



POWERBUILDING PROGRAM | *TEMPLATES*

First Class Performance

acht Trainingspläne

Templates

Nach der Assessment Woche (Beginner / Advanced), 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 Trainingspläne, 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 übernehmen und ein paar Übungen ersetzen. Wenn ihr allerdings so starkes Interesse an den OLY-Parts habt, würde ich direkt das Powerlifting Advanced empfehlen.

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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

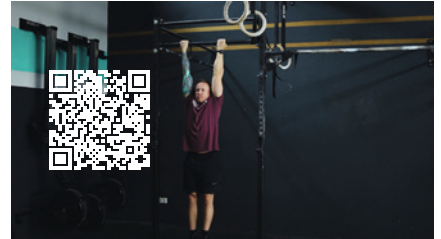
Überfahren



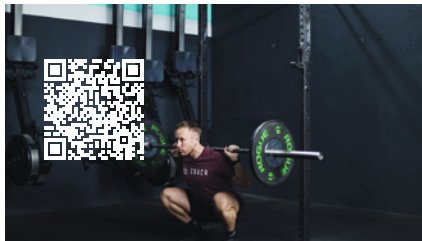
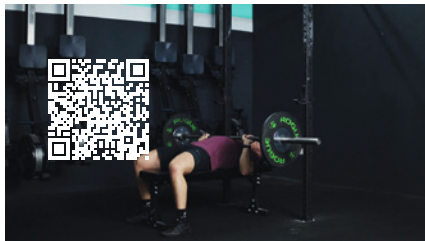
MOVEMENTS

how to -

WARMUP



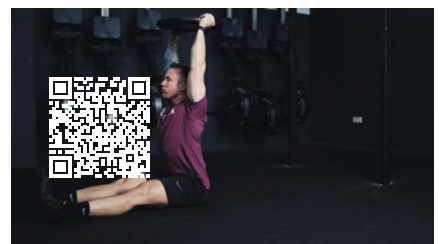
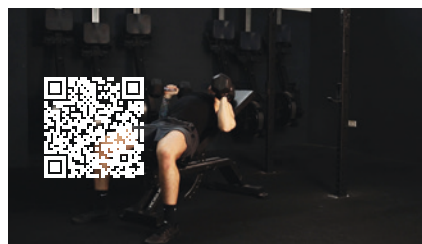
Strength Volume



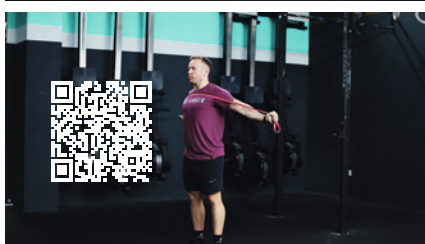
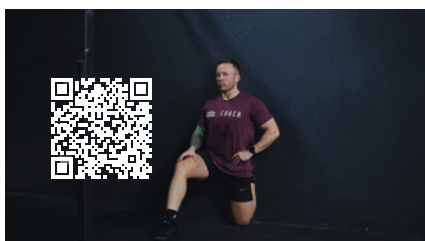
Strength Intensity



Strength Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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	

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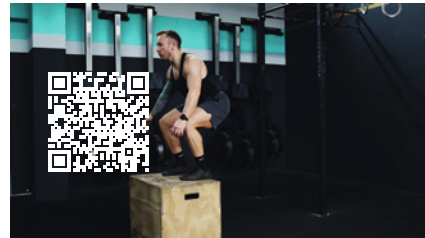
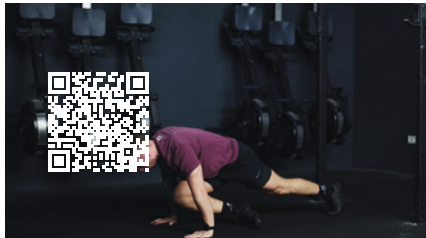
Überfahren



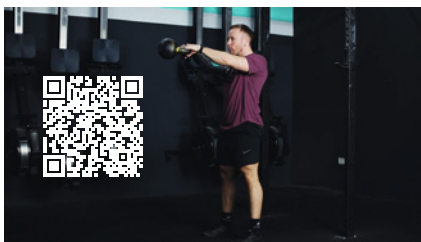
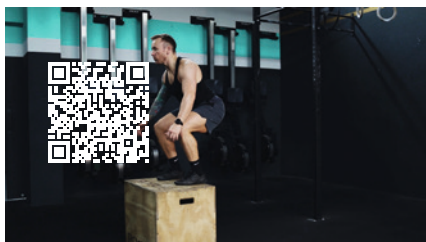
MOVEMENTS

how to -

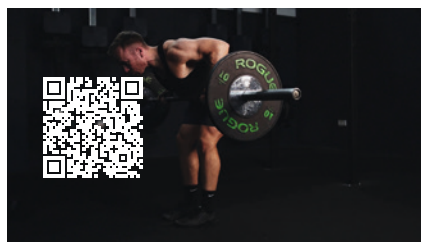
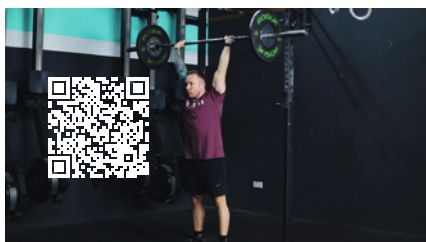
WARMUP



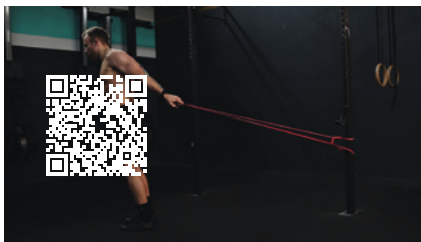
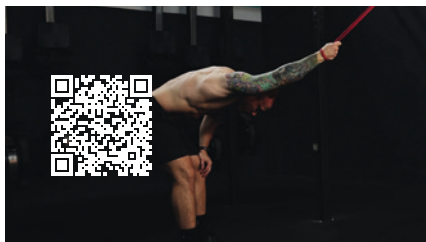
Speed & Power



Power Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

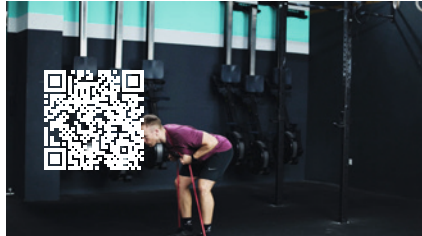
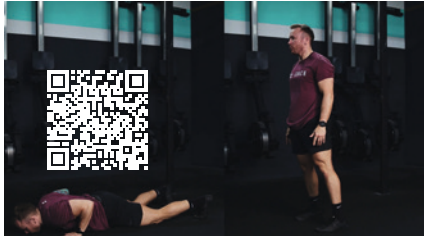
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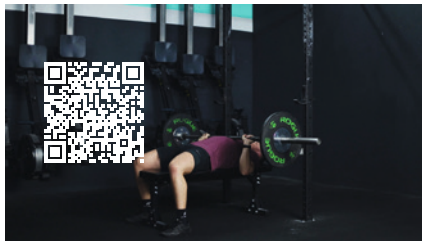
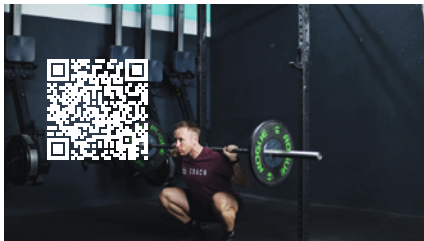
MOVEMENTS

how to -

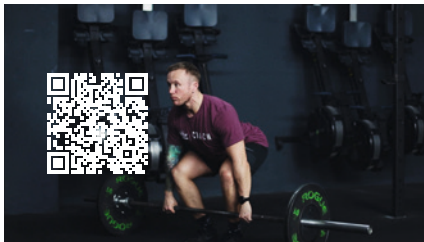
WARMUP



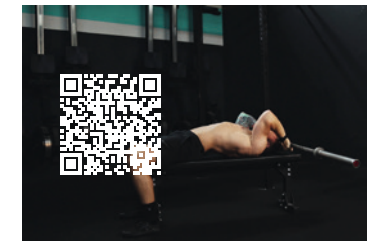
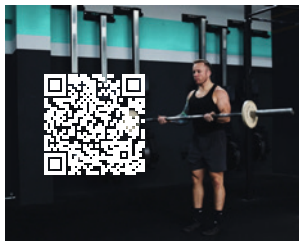
Strength Intensity



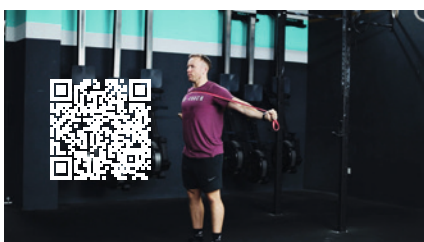
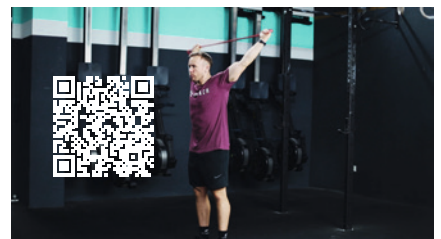
Strength Volume



Strength Accessory



COOLDOWN



notes

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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 <i>Dead Stop. Kein Touch and Go.</i>	
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	

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Wie anstrengend war das Workout?

