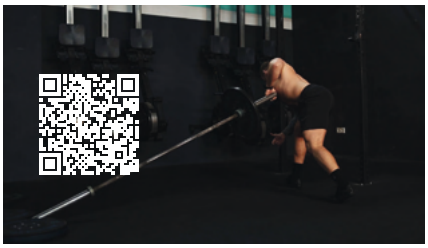
how to -

WARMUP

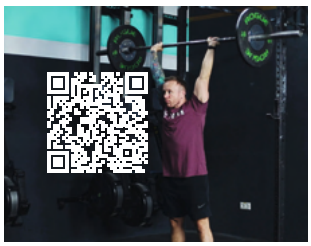


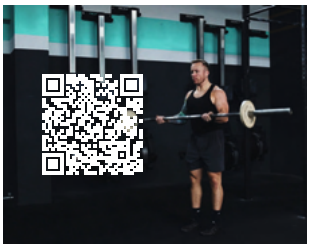
Strength Volume

Strength Balance

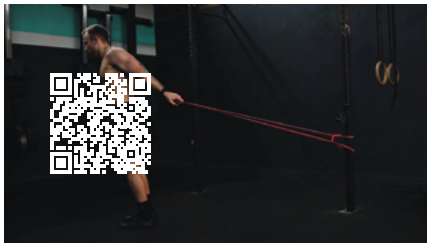
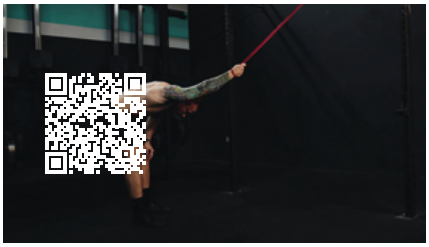
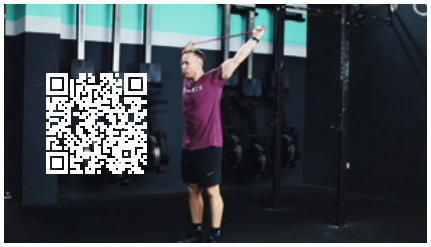
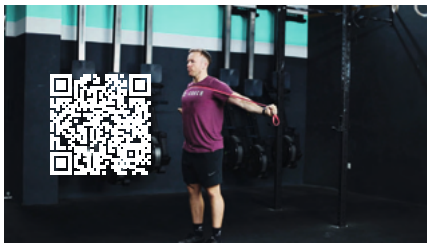


Strength Conditioning





COOLDOWN

BODYBUILDING

5D/W - W8D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 50 Reps gesamt, clustered
Alternierend mit Supinated Barbell Rows

Dips: Gleiche Gewicht wie letzte Woche
Nach jedem Cluster: 10 Supinated Barbell Rows RPE7

Rest as needed

Strength Balance

Every 3:00 - 4 Sets
- 18-20 Dumbbell Bench Press
- 8 Dumbbell Tripod Rows RPE7

Gleiche Last

Letzte Set Max Effort

Pump Conditioning

Every 5:00 -4 Sets
25/21 Cal Row
18 GHD Situps
6 Strict Handstand Push Ups
6 Kipping Handstand Pushups

Danach:
3 Rounds
12 Zottman Curls
8 Standing Single Arm Dumbbell Triceps Ext.

COOLDOWN

10 Thread the Needle
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

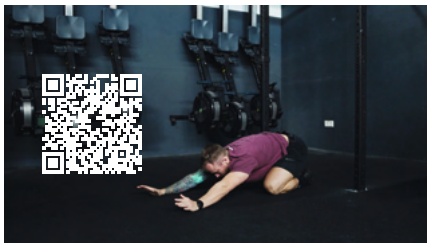
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

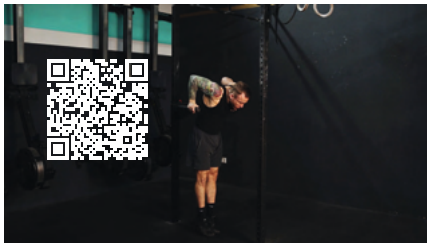
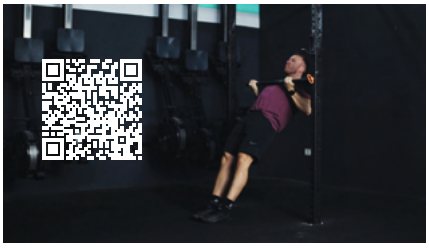
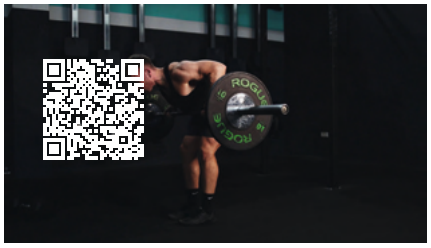
MOVEMENTS

how to -

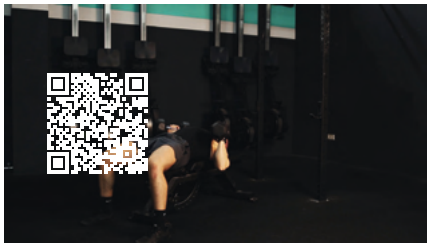
WARMUP



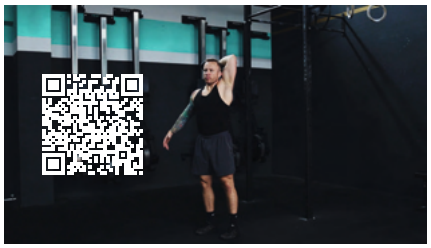
Strength Volume

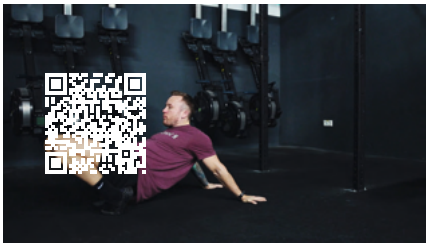
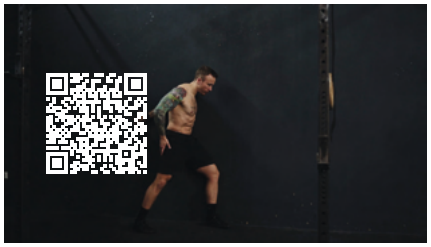
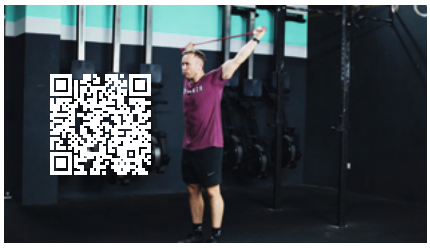
Strength Balance



Pump Conditioning



COOLDOWN

BODYBUILDING

5D/W - W8D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
15 Banded Good Mornings
10 Low Switch Kossack Squats
10 Box Jumps + Step Down

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 - 5 Sets
6 Tempo Cyclist Front Squats @ 32X1

+5-15kg

Letzte Set Max Effort

Goal: 10+

Strength Balance

EMOM12 - Alternate Between
1. 50 Double Unders
2. 15 Goblet Squats 24-32kg/16-24kg

Pump Conditioning

Every 4:00 - 4 Sets
20/16 Cal Ski
10 GHD Hip Extensions

COOLDOWN

1:00/Side Couch Stretch
10 Rollover to Pancake
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

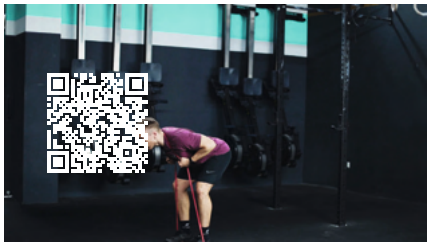
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

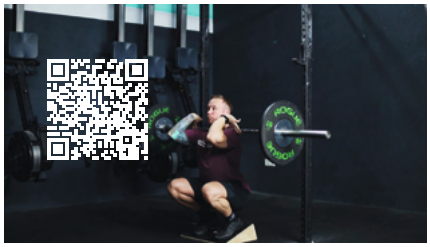
MOVEMENTS

how to -

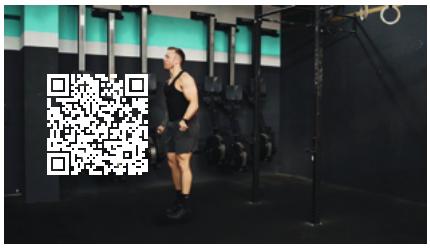
WARMUP



Squat Pump

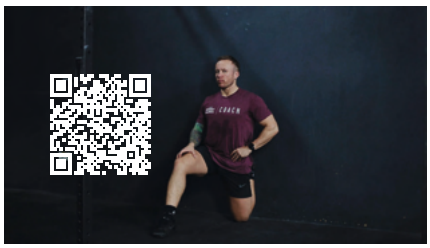


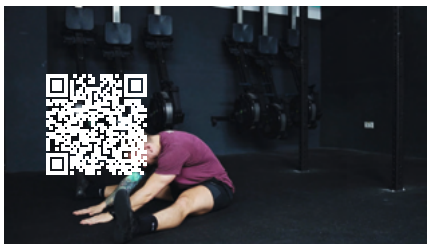
Strength Balance



Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W9D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Beast to Leg Through
10 Black Burns
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 6x6 @ Gleiche Last
Chinups: 75 Reps in Cluster

Rest as needed @ Bench

Strength Balance

Every 3:00 - 4 Sets
16-18 Incline Dumbbell Bench Press
Gleiche Last wie letzte Woche
4x20 Pronated Body Row
Letzte Set Bench Press: Max Effort

Strength Accessory

3 Sets - Rest 2:30 b/t
10 Clapping Pushups + 12 Dumbbell Flys
15 Band Face Pulls

COOLDOWN / CARDIO

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
5 Sets - Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 6 Hanging Oblique Raise pro Seite

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

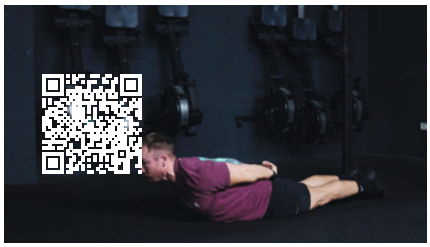
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