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Erschöpft

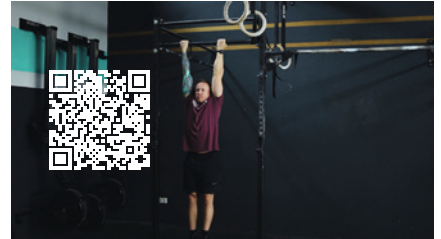
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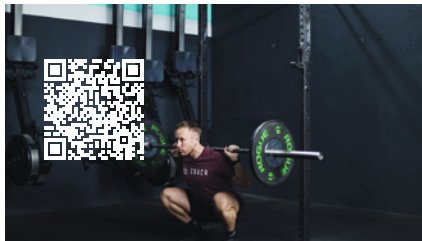
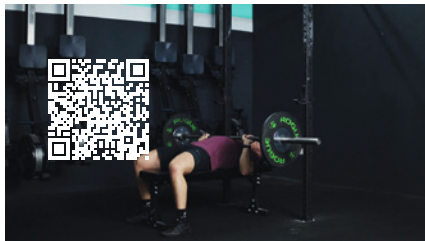
MOVEMENTS

how to -

WARMUP



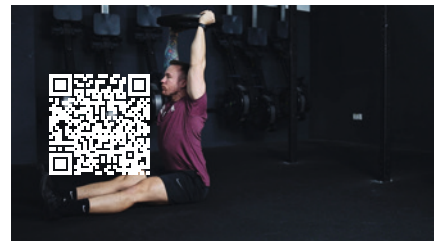
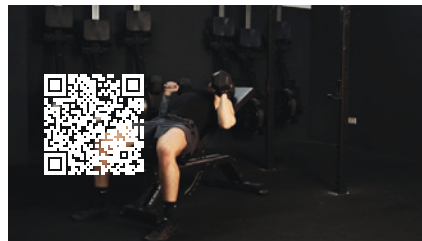
Strength Volume



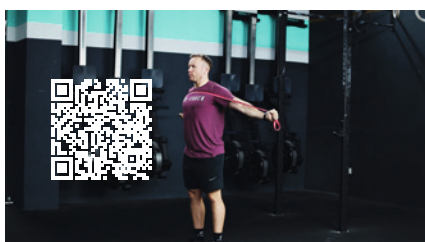
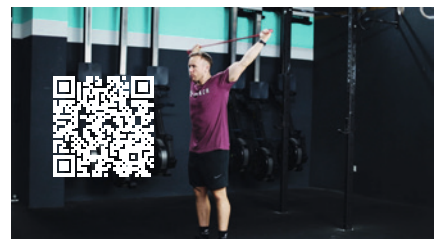
Strength Intensity



Strength Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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	

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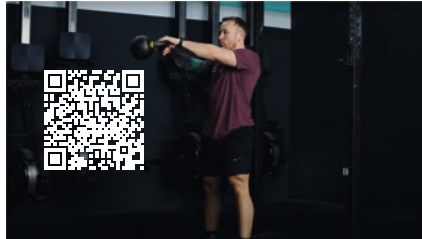
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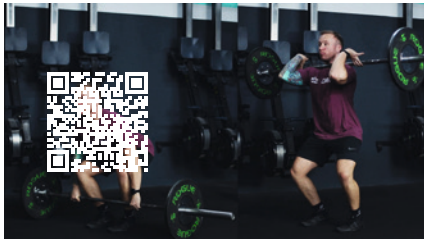
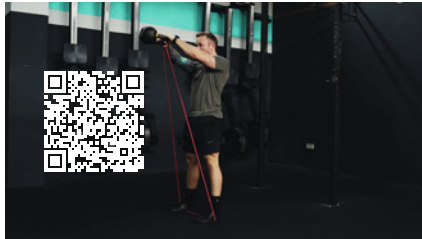
MOVEMENTS

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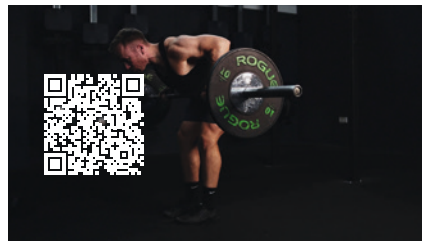
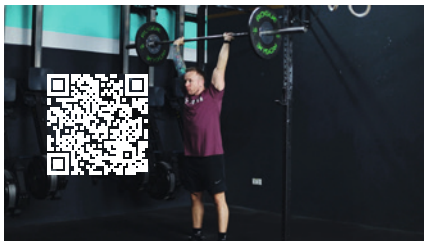
WARMUP



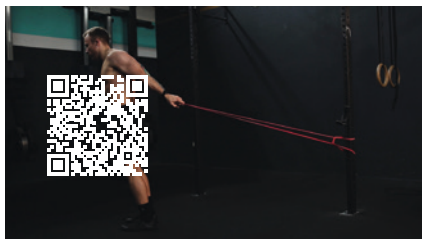
Speed & Power



Power Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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	

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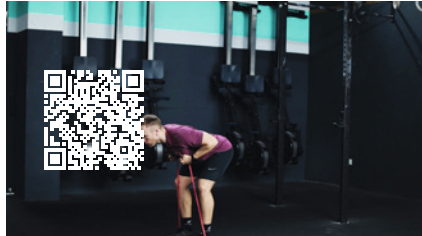
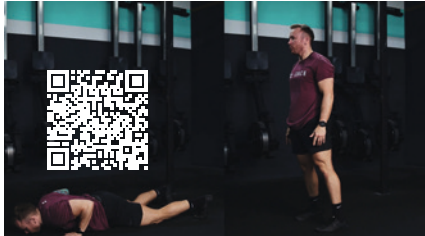
Überfahren



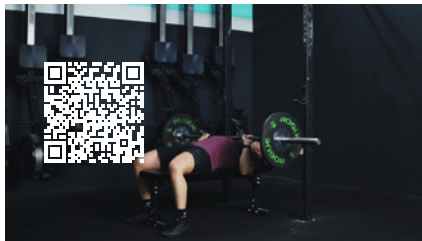
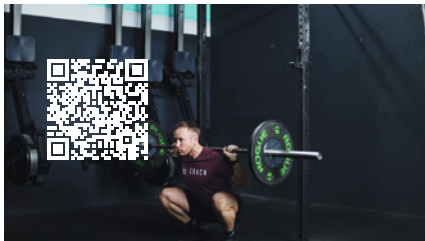
MOVEMENTS

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WARMUP



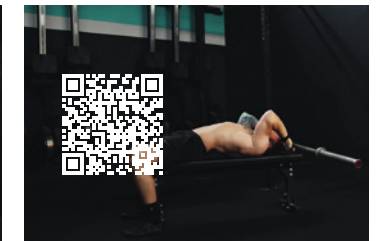
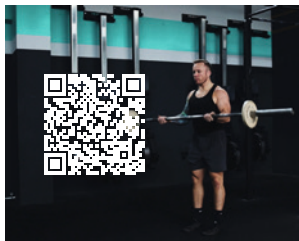
Strength Intensity



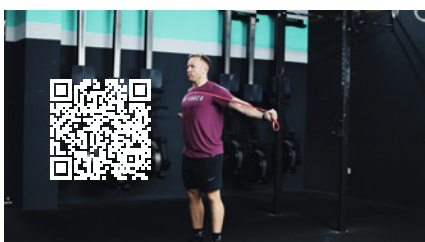
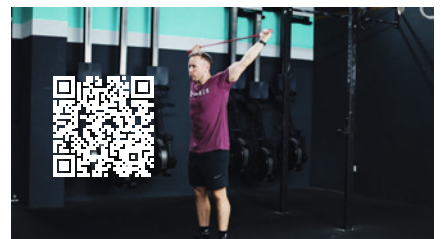
Strength Volume



Strength Accessory



COOLDOWN



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	

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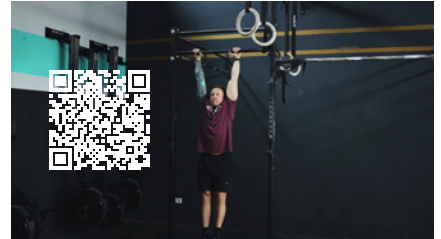
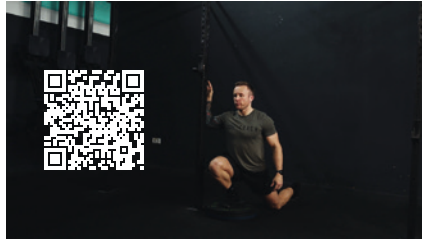
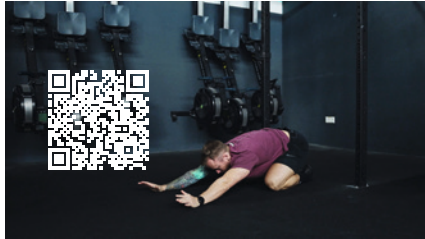
Überfahren



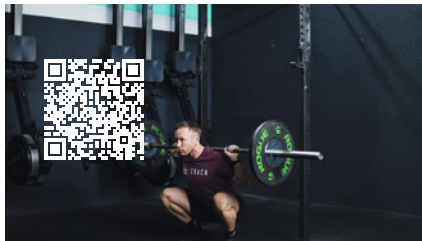
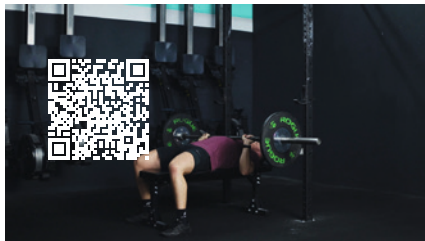
MOVEMENTS

how to -

WARMUP



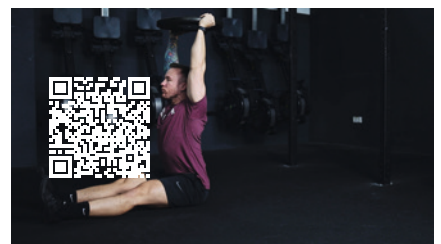
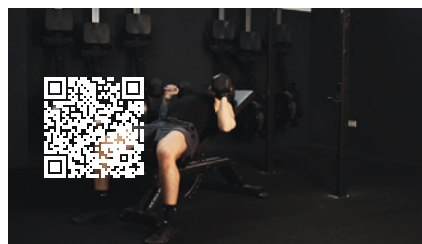
Strength Volume



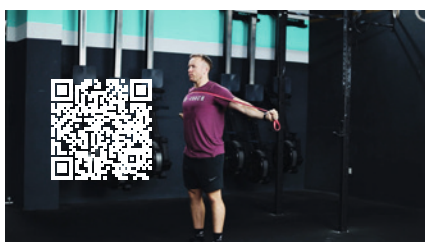
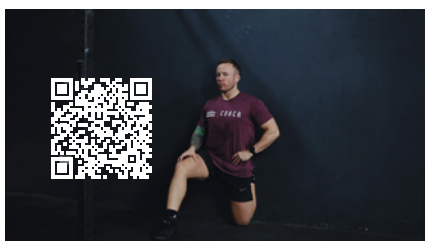
Strength Intensity



Strength Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

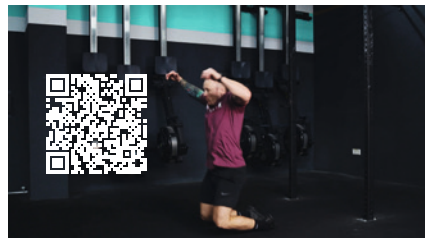
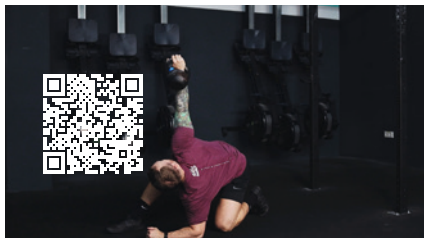
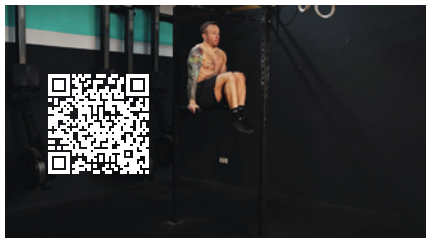
Überfahren



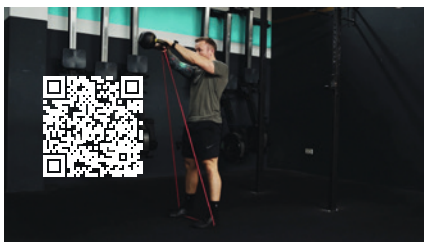
MOVEMENTS

how to -

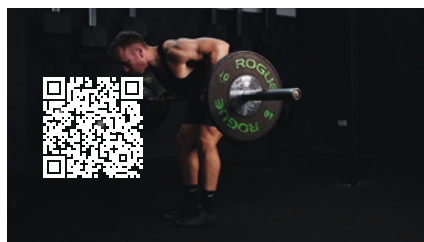
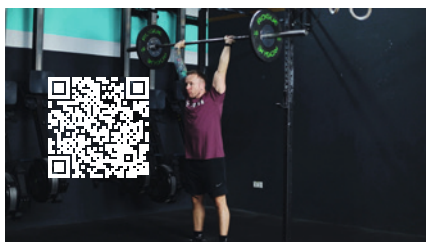
WARMUP



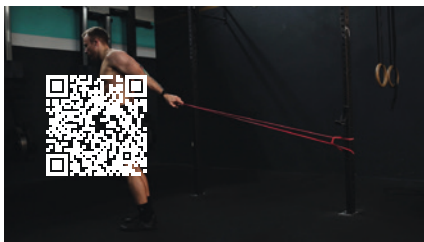
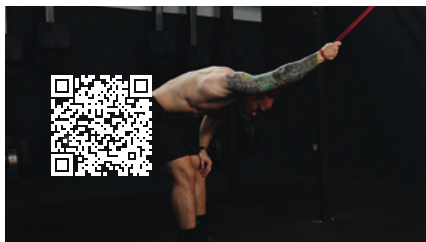
Speed & Power



Power Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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

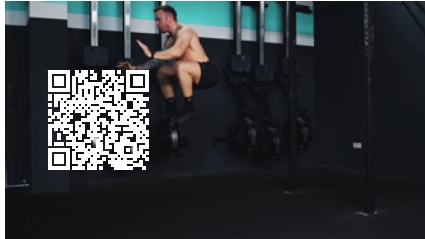
Überfahren



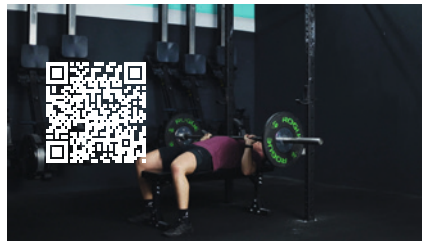
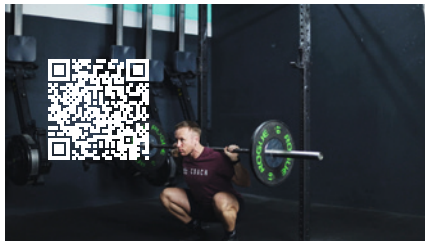
MOVEMENTS

how to -

WARMUP



Strength Intensity



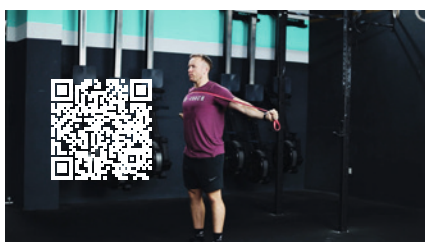
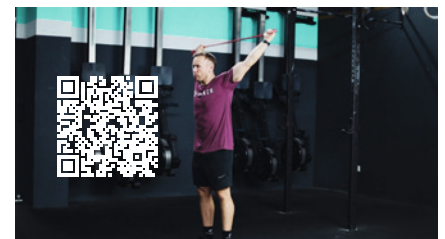
Strength Volume



Strength Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

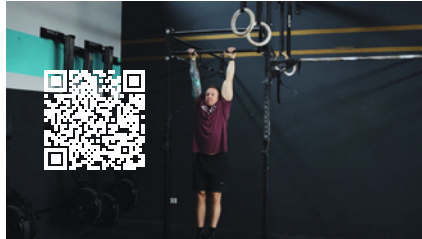
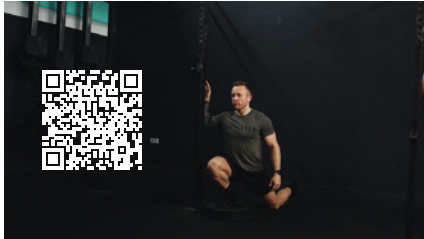
Überfahren



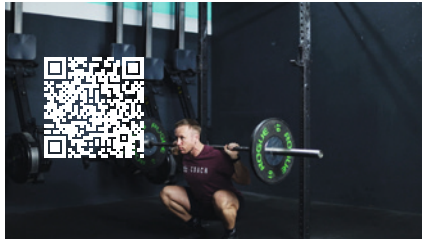
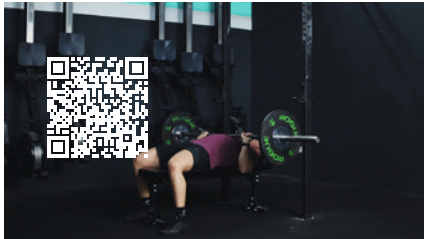
MOVEMENTS

how to -

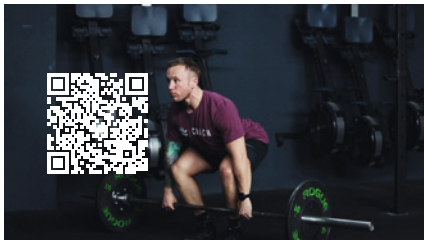
WARMUP



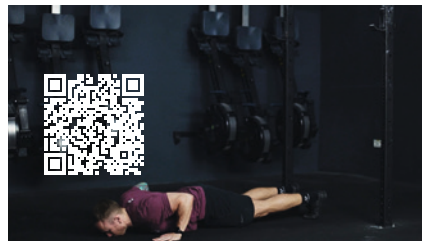
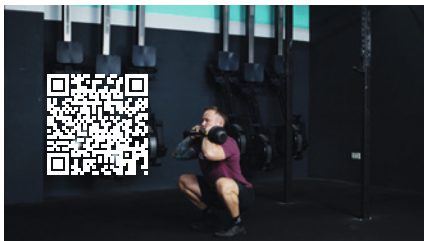
Strength Volume



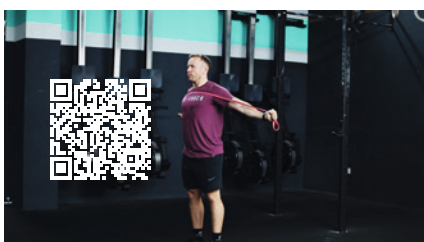
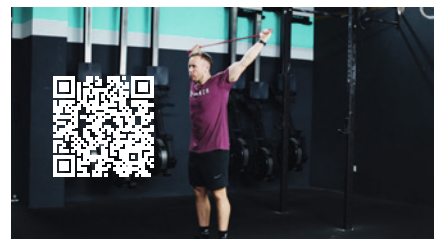
Strength Intensity



Strength Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

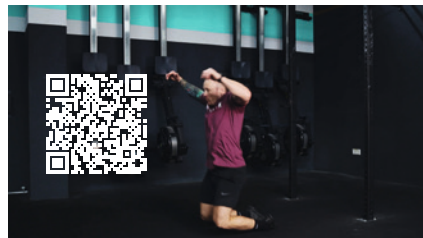
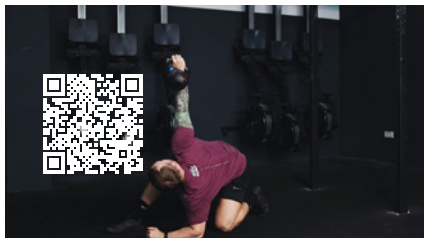
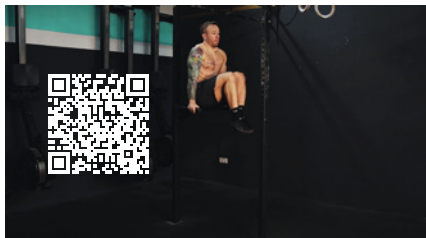
Überfahren