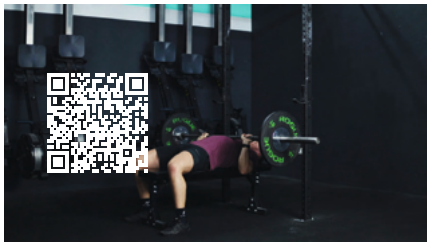
MOVEMENTS

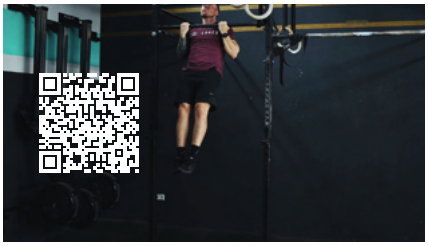
how to -

WARMUP

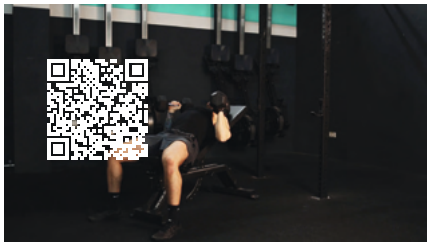


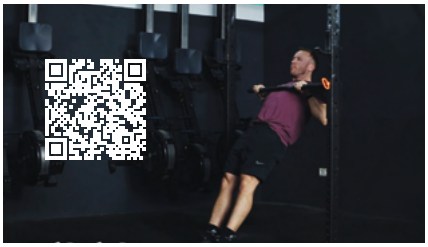
Strength Volume



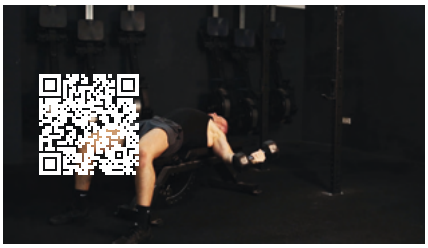


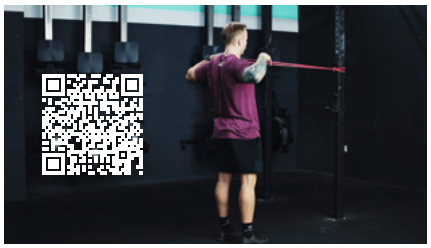
Strength Balance



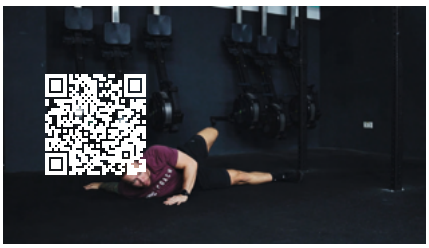


Strength Accessory





COOLDOWN



BODYBUILDING

5D/W - W9D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
16 Dynamic Box Step Ups
8 Tempo Goblet Squats 32X0
0:20 Dip Support Tuck Hold

Strength Volume

Every 3:00 - 5 Sets
Back Squat 6x6 @ Gleiche Last

Letzte Set: Max Effort
Goal: 10+

Strength Balance

Every 3:00 - 4 Sets
8 pro Seite: Single Leg Landmine RDL @
20X0 RPE7
Directly into
8 Bulgarian Split Squats + Gewicht

Lower Body Conditioning

5 Sets
15 Banded Kettlebell Swings
20 Reverse Dual Kettlebell Rack Reverse Lunges
25 Abmat Situps

1:30 Rest b/t Sets

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

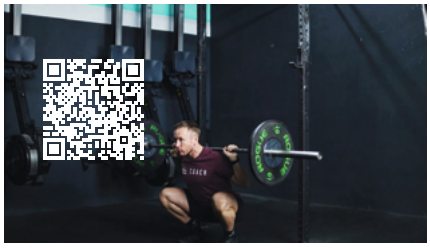
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

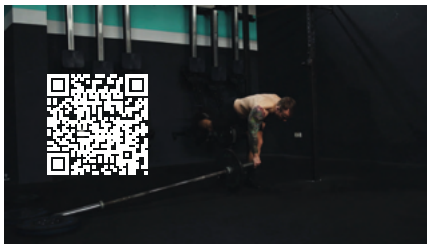
how to -

WARMUP

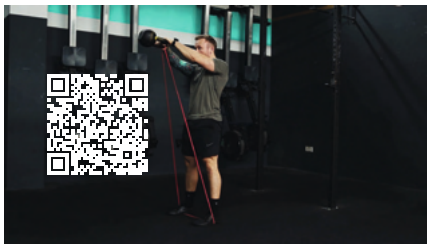
Strength Volume

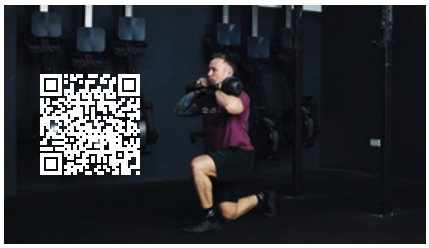


Strength Balance

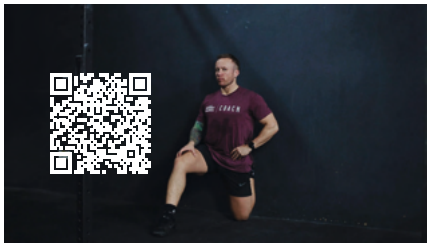


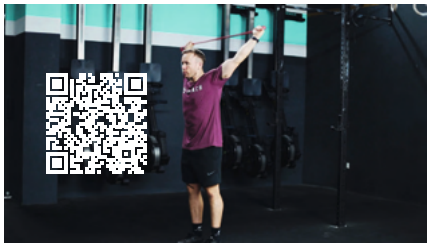
Lower Body Conditioning

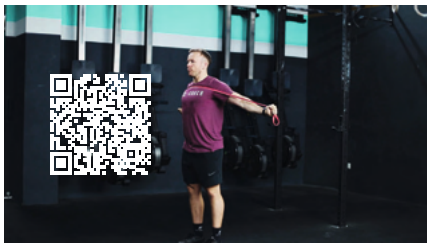




COOLDOWN







BODYBUILDING

5D/W - W9D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5 Downdog to Updog
5 Handstand Pushup Descents
10 Bent over Dumbbell Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 6x4 @ + Gewicht
Alternierend mit Strict Pullups 6x4 Weighted @ + Gewicht

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
8 Half Kneeling Landmine Shoulder Press
12 Meadow's Row

+ Gewicht @ Meadow's Row

Strength Conditioning / Arme

5 Sets
12 Parallette Pushups
8 Dual Dumbbell Push Press
8 Ring Rows

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
12 Lean in Lateral Raises
12 Barbell Biceps Curl
12 Rolling Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
1:00 Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

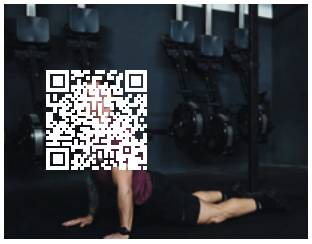
Wie hast du dich gefühlt?

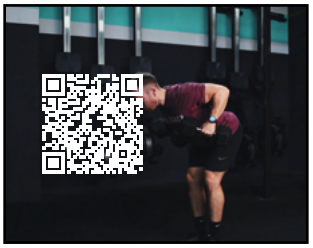
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

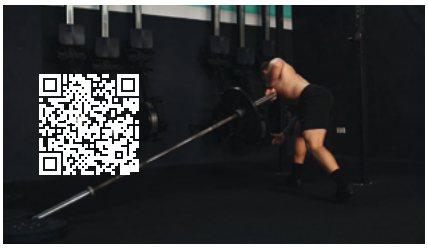
WARMUP



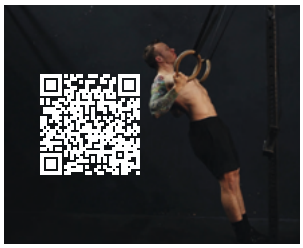
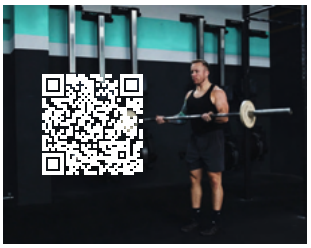


Strength Volume

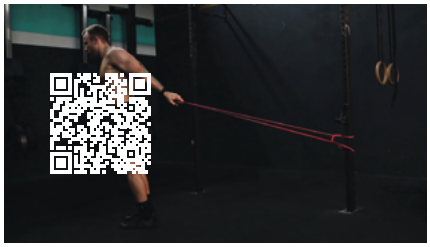
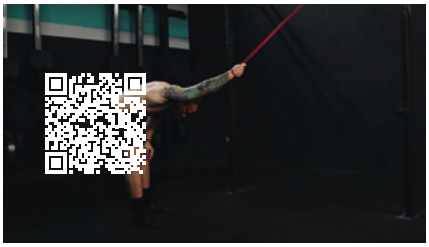
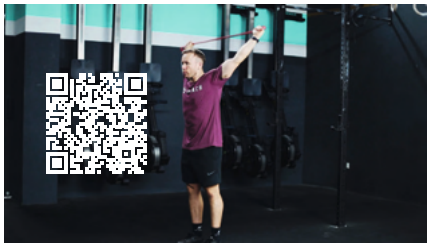
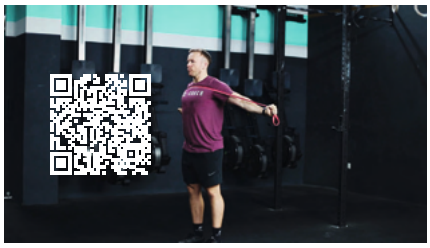
Strength Balance



Strength Conditioning

COOLDOWN

BODYBUILDING

5D/W - W9D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 60 Reps gesamt, clustered

Nach jedem Cluster: 10 Supinated Barbell Rows RPE7

Rest as needed

Strength Balance

Every 3:00 - 4 Sets

- 12 Dumbbell Bench Press
- + 0:20 Loaded DB Bench Stretch
- 10 Dumbbell Tripod Rows RPE7

Gleiche Last

Letzte Set Max Effort

Pump Conditioning

Every 5:00 -4 Sets
25/21 Cal Row
21 GHD Situps
7 Strict Handstand Push Ups
7 Kipping Handstand Pushups

Danach:
3 Rounds
12/Side Alternating DB Hammercurls
10 Standing Single Arm Dumbbell Triceps Ext.

COOLDOWN

10 Scorpion Switches
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

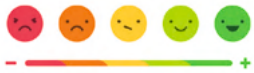
Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

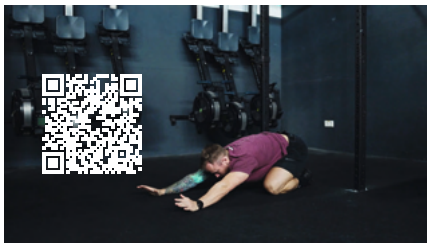
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*



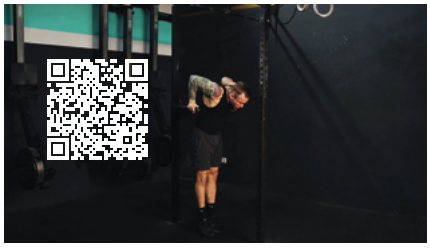
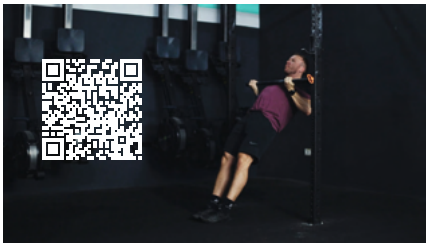
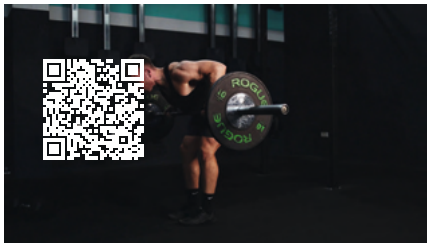
MOVEMENTS

how to -

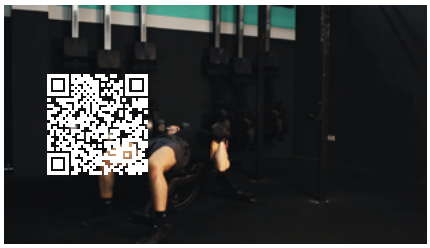
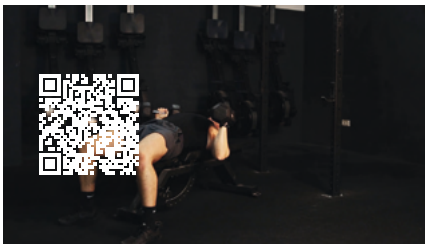
WARMUP



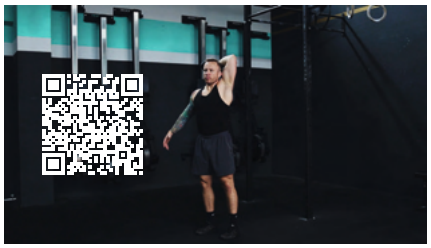
Strength Volume

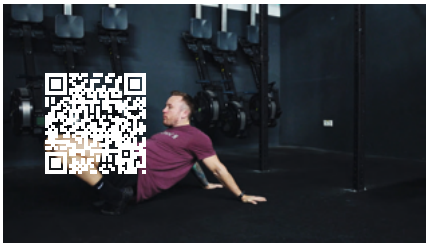
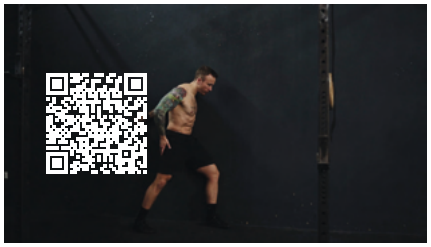
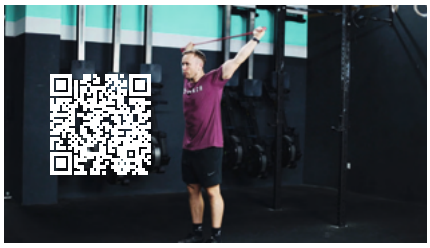
Strength Balance

Pump Conditioning



COOLDOWN

BODYBUILDING

5D/W - W9D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Shinbox Switches
10 Low Switch Kossack Squats
10 Box Jumps + Step Down

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 2:30 - 6 Sets
5 Tempo Cyclist Front Squats @ 32X1

+2.5-5kg

Letzte Set Max Effort

Goal: 7+

Strength Balance

EMOM15 - Alternate Between
1. 50 Double Unders
2. 15 Goblet Squats 24-32kg/16-24kg
3. 10 Box Jumps 30"/24"

Pump Conditioning

Every 4:00 - 4 Sets
20/16 Cal Ski
12 GHD Hip Extensions

COOLDOWN

1:00/Side Couch Stretch
10 Shinbox Good Mornings
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

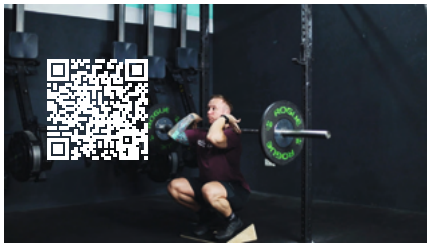
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

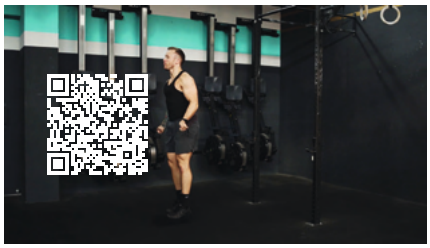
how to -

WARMUP

Squat Pump

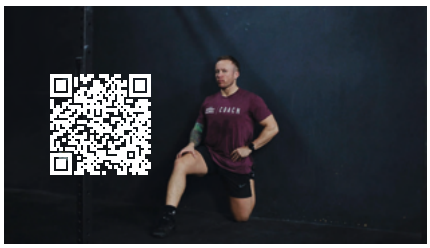


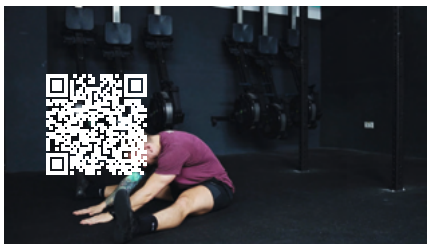
Strength Balance



Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W10D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Beast to Leg Through
10 Black Burns
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 5x7@ Gleiche Last
Chinups: 80 Reps in Cluster

Rest as needed @ Bench

Strength Balance

Every 3:00 - 4 Sets
18-20 Incline Dumbbell Bench Press
Gleiche Last wie letzte Woche
15 Supinated Barbell Row
Letzte Set Bench Press: Max Effort

Strength Accessory

3 Sets - Rest 2:30 b/t
10 Clapping Pushups + 12 Dumbbell Flys
15 Band Face Pulls

COOLDOWN / CARDIO

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
5 Sets - Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 8 Hanging Oblique Raise pro Seite

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

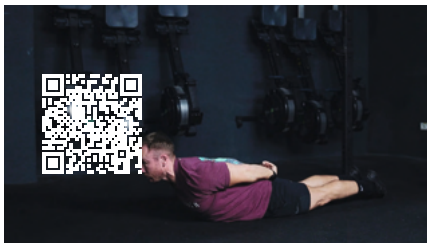
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

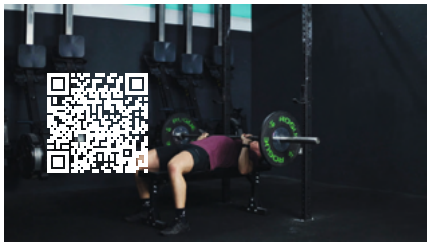
MOVEMENTS

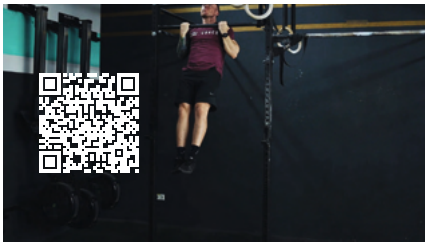
how to -

WARMUP

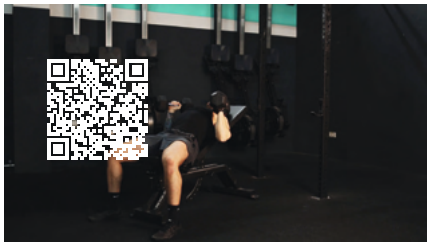


Strength Volume

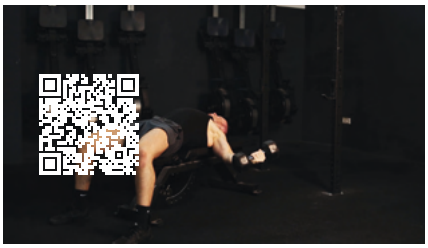


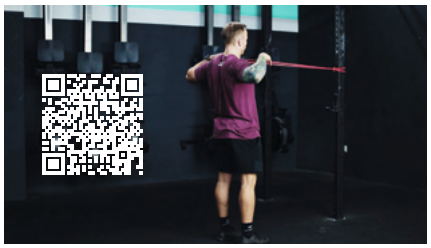


Strength Balance

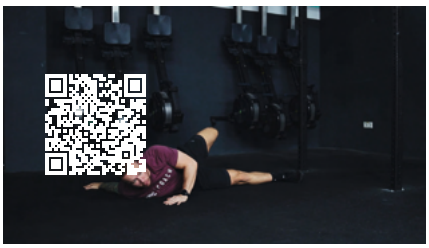


Strength Accessory





COOLDOWN



BODYBUILDING

5D/W - W10D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
16 Dynamic Box Step Ups
8 Tempo Goblet Squats 32X0
0:20 Dip Support Tuck Hold

Strength Volume

Every 3:00 - 5 Sets
Back Squat 5x7 @ Gleiche Last

Letzte Set: Max Effort
Goal: 10+

Strength Balance

Every 3:00 - 4 Sets
10 pro Seite: Single Leg Landmine RDL @ 20X0 RPE7
Directly into
10 Bulgarian Split Squats + Gewicht

Lower Body Conditioning

4 Rounds
1000m Bike
15 Front Squats 40kg/30kg
1000m Bike
15 Front Rack Reverse Lunges 40kg/30kg

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Banded Pass Throughs
10 Banded Pull Aparts

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

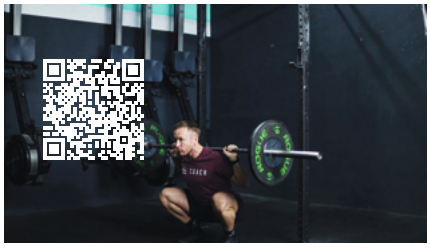
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

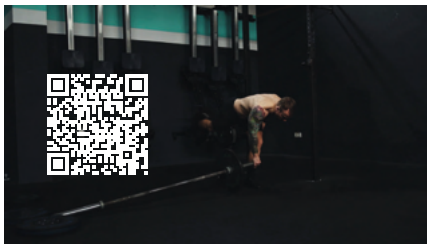
how to -

WARMUP

Strength Volume

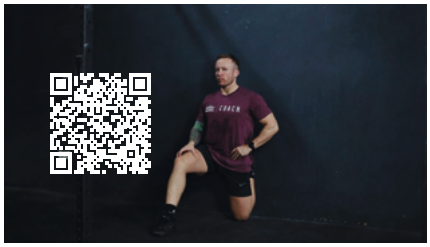


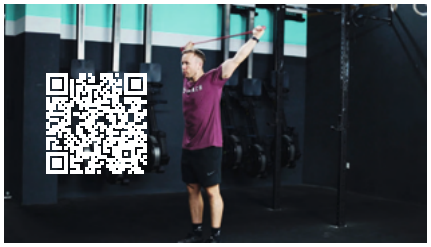
Strength Balance

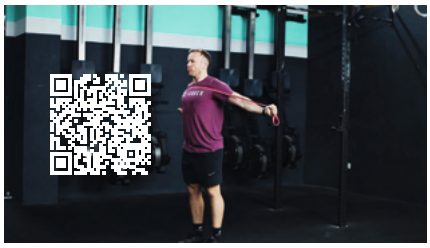


Lower Body Conditioning

COOLDOWN







BODYBUILDING

5D/W - W10D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
5 Downdog to Updog
5 Handstand Pushup Descents + Pike Pushup
10 Bent over Dumbbell Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 7x5 @ Last wie letzte Woche
Alternierend mit Strict Pullups 6x5 Weighted @ Last wie letzte Woche

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
10 Half Kneeling Landmine Shoulder Press
14 Meadow's Row

Strength Conditioning / Arme

5 Sets
15/12 Cal Ski Erg
10 Renegade Row

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
14 Lean in Lateral Raises
14 Barbell Biceps Curl
14 Rolling Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
1:00 Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

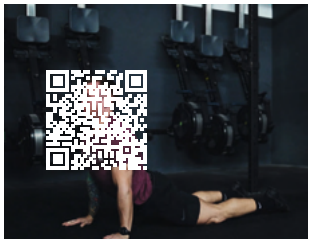
Wie hast du dich gefühlt?