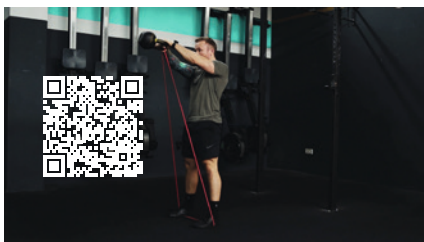
MOVEMENTS

how to -

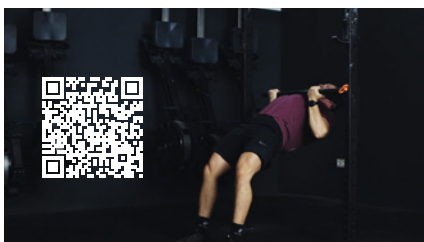
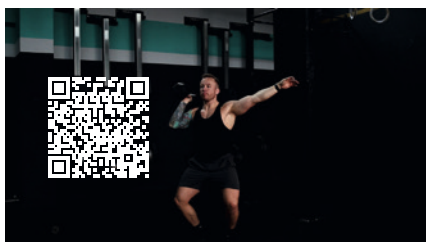
WARMUP



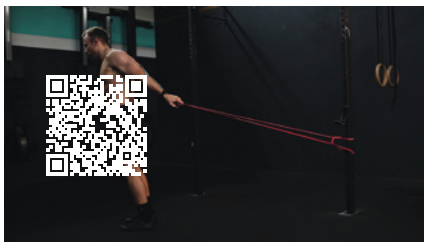
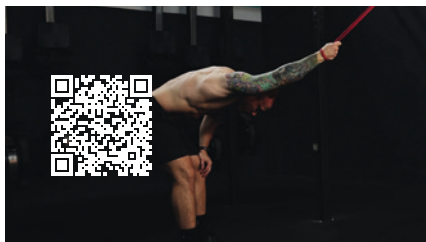
Speed & Power



Power Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

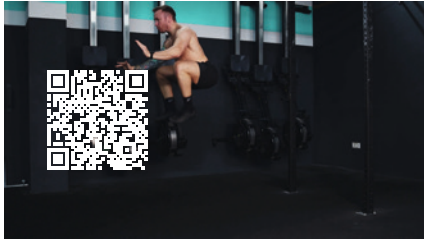
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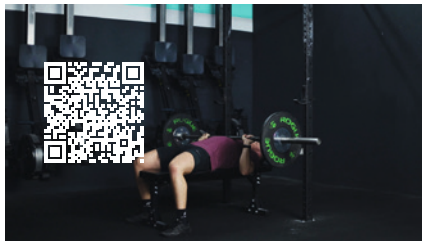
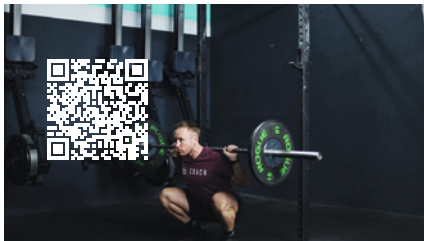
MOVEMENTS

how to -

WARMUP



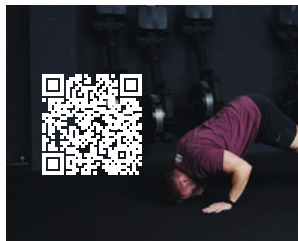
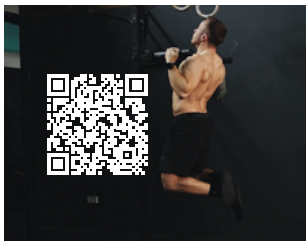
Strength Intensity



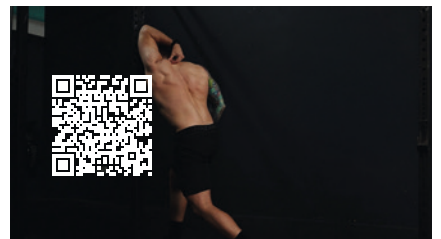
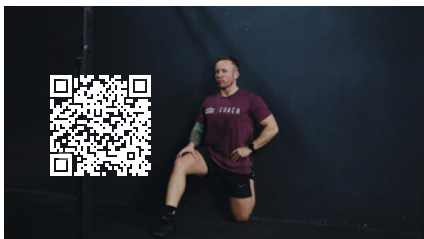
Strength Volume



Strength Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

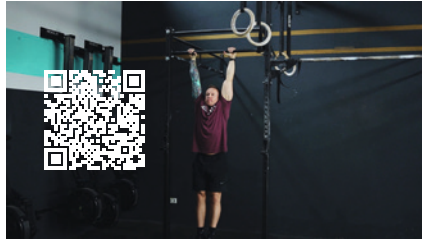
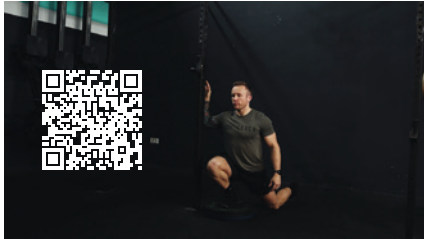
Überfahren



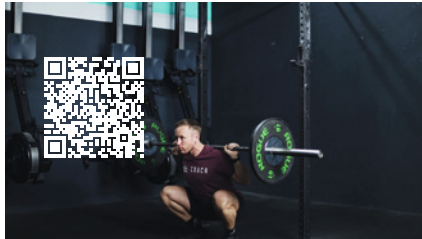
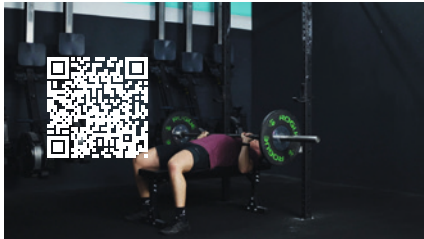
MOVEMENTS

how to -

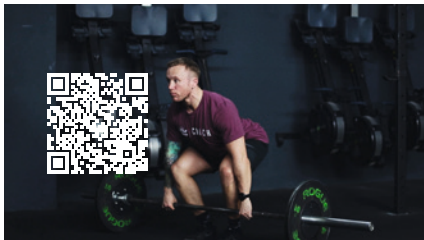
WARMUP



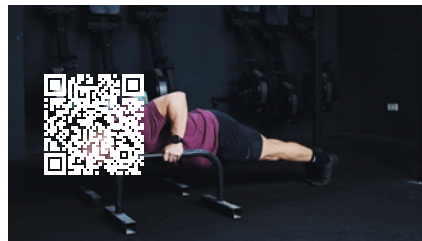
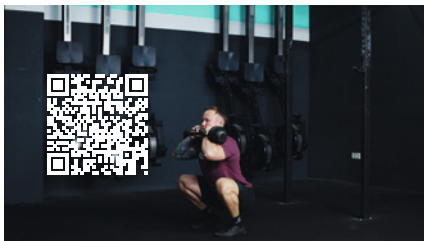
Strength Volume



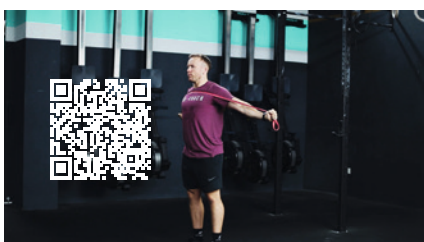
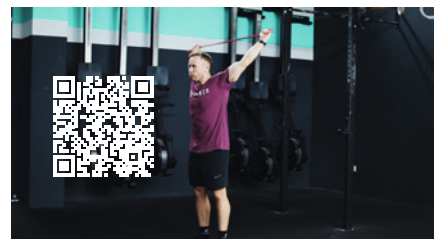
Strength Intensity



Strength Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i> 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

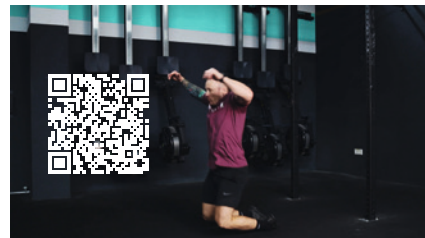
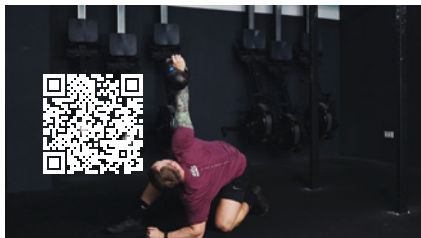
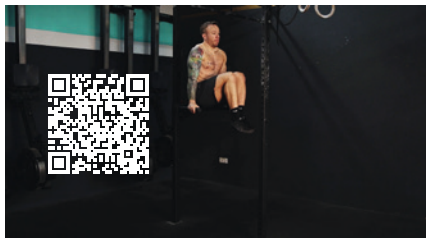
Überfahren



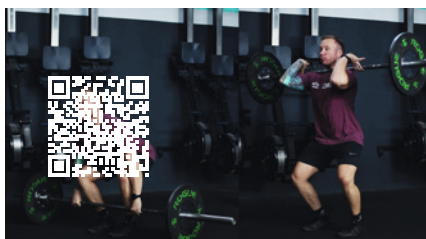
MOVEMENTS

how to -

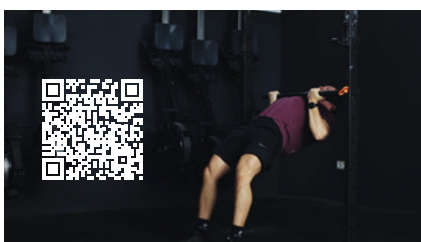
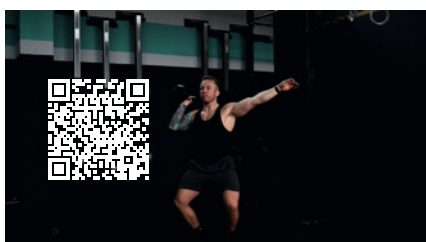
WARMUP



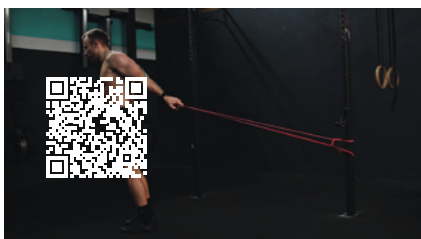
Speed & Power



Power Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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

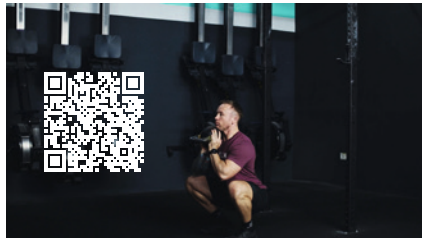
Überfahren



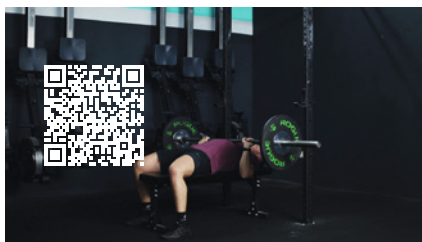
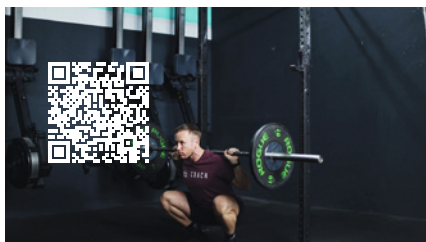
MOVEMENTS

how to -

WARMUP



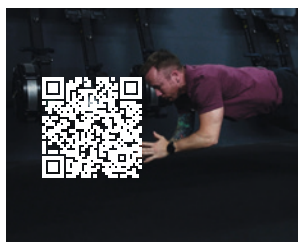
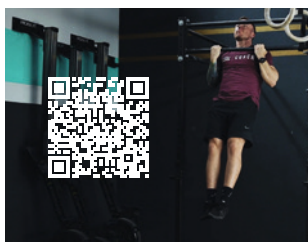
Strength Intensity



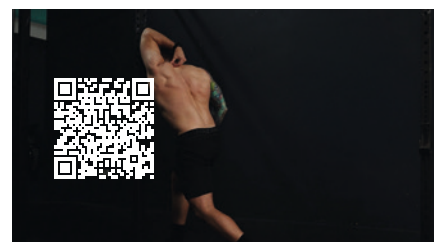
Strength Volume



Strength Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

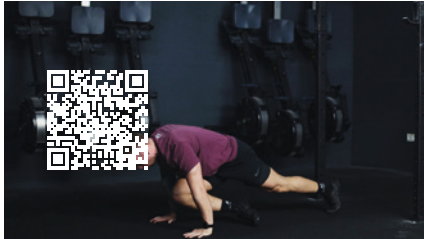
Überfahren



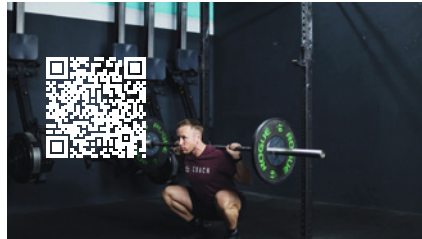
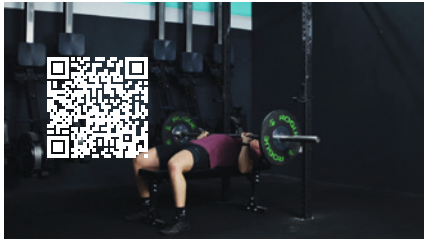
MOVEMENTS

how to -

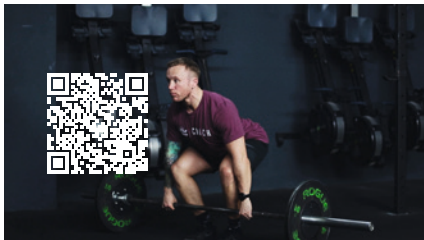
WARMUP



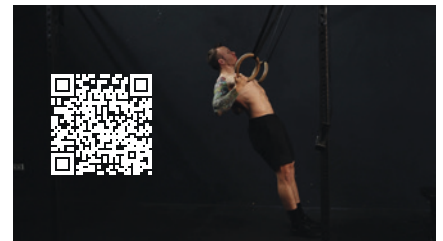
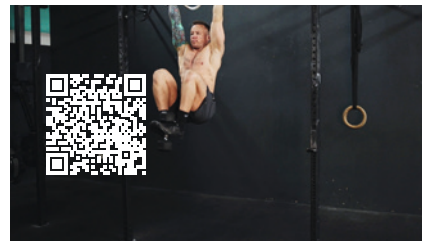
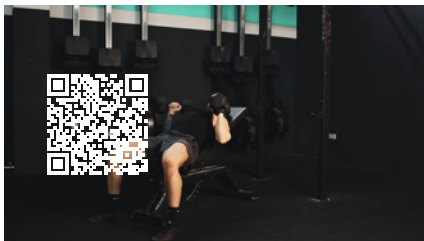
Strength Volume



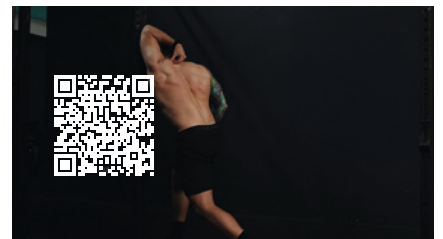
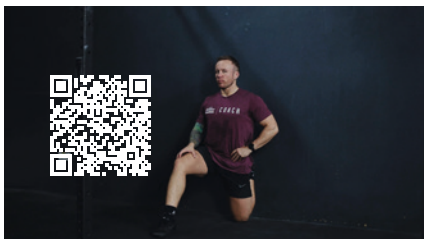
Strength Intensity



Strength Accessory



COOLDOWN



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 -

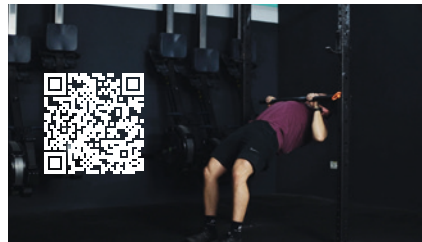
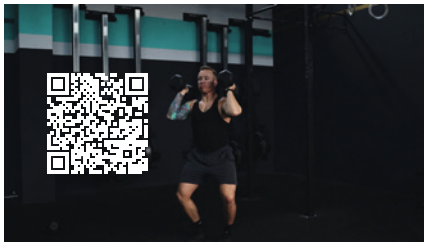
WARMUP



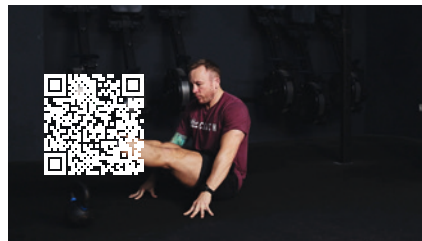
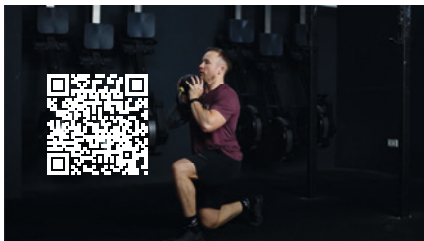
Speed & Power



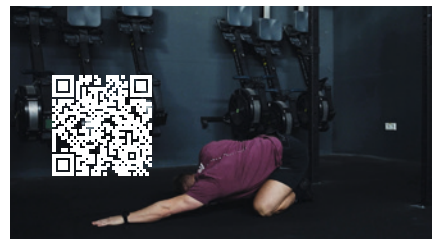
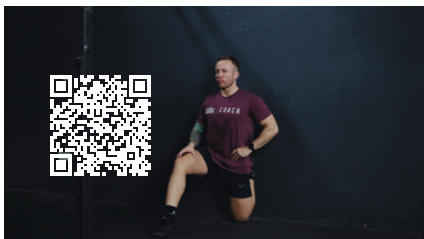
Power Accessory



Speed Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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



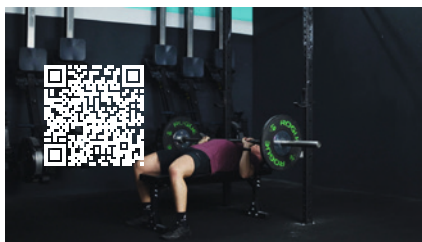
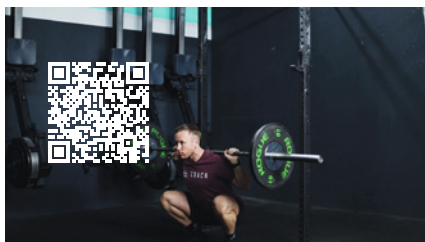
MOVEMENTS

how to -

WARMUP



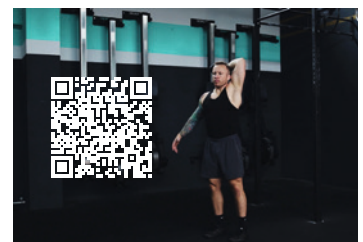
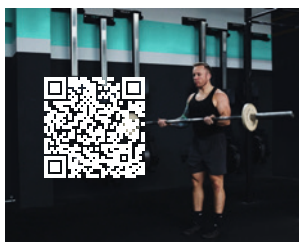
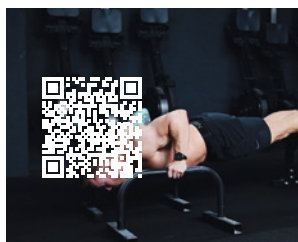
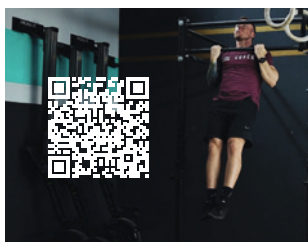
Strength Intensity