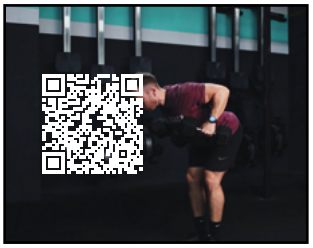
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

how to -

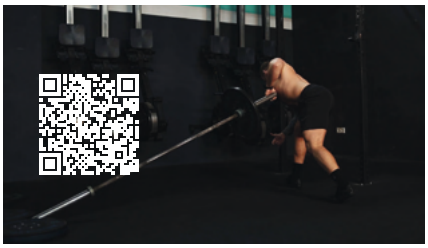
WARMUP



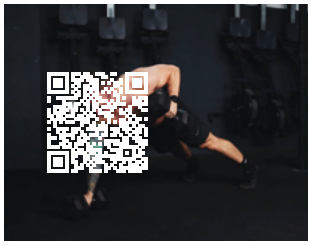
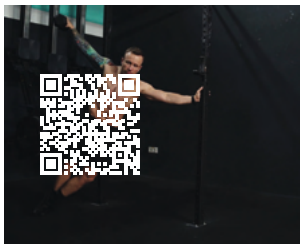
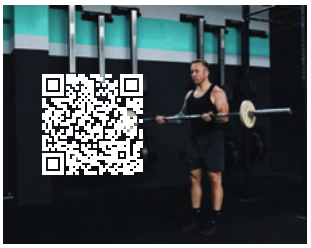


Strength Volume

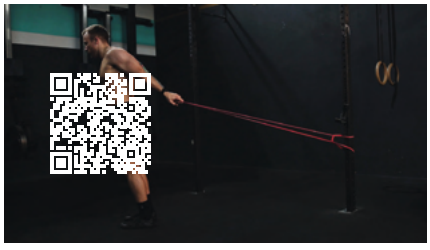
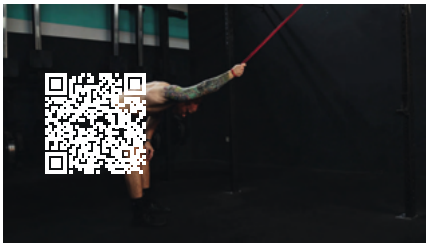
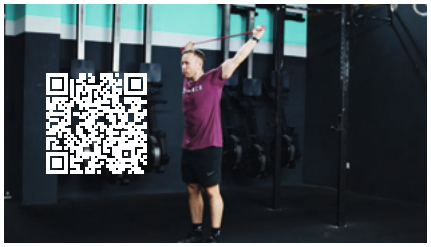
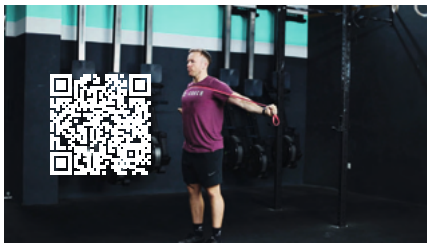
Strength Balance



Strength Conditioning

COOLDOWN

BODYBUILDING

5D/W - W10D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 75 Reps gesamt, clustered

Nach jedem Cluster: 10 Supinated Barbell Rows RPE7

Rest as needed

Strength Balance

Every 3:00 - 4 Sets

- 15 Dumbbell Bench Press
- + 0:20 Loaded DB Bench Stretch
- 12 Dumbbell Tripod Rows RPE7

Gleiche Last

Letzte Set Max Effort

Pump Conditioning

Every 6:00 - 4 Sets
27/21 Cal Row
21 GHD Situps
15 Push Ups
9 Strict Handstand Pushups

Danach:
3 Rounds
12/Side Seate Alternating DB Biceps Curls
12 Standing Single Arm Dumbbell Triceps Ext.

COOLDOWN

10 Scorpion Switches
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Pass Throughs

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

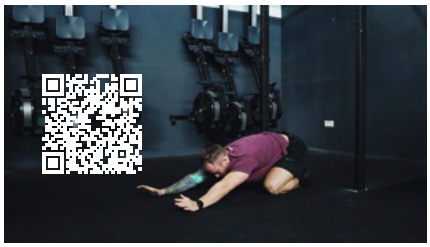
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

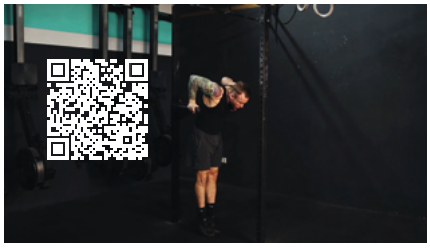
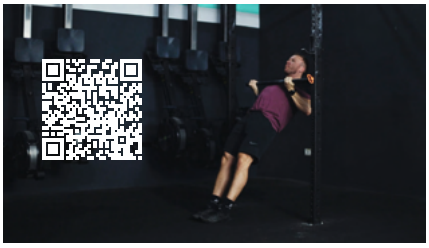
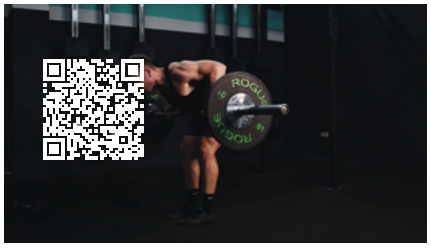
MOVEMENTS

how to -

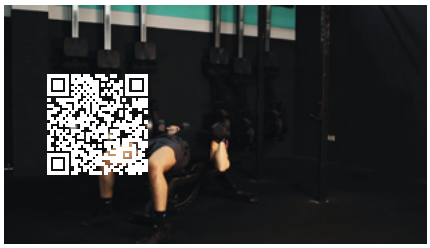
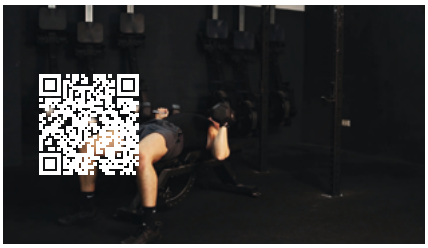
WARMUP



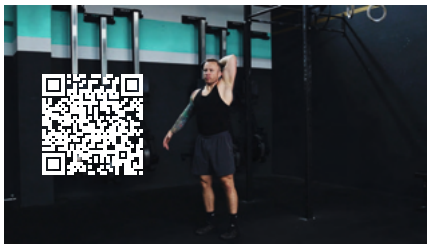
Strength Volume

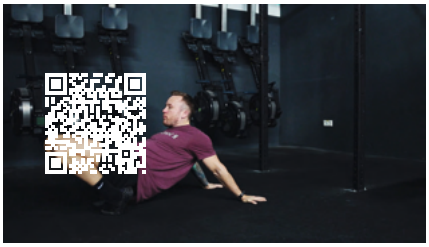
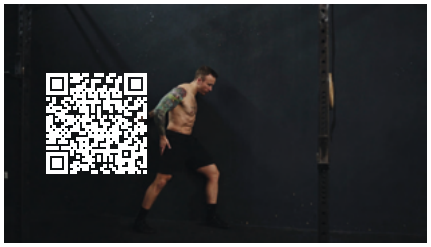
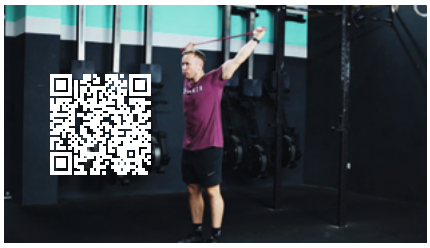
Strength Balance

Pump Conditioning



COOLDOWN

BODYBUILDING

5D/W - W10D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Shinbox Switches
10 Low Switch Kossack Squats
10 Box Jumps + Step Down

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 2:30 - 6 Sets
In 3 Sets: Find 10RM Tempo Cyclist Front Squats @ 32X1

Back Off Sets: 3x10 @ 85%

Strength Balance

EMOM15 - Alternate Between
1. 50 Double Unders
2. 12 Dual Kettlebell Swings
3. 12 Front Rack Dual Kettlebell Reverse Lunges

2x24kg/2x16kg

Pump Conditioning

Every 4:00 - 4 Sets
20/16 Cal Ski
15 GHD Hip Extensions

COOLDOWN

1:00/Side Couch Stretch
10 Shinbox Good Mornings
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

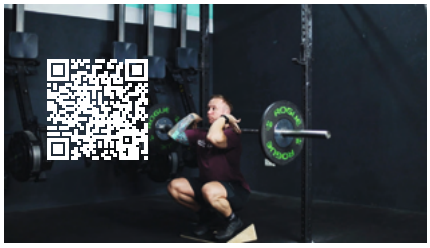
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

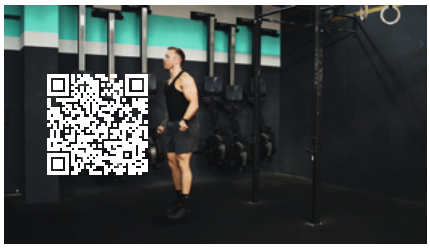
how to -

WARMUP

Squat Pump

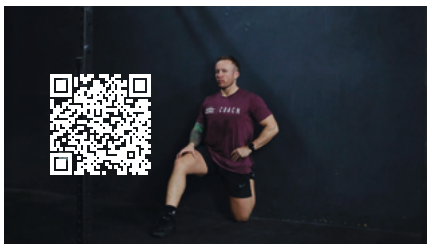


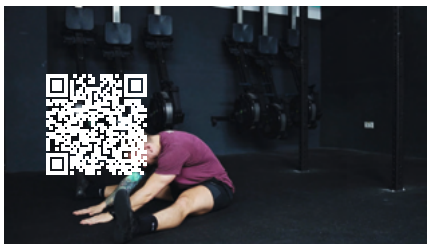
Strength Balance



Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W11D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Beast to Leg Through
10 Black Burns
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Bench Press 8x8 @ Gleiche Last
Chinups: 90 Reps in Cluster

Rest as needed @ Bench

Strength Balance

Every 3:00 - 3 Sets
12-10-8 Incline Dumbbell Bench Press
12-10-8 Supinated Barbell Row