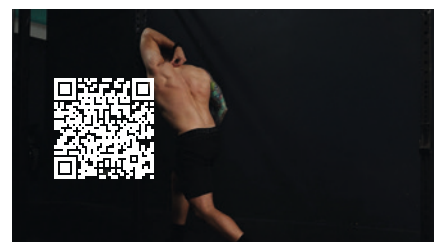
Strength Volume



Strength Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

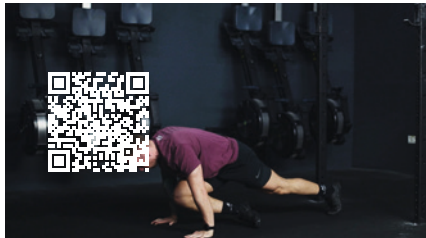
Überfahren



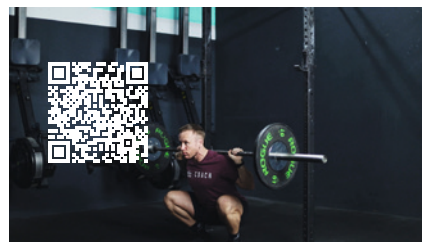
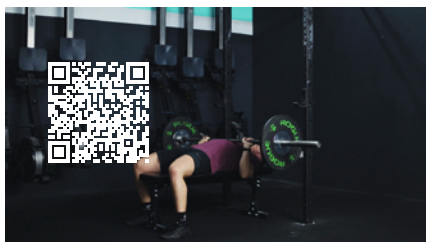
MOVEMENTS

how to -

WARMUP



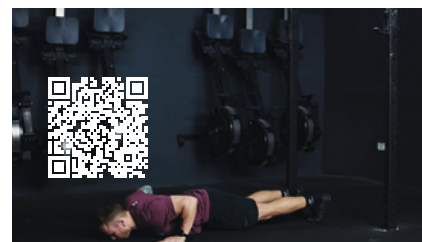
Strength Volume



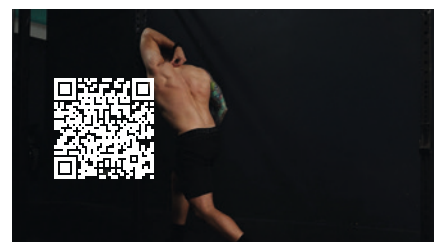
Strength Intensity



Strength Accessory



COOLDOWN



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

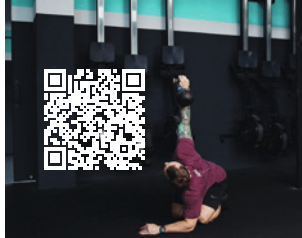
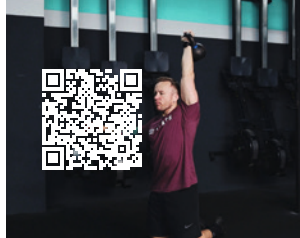
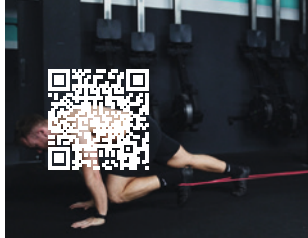
Überfahren



MOVEMENTS

how to -

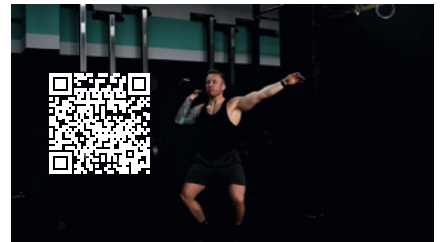
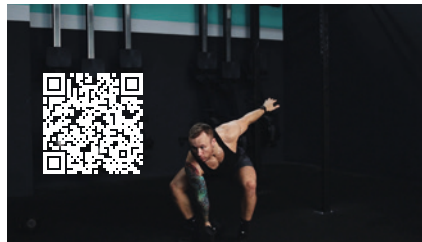
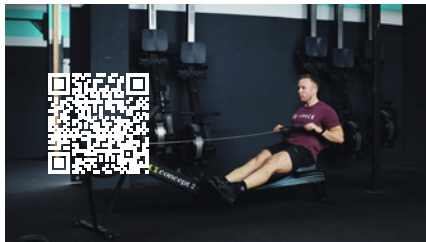
WARMUP



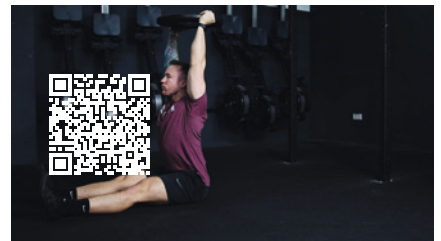
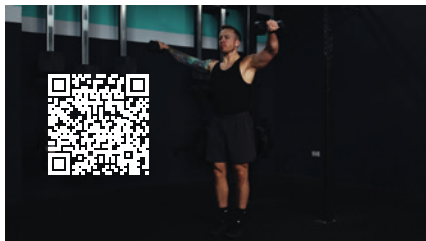
Speed & Power



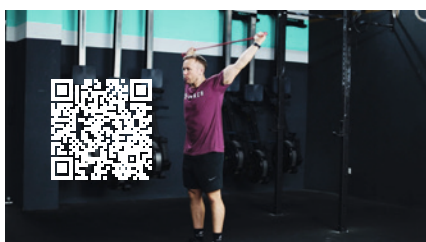
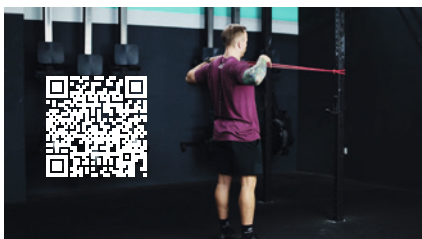
Power Conditioning



Strength Accessory



COOLDOWN



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 <i>Aim for 105-110%</i>	
Strength Volume Every 3:00 - 3 Sets 8 Deadlifts @ 80% Monday's 8RM <i>Dead Stop. Kein Touch and Go.</i>	
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

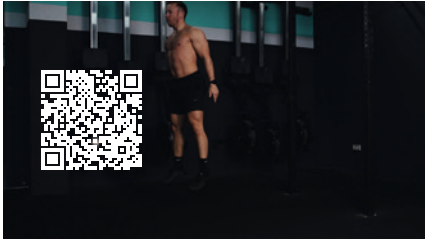
Überfahren



MOVEMENTS

how to -

WARMUP



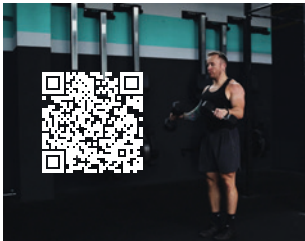
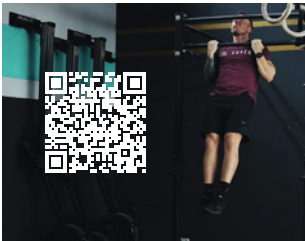
Strength
Intensity



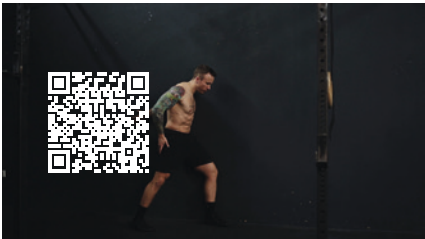
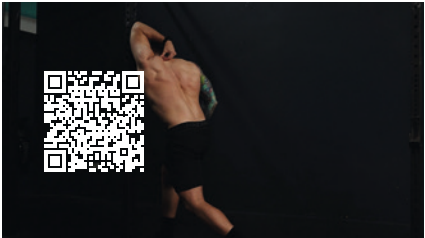
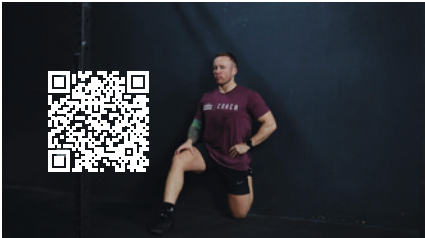
Strength
Volume



Strength Capacity
& Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

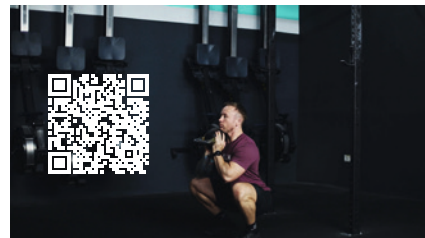
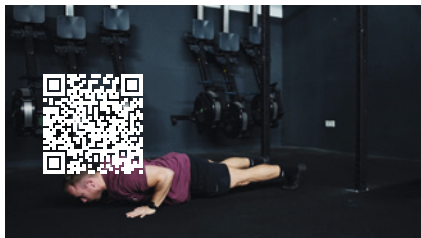
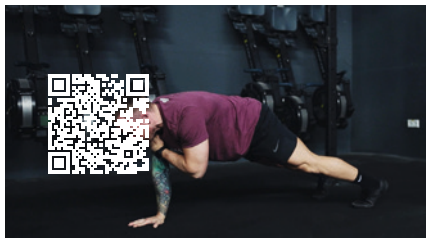
Überfahren



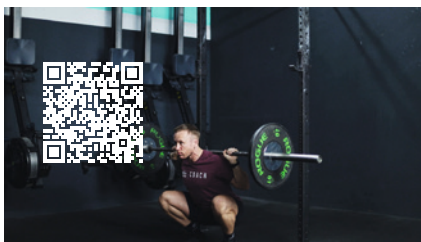
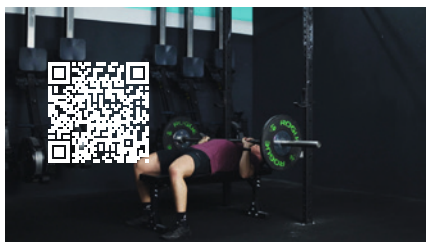
MOVEMENTS

how to -

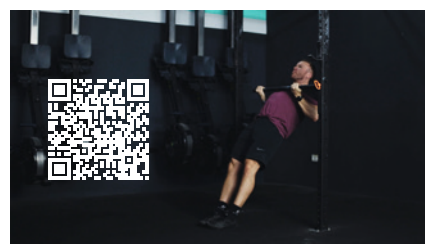
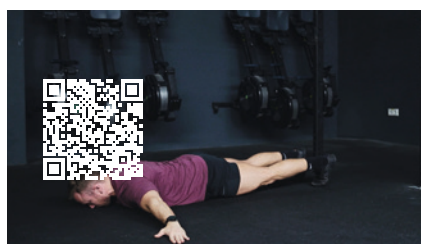
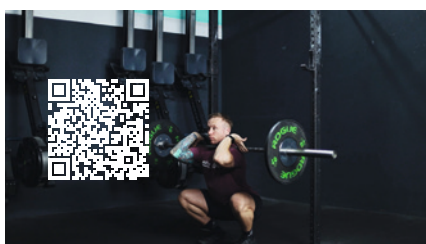
WARMUP



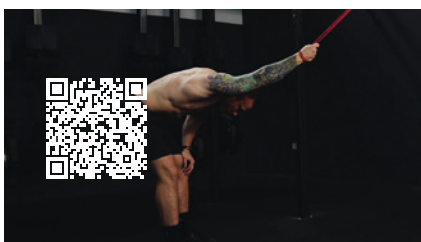
Strength Volume



Strength Accessory



COOLDOWN



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



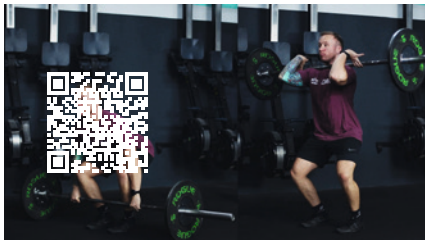
MOVEMENTS

how to -

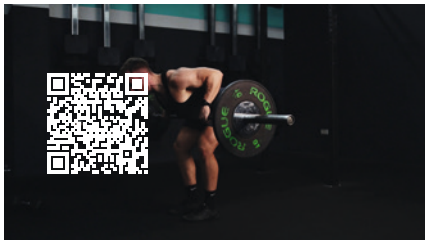
WARMUP



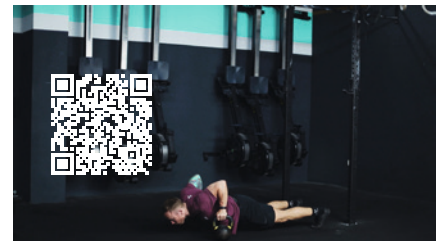
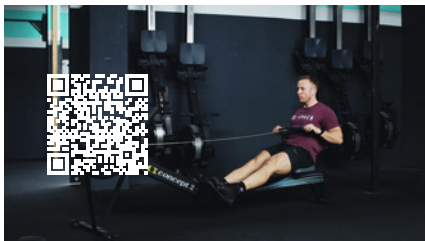
Speed & Power



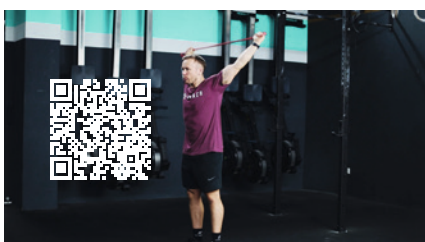
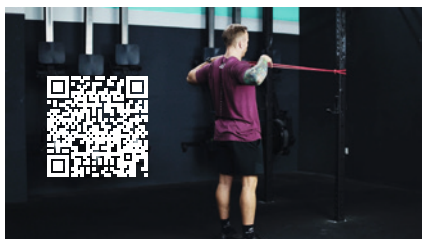
Strength Accessory



Power Conditioning



COOLDOWN



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 <i>Aim for ~85% of 1RM</i>	
Strength Volume Every 3:00 - 3 Sets 4 Deadlifts @ 70% <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

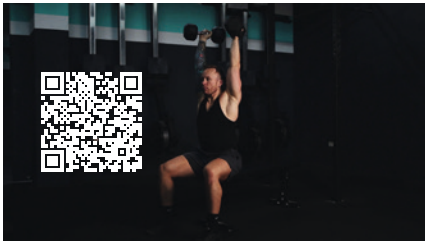
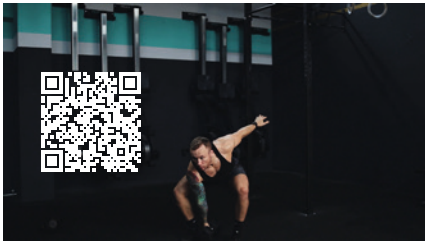
Überfahren



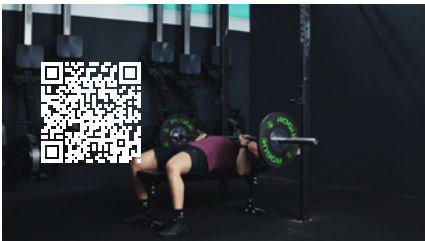
MOVEMENTS

how to -

WARMUP



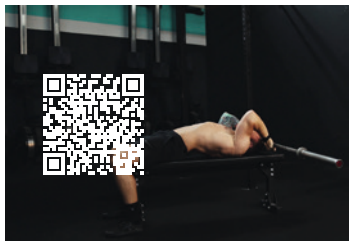
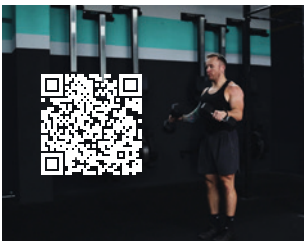
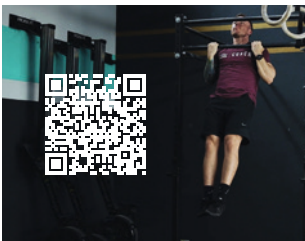
Strength
Intensity



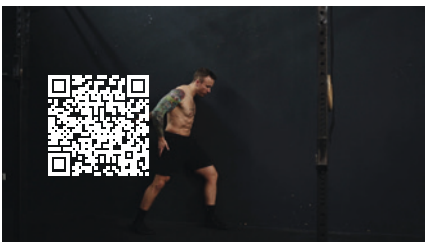
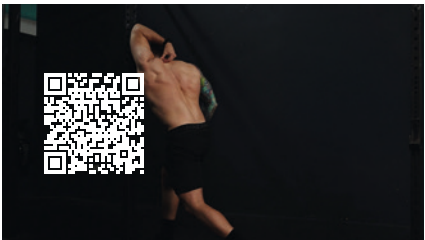
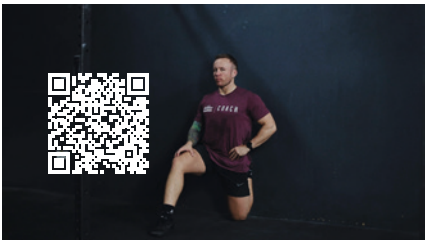
Strength
Volume



Strength Capacity
& Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

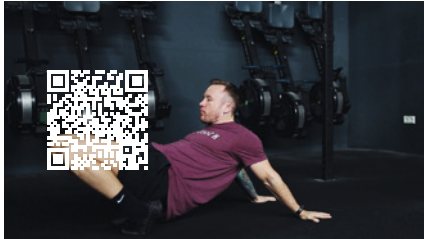
Überfahren



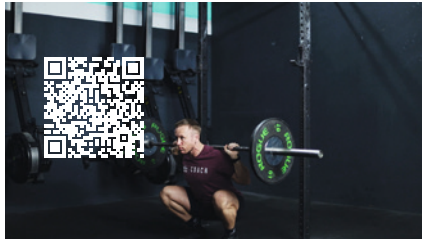
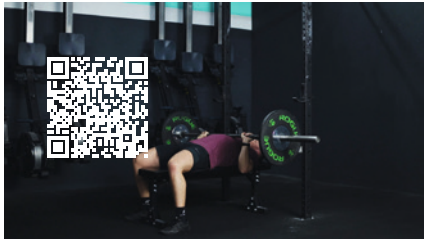
MOVEMENTS

how to -

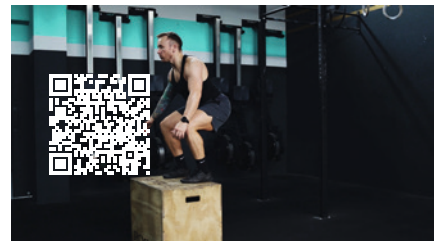
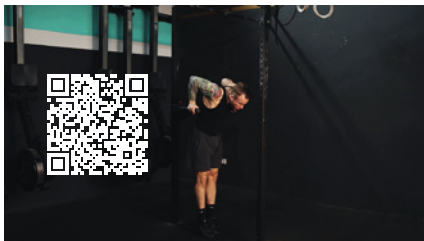
WARMUP



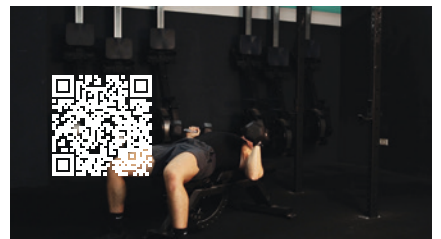
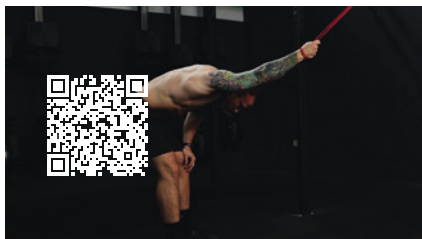
Strength Volume