Each Set as heavy as possible

Strength Accessory

3 Sets - Rest 2:30 b/t
10 Hand Release T-Pose Pushups
+ 10 Dumbbell Flys
10 Rear Deltoid Ring Row

COOLDOWN / CARDIO

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder:
5 Sets - Continious Movement/Steady State
24:00 Row
On 0:00, 4:00, 8:00, 12:00, 16:00, 20:00 & 25:00 perform 10 Hanging Oblique Raise pro Seite

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

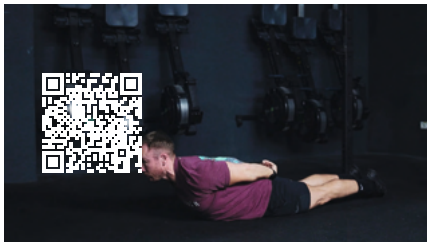
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

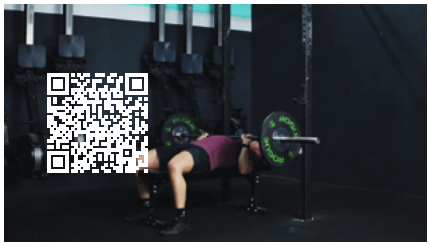
MOVEMENTS

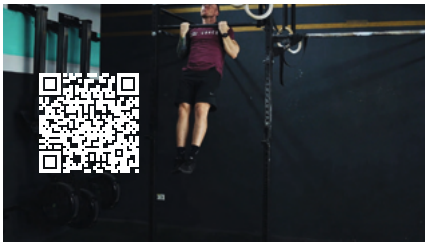
how to -

WARMUP

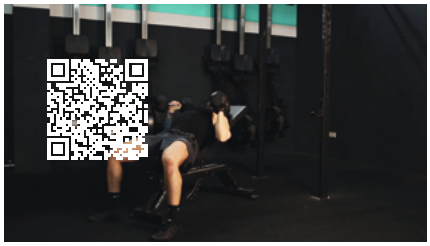


Strength Volume

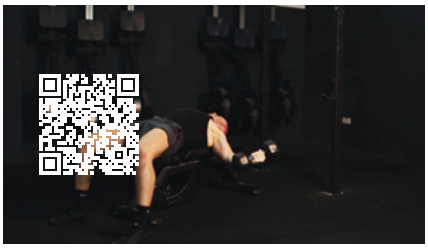


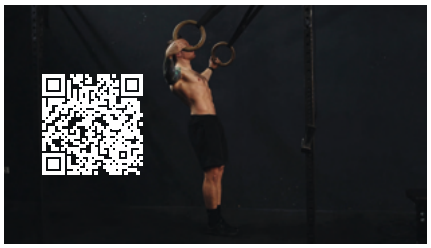


Strength Balance



Strength Accessory





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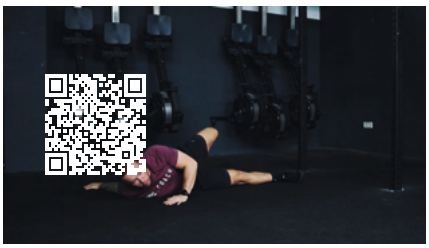


BODYBUILDING

5D/W - W11D2

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
16 Goblet Longe Lunge
10 Start to Catch Squat Jumps
0:20 Dip Support Tuck Hold

Strength Volume

Every 3:00 - 8 Sets
Back Squat 8x8 @ as heavy as possible

Strength Balance

Every 3:00 - 4 Sets
12 pro Seite: Single Leg Landmine RDL @ 20X0 RPE7
Directly into
12 Bulgarian Split Squats + Gewicht

Letzte Set: Max Effort

Lower Body Conditioning

4 Rounds
1000m Bike
12 Front Squats 50kg/35kg
1000m Row
12 Kettlebell Swings 32kg/24kg

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Rollover to Pancake

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

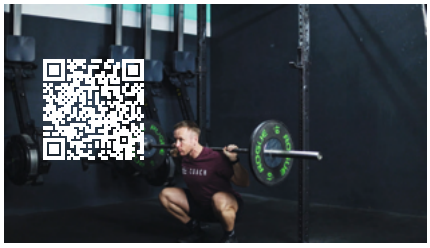
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

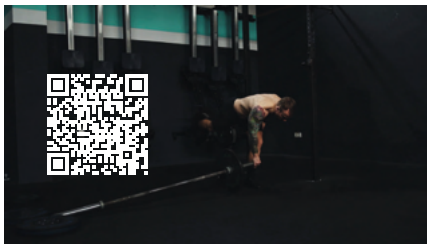
how to -

WARMUP

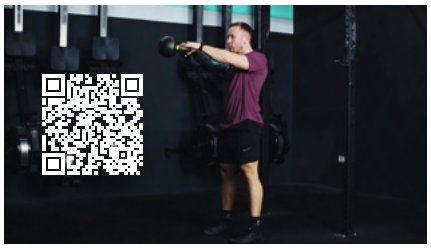
Strength Volume



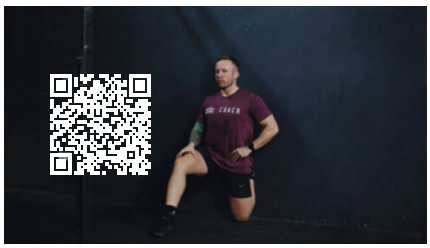
Strength Balance

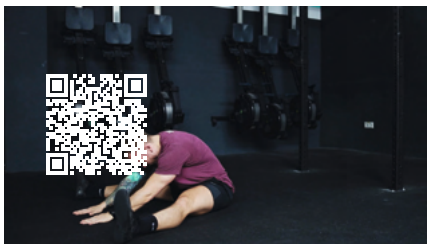


Lower Body Conditioning



COOLDOWN





BODYBUILDING

5D/W - W11D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20 Plank Knees to Elbow
5 Handstand Pushup Descents + Pike Pushup
10 Bent over Dumbbell Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 8x8 @ Last wie letzte Woche
Alternierend mit Strict Pullups 8x3 Weighted @ + Gewicht

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
12 Half Kneeling Landmine Shoulder Press
16 Meadow's Row

Strength Conditioning / Arme

5 Sets
15/12 Cal Ski Erg
10 Renegade Row + K2E

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
14 Lean in Lateral Raises
14 Barbell Biceps Curl
14 Rolling Barbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
1:00 Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

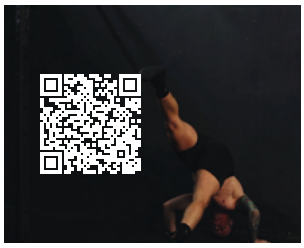
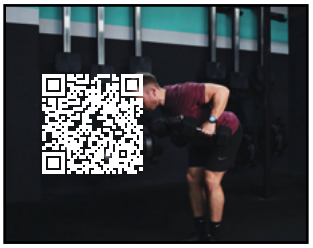
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

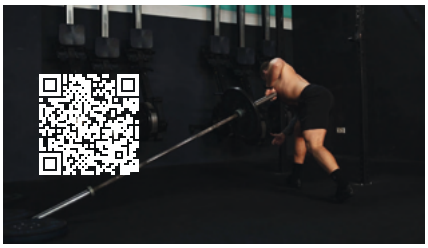
how to -

WARMUP

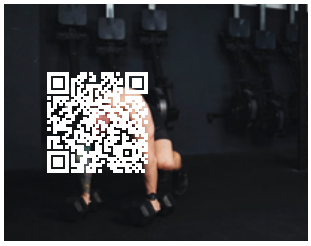
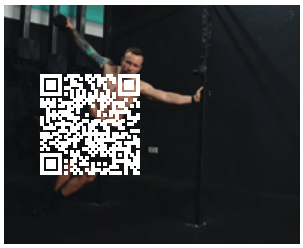
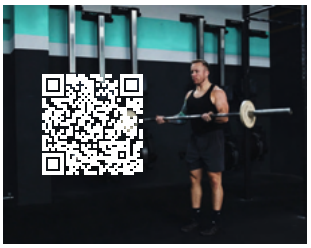



Strength Volume

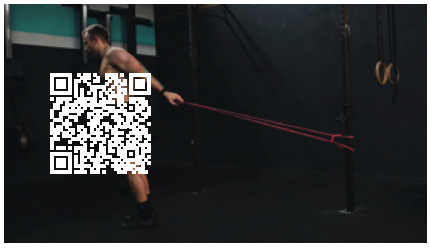
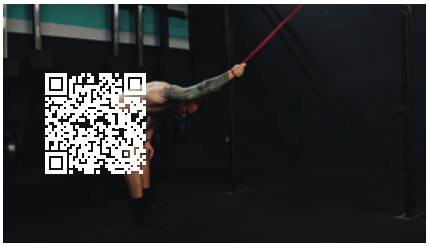
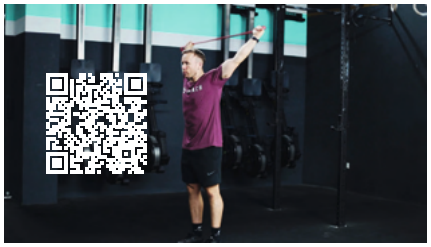
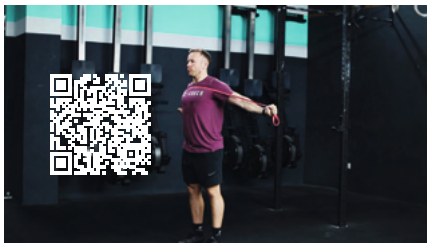
Strength Balance



Strength Conditioning

COOLDOWN

BODYBUILDING

5D/W - W11D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 90 Reps gesamt, clustered

Nach jedem Cluster: 10 Dumbbell Bent Over Row RPE7

Rest as needed

Strength Balance

Every 3:00 - 3 Sets
15 Dumbbell Bench Press
+ 0:20 Loaded DB Bench Stretch
15 Pronated Feet Supported Body Row
Gleiche Last

Letzte Set Max Effort

Pump Conditioning

5 Rounds
15 GHD Situps
10 Handstand Pushups
15/12 Cal Row

Danach:
3 Rounds
8/Side Seate Alternating DB Biceps Curls
8 Standing Single Arm Dumbbell Triceps Ext.

COOLDOWN

10 Scorpion Switches
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Lat Stretchy

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

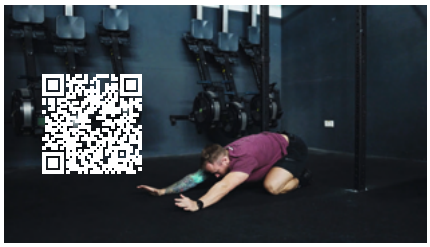
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

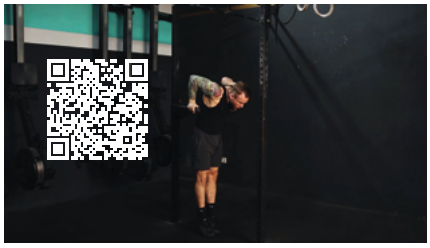
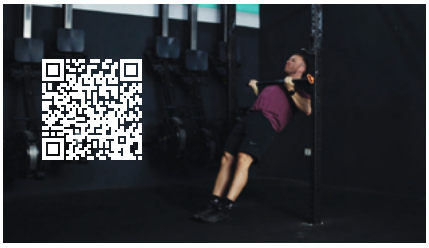
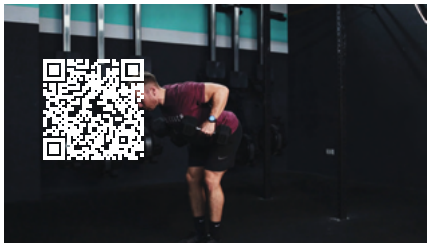
MOVEMENTS

how to -

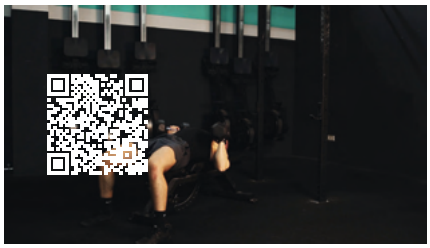
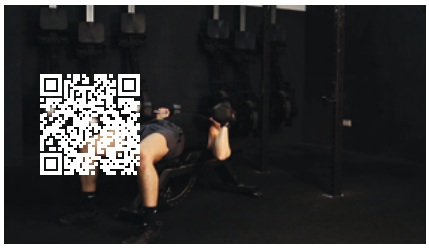
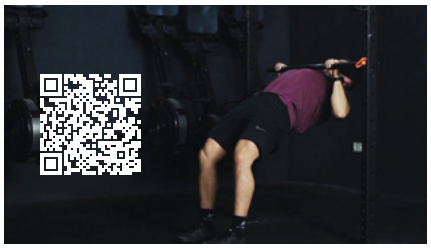
WARMUP



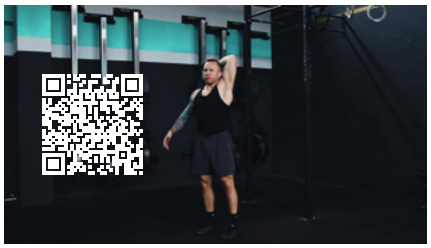
Strength Volume

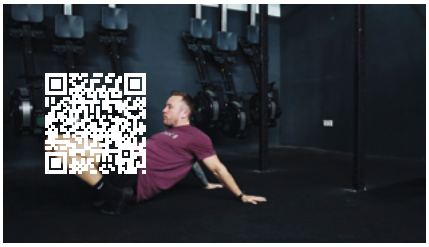
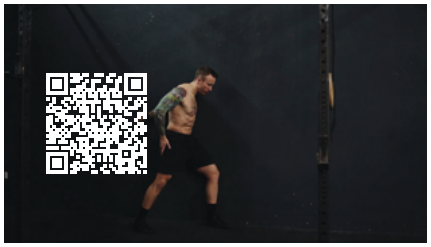
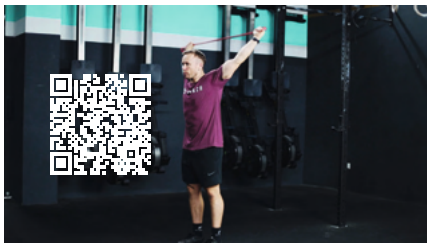
Strength Balance

Pump Conditioning



COOLDOWN

BODYBUILDING

5D/W - W11D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Shinbox Switches
10 Low Switch Kossack Squats
10 Squat Box Jumps

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 - 4 Sets
4x10 @ 90% 10RM letzte Woche

Strength Balance

Every 3:00 - 5 Sets
8/Side Front Foot elevated KOT Split Squats
8/Side Meadows RDL

Pump Conditioning

Every 3:00 - 5 Sets
20/16 C2 Bike
15 Tempo Goblet Squats 30X0

24kg/16kg

COOLDOWN

1:00/Side Couch Stretch
10 Shinbox Good Mornings
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

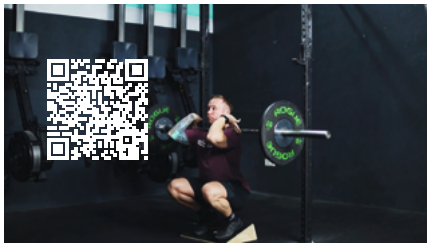
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

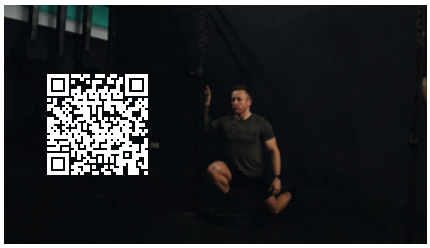
how to -

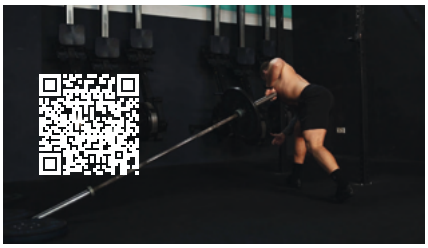
WARMUP

Squat Pump



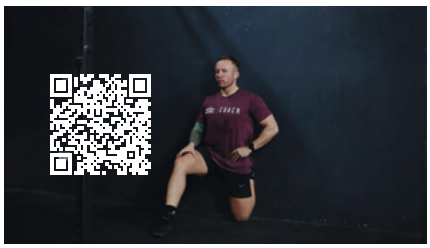
Strength Balance

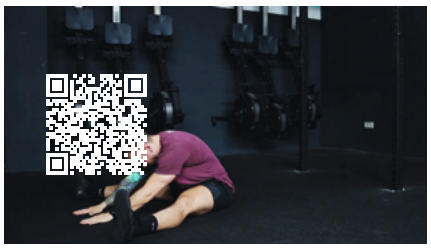




Pump Conditioning

COOLDOWN





BODYBUILDING

5D/W - W12D1

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15sec Ski Erg Sprint
10 Beast to Leg Through
10 Black Burns
0:30 Wall Facing Handstand Hold

Strength Volume

Bench WU Set 1: 10 Reps @ leicht
Chinup WU (z.B. Ring Rows) Set 1: 10 Reps @ leicht

1xME Bench Press @ Bodyweight
1xME Chinups

Back off Sets:
3x50% of ME

Rest 2:00 b/t Back Off Sets
Alternate b/t Exercises

Strength Balance

Every 3:00 - 3 Sets
15-12-10 Incline Dumbbell Bench Press
15-12-10 Supinated Barbell Row

Each Set as heavy as possible

Strength Accessory

3 Sets - Rest 2:30 b/t
12 Deficit Pushups + 12 Dumbbell Flys
12 Rear Deltoid Ring Row

COOLDOWN / CARDIO

Entweder/Oder

10 Banded Pass Throughs
0:30 Scorpion Stretch per Side
0:30 Prayer Stretch per Side

Oder Core Challenge:
EMOM20
10 Toes to Bar

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

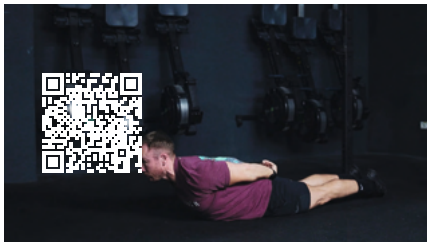
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

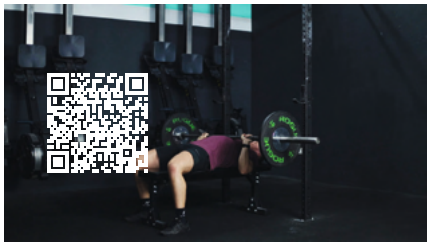
MOVEMENTS

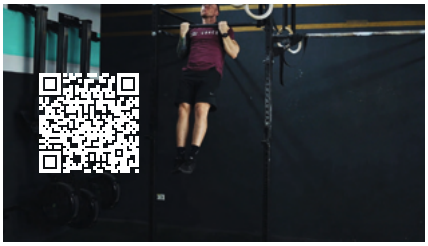
how to -

WARMUP

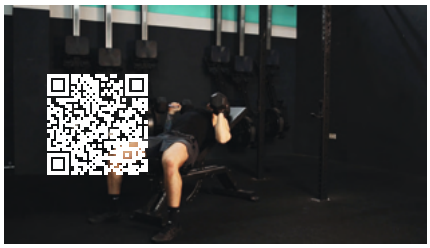


Strength Volume

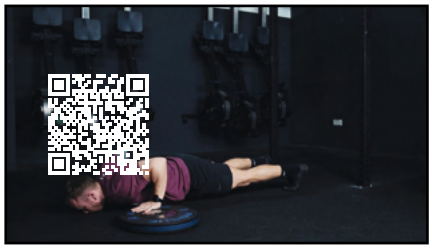


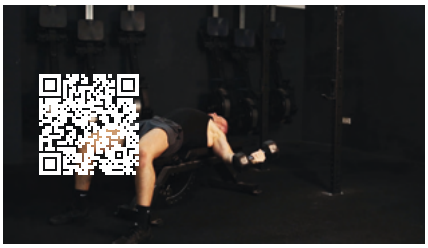


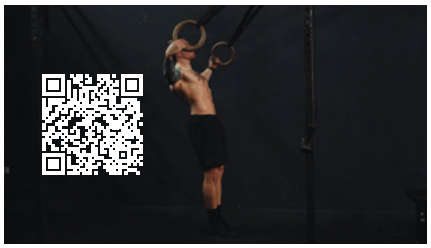
Strength Balance



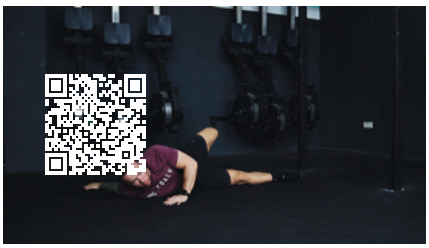
Strength Accessory







COOLDOWN



BODYBUILDING

5D/W - W12D2

notes

WARMUP

Warmup
2:00 Easy Cardio

3 Rounds
15sec Hard Echo Bike
16 Goblet Longe Lunge
10 Start to Catch Squat Jumps
0:20 Dip Support Tuck Hold

Strength Volume

Every 3:00 - 10
Back Squat 10x10 @ as heavy as possible

Strength Balance

Every 3:00 - 4 Sets
12 pro Seite: Single Leg Landmine RDL @ 20X0 RPE7
Directly into
12 Bulgarian Split Squats + Gewicht

Letzte Set: Max Effort

Lower Body Conditioning

4 Sets: 3:00 AMRep
10 Kettlebell Burpees 2x24kg/2x16kg
10 Dual KB Swings 2x24kg/2x16kg
10 Dual KB Rack Squats 2x24kg/2x16kg
Remaining Time: Cal C2 Bike

COOLDOWN

1:00/Side Couch Stretch
1:00/Side Box Pigeon Stretch
10 Rollover to Pancake

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

Wie hast du dich gefühlt?

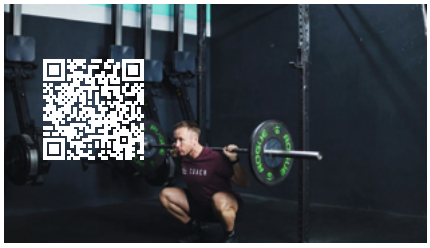
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

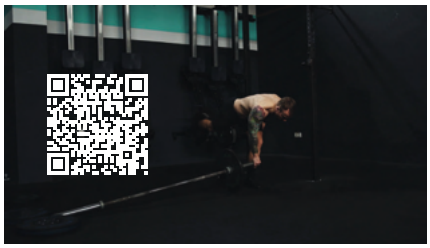
how to -

WARMUP

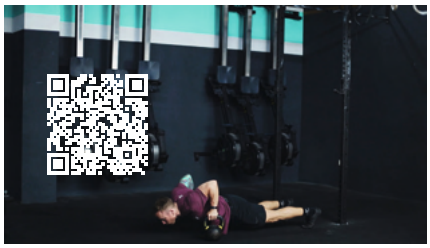
Strength Volume

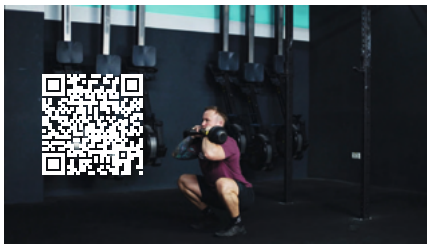


Strength Balance



Lower Body Conditioning





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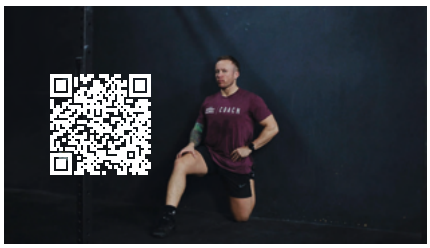
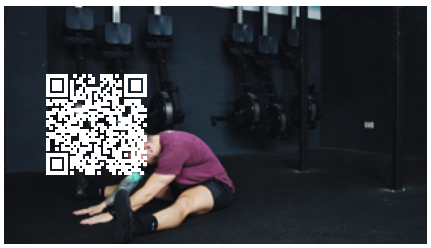




BODYBUILDING

5D/W - W12D3

notes

WARMUP

2:00 Easy Cardio

3 Rounds
20 Plank Knees to Elbow
5 Handstand Pushup Descents + Pike Pushup
10 Bent over Dumbbell Rows
30s Supinated Bar Hang

Strength Volume

Shoulder Press WU Set 1: 10 Reps @ leicht
Pullup WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Shoulder Press 10x10 @As heavy as possible
Alternierend mit Strict Pullups 10x3 Weighted @ + Gewicht

Rest 2:00 b/t Sets

Strength Balance

Every 3:00 - Alternate 3 Sets
14 Half Kneeling Landmine Shoulder Press
16 Meadow's Row

Strength Conditioning / Arme

5 Sets
15/12 Cal Ski Erg
10/Side Single Arm Dumbbell Hang Clean & Press 22.5kg

Rest 1:30 b/t Sets

Into:
Every 3:00 - 3 Giant Sets
12 Seated Lateral Raises
12 Seated Dumbbell Biceps Curl
12 Rolling Dumbbell French Press

COOLDOWN

1:00 Banded Shoulder Ext. Stretch
1:00 Banded Lat Stretch
1:00 Prayer Stretch
1:00 Wall Biceps Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

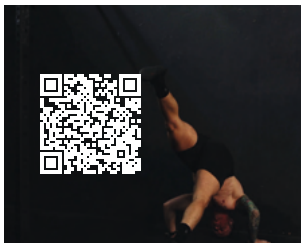
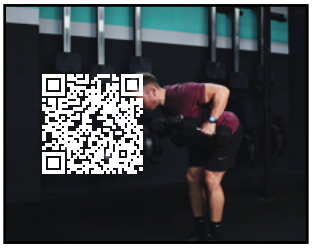
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

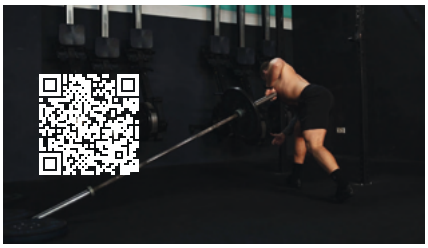
how to -

WARMUP

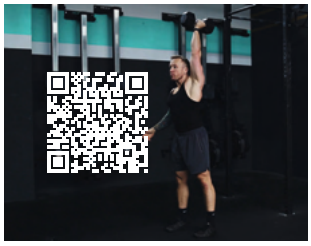
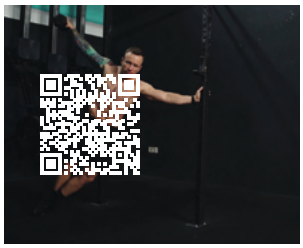
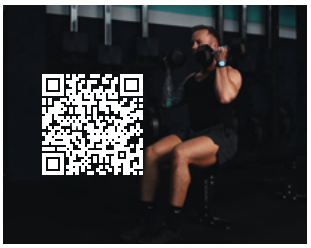



Strength Volume

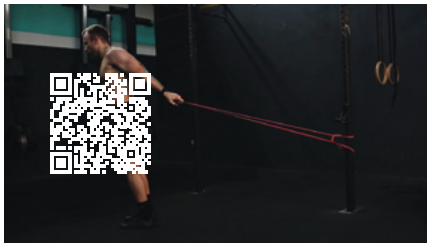
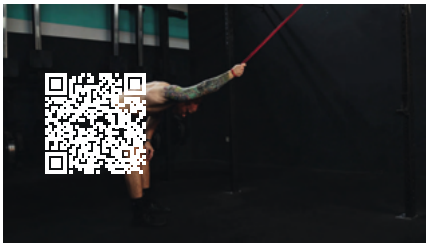
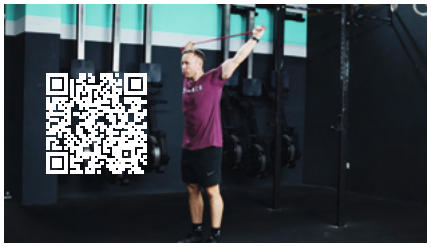
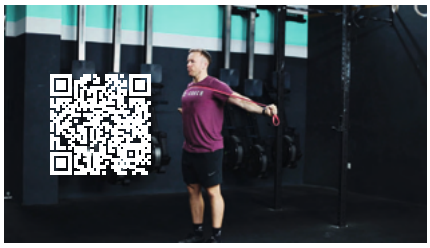
Strength Balance



Strength Conditioning

COOLDOWN

BODYBUILDING

5D/W - W12D4

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Cardio Sprint
0:30 Dip Support Hold
20 Plank Shoulder Taps
10 Rocking Push Ups
5 Box Jumps

Strength Volume

Parallel Bar Dips WU Set 1: 10 Reps @ leicht
Supinated Body Row WU Set 1: 10 Reps @ leicht

Alterniere bis zu 3 Warmup Sets, steigere die Lasten. Senke die Wiederholungszahl.

Parallel Bar Dips 100 Reps gesamt, clustered

Nach jedem Cluster: 10 Dumbbell Bent Over Row RPE7

Rest as needed

Strength Balance

Every 3:00 - 3 Sets
20 Dumbbell Bench Press
+ 0:20 Loaded DB Bench Stretch
20 Pronated Feet Supported Body Row
Gleiche Last

Letzte Set Max Effort

Pump Conditioning

5 Rounds
21 GHD Situps
15 Handstand Pushups
21/18 Cal Row

Danach:
3 Rounds
8 Barbell Biceps Curls
8 Standing Single Arm Dumbbell Triceps Ext.

COOLDOWN

10 Scorpion Switches
10 Shoulder Bridge
0:30/Side Wall Biceps Stretch
10 Banded Lat Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

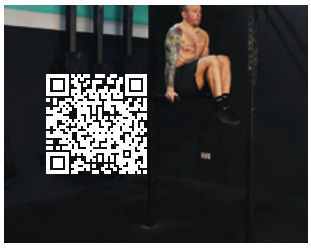
Wie hast du dich gefühlt?

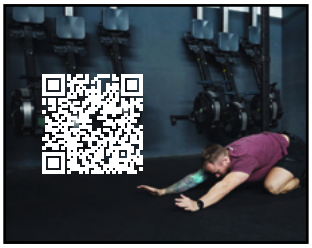
Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

MOVEMENTS

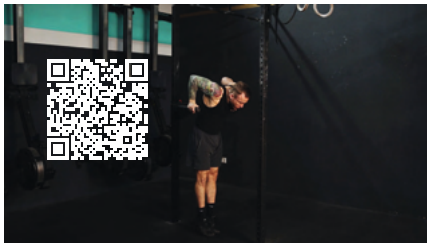
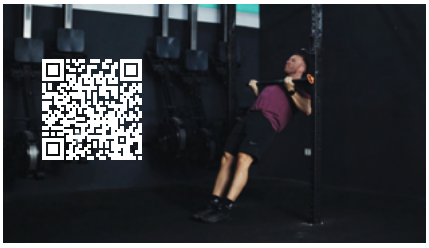
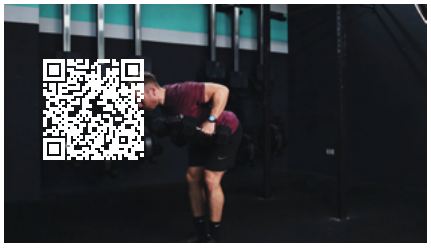
how to -

WARMUP

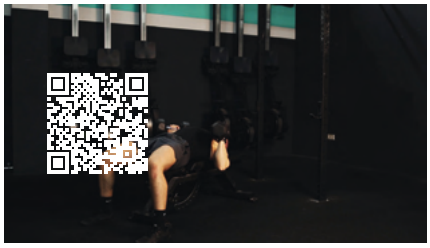
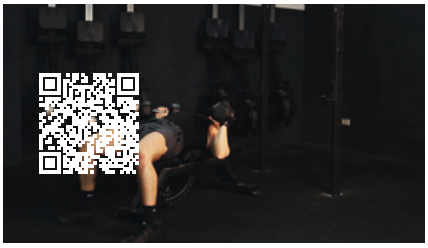
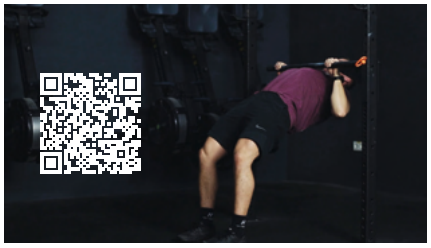




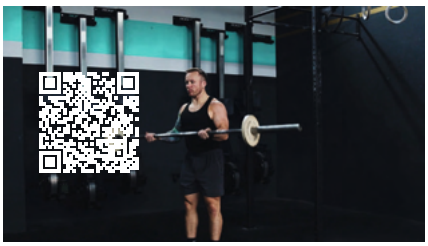
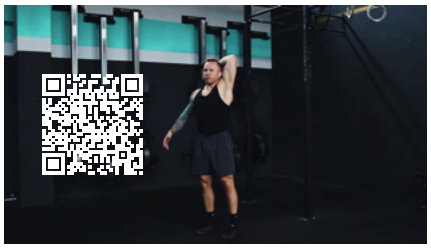
Strength Volume

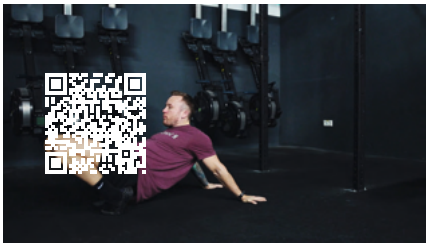
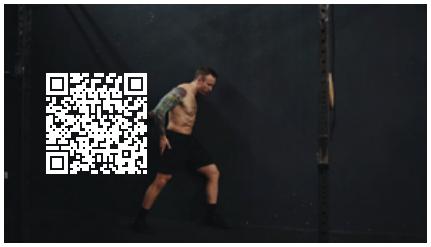
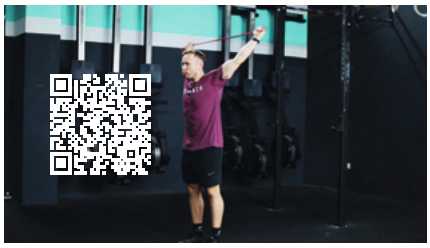
Strength Balance

Pump Conditioning

COOLDOWN

BODYBUILDING

5D/W - W12D5

notes

WARMUP

2:00 Easy Cardio

3 Rounds
15s Echo Bike Sprint
10 Shinbox Switches
10 Low Switch Kossack Squats
10 Squat Box Jumps

Squat Pump

1-2 Warmup Sets Cyclist Front Squats
Then:
Every 3:00 - 10 Sets
10x10 @ 80-90% letzte Woche

Strength Balance

Every 3:00 - 5 Sets
10/Side Front Foot elevated KOT Split Squats
10/Side Meadows RDL

Pump Conditioning

Every 3:00 - 5 Sets
20/16 C2 Bike
15 GHD Hip Extensions

COOLDOWN

1:00/Side Couch Stretch
10 Shinbox Good Mornings
1:00 Pancake Stretch
1:00/Side Couch Stretch

Perceived Exertion

Wie anstrengend war das Workout?

Easy *Moderat* *Hard* *Brutal* *Tot*

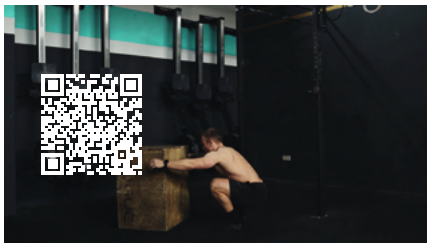
Wie hast du dich gefühlt?

Top 10 / 10 *Gut* *normal* *Erschöpft* *Überfahren*

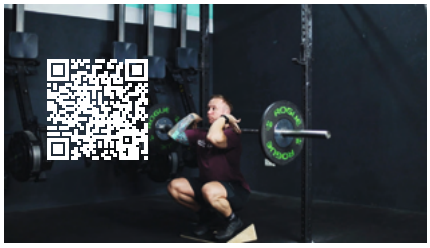
MOVEMENTS

how to -

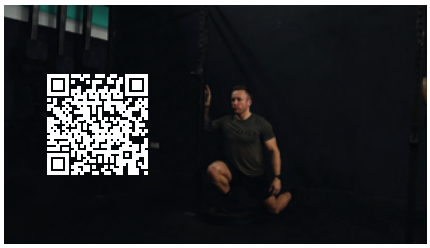
WARMUP

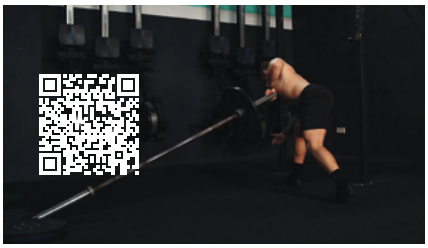


Squat Pump



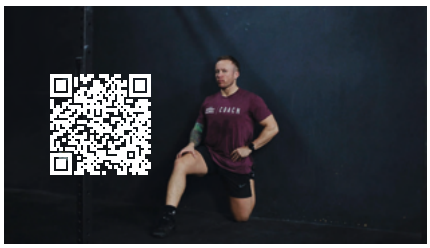
Strength Balance

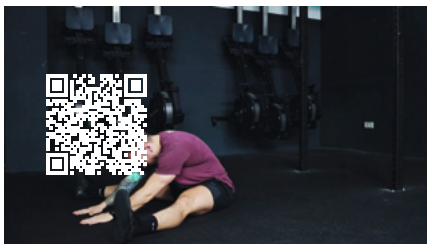




Pump Conditioning

COOLDOWN





final words
Schlusswort

Du hast es bis hierher geschafft und jetzt beginnt die eigentliche Reise. Kraft und Muskeln werden nicht nur im Gym aufgebaut; sondern tägliche durch Hingabe, Durchhaltevermögen und jeden kleinen Schritt auf dem Weg. Denk daran: jede Wiederholung, jeder Satz, jeder harte Tag bringt dich deinem Ziel näher. Vertraue dem Prozess, bleib dran und lass diese 12 Wochen zeigen wozu du wirklich fähig bist. **Bleib dran, wachse weiter und lass und nach dem 12 Wochen Trainingsblock ist vor dem 12 Wochen Trainingsblock.** In 12 Wochen baut man ein super Fundament auf, mehr allerdings auch nicht. Jetzt liegt es an dir das Beste draus zu machen!

„Being in shape requires one thing: Hard Work. And working hard requires no talent. None."
– Jim Wendler

An die Bodybuilder:

Am Ende deiner 12-wöchige Bodybuilding-Reise ist es wichtig sich daran zu erinnern, dass dies erst der Anfang ist. Anders als beim Powerlifting, wo ein abschließender One-Rep-Max-Test das Ende eines Trainingszyklus markiert, geht es beim Bodybuilding um kontinuierlichen Fortschritt. Du solltest dich stärker und muskulöser fühlen und idealerweise eine Zunahme an fettfreier Körpermasse ohne signifikante Fettzunahme feststellen. Diese 12 Wochen haben eine Grundlage geschaffen, aber echtes Wachstum und nachhaltiger Fortschritt im Bodybuilding ist eine unendliche Geschichte. Feile weiterhin an deinem Training, deiner Ernährung und deinen Erholungsstrategien und nimm den Prozess an. Mit dieser Phase beendest du nicht nur ein Trainingsprogramm – du schufst eine Grundlage für langfristigen Erfolg!

Wie geht es jetzt weiter?

Egal mit welchem Template du angefangen hast. **Nach so einer intensiven Trainingsphase empfehle ich 2 - 4 Wochen zu cruisen. Trainiere nach Gefühl und Übungen auf die du Lust hast. Oder komm einfach zur Class und genieß die Community**. Danach kannst du dann deinen nächsten Trainingscycle beginnen. Wie das genau aussehen kann, habe ich ja schon vor ca. 200 Seiten vorgeschlagen. ☺

Du kannst diese Programme beliebig oft wiederholen und immer weiter Zuwächse erwarten bis du bei „Advanced"-„Elite"-Strength und einem FFMI von 25 angekommen bist. Ansonsten planen wir für **nächstes Jahr das Beach Body Program** zu überarbeiten und in eine ähnliche Form wie dieses Buch hier zu bringen. Wenn dir dieses oder unsere Class Programme gefallen, würden wir uns natürlich über eine 5-Sterne Bewertung bei Google freuen ✌

Möchtest du, dass wir mehr „Bücher" oder Trainingsprogramme in der Form rausbringen sind wir auf deine Mithilfe angewiesen. Empfiehl dieses oder andere unserer Programme gerne an Freunde oder Verwandte. In diesem – und auch in dem Beach Body Program – stecken viel Arbeit, deshalb wäre es supi, wenn ihr es nicht einfach raubkopiert, damit wir weiterhin coole Trainingsprogramme schreiben können

Melde dich gerne via Discord für Feedback, Anregungen, Wünsche oder Fragen!

xoxo Thorik

Glossar
good to know –

ME = Maximum Effort. Die maximal mögliche Wiederholungszahl am Stück ohne die Last abzulegen
50% ME = die Hälfte der maximal möglichen Wiederholungsanzahl

Cluster = Wir reden hier nicht von der CrossFit-Übung „Squat Clean Thruster". Cluster nennt sich das Aufbrechen einer Gesamtwiederholungszahl in mehrere Bruchstücke = Cluster.
z.B. Ziel 50 Klimmzüge. Cluster können so aussehen: 10-8-7-7-6-5-4-4-4-3-2

RM = Repetition Maximum = die maximale Last für die Wiederhoungszahl. 1RM = Maximale Last für eine Wiederholung. 5RM = Maximale Last für 5 Wiederholungen. 90% 5RM = 90% der maximalen Last für 5 Wiederholungen.

AMRAP = As many Rounds as possible. Soviele Runden wie möglich in einer gegebenen Zeit.
z.B.: AMRAP20 -> Soviele Runden wie möglich in 20 Minuten

AMRep = As many Repetitions as possible. Siehe AMRAP nur mit Wiederholungen statt Runden.

EMOM = Every minute on the minute. Jede Minute auf die Minute wird Arbeit absolviert.

Tempo = Tempo gibt das – wer hätte das Gedacht – Tempo der Wiederholungen vor. Die erste Zahl ist die Exzentrik, die 2. Zahl die Pause in der untersten Position, die dritte Zahl das Tempo der Konzentrik und die 4. Zahl ist die Pause nach einer abgeschlossenen Wiederholung bevor es in die nächste geht.
z.B. Tempo Squats @ 32X0: 3 runter, 2 unten halten, XPlosiv hoch, keine Pause oben.
Die Zahlen sind meist als Sekunden oder besser noch: Mississippis zu lesen.

Super Set = Zwei aufeinander folgende Übungen ohne Pause

Giant Set = Mehr als zwei aufeinander folgende Übungen ohne Pause

RIR = Reps in Reserve; wieviele Wiederholungen du noch im Tank hast nach einem Set.

RPE = Rate of perceived exertion, deine gefühlte Belastung auf einer Skala von 1-10. Bei 1 bist du wach und atmest. Bei 10 bist du ohnmächtig

Supplementempfehlungen

Da ich nicht gesponsort bin von irgendwas, hier die Liste an Supps, die ich euch guten Gewissens empfehlen kann:

- **Whey Protein**
- **Für Veganer: Vegan Protein** (Rice / Pea, Soy)
- **Creatin**
- **Coffein**
- **Alle Vitamine, Mineralstoffe und Omega 3 Fettsäuren**, die ihr finden könnt.

Das war's.

let's ♡
fucking go!

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