Strength Conditioning



COOLDOWN



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

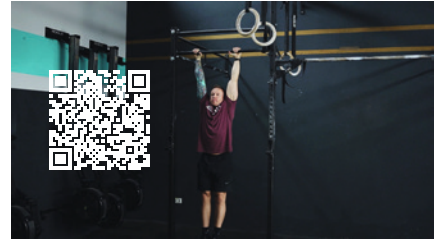
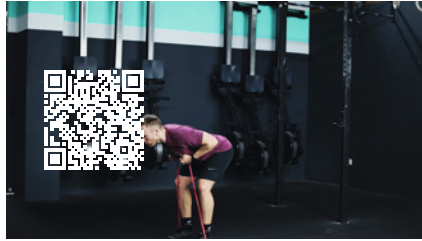
Überfahren



MOVEMENTS

how to -

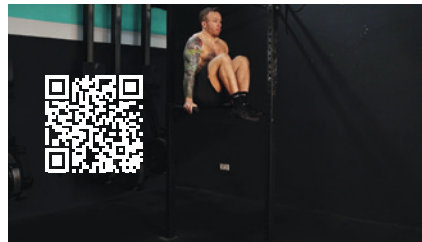
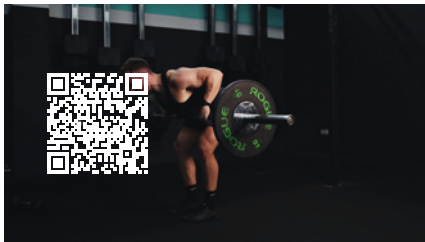
WARMUP



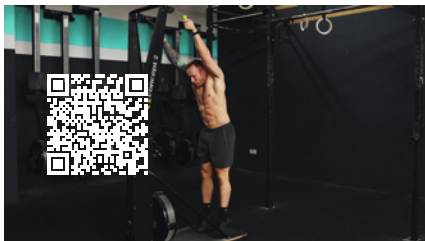
Speed & Power



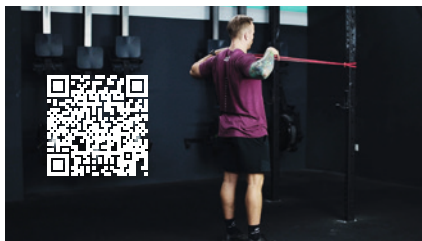
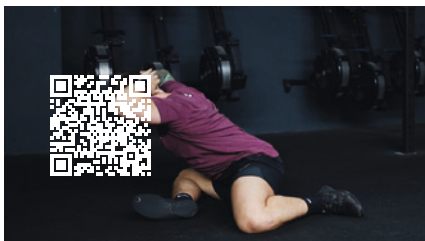
Strength Accessory



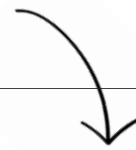
Power Conditioning



COOLDOWN



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 <i>Aim for ~87.5% of 1RM</i>	
Strength Volume Every 3:00 - 3 Sets 5 Deadlifts @ 70% <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

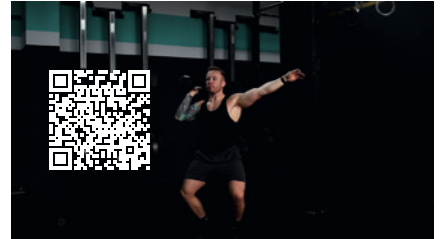
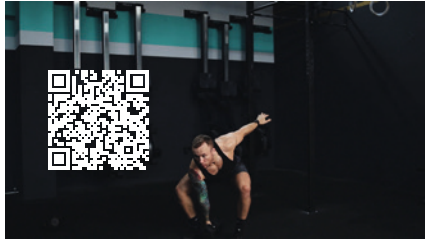
Überfahren



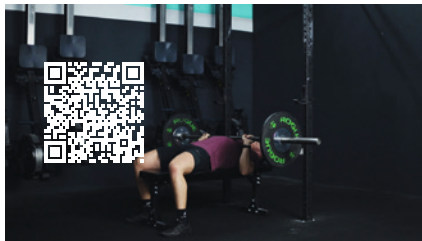
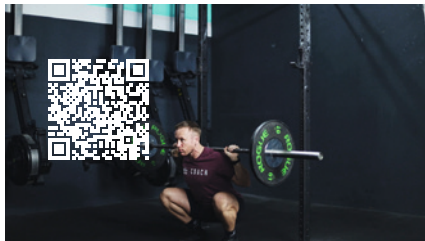
MOVEMENTS

how to -

WARMUP



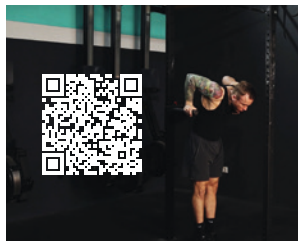
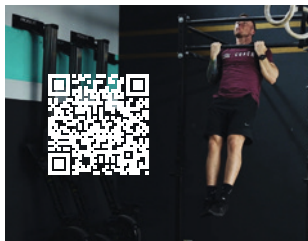
Strength Intensity



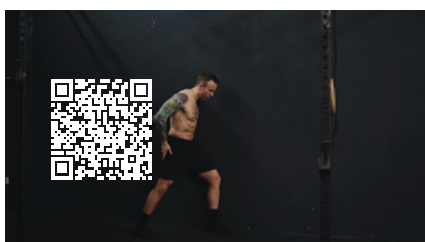
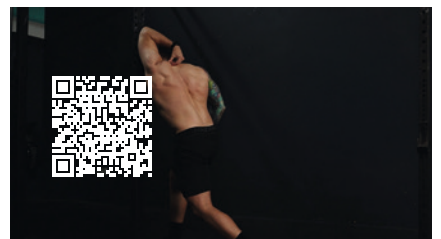
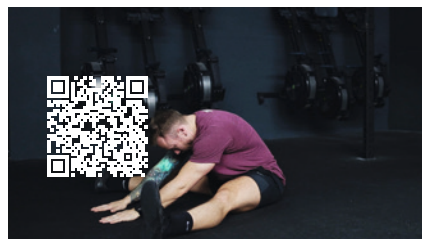
Strength Volume



Strength Capacity & Accessory



COOLDOWN



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

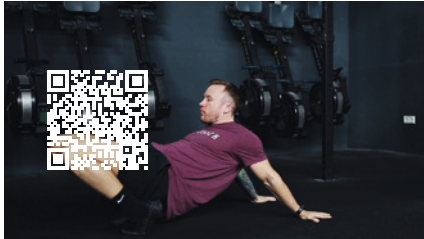
Überfahren



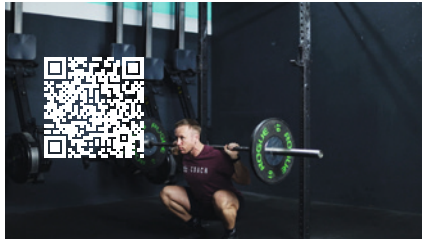
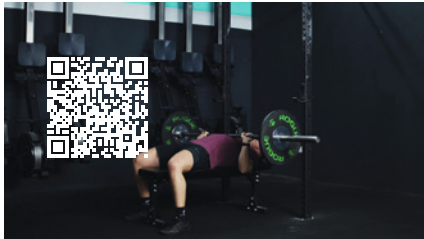
MOVEMENTS

how to -

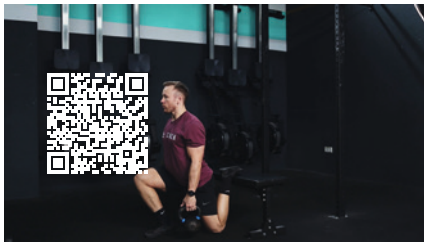
WARMUP



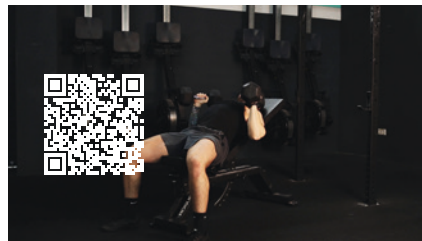
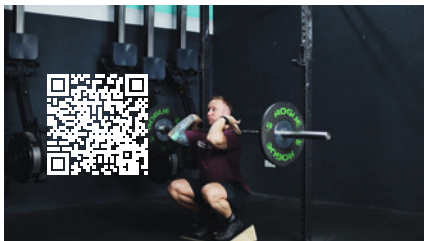
Strength Volume



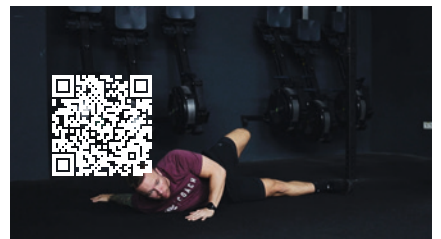
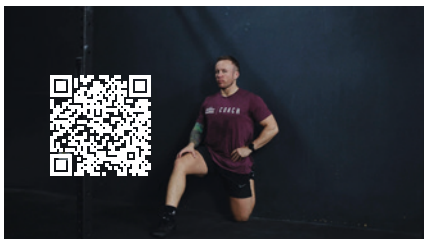
Strength Balance



Strength Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

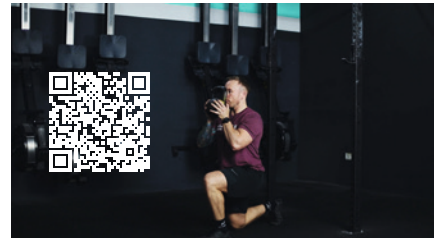
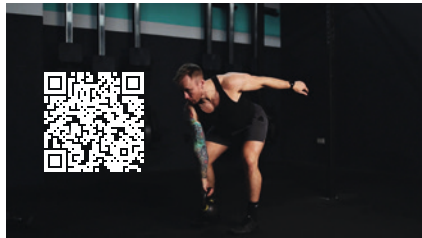
Überfahren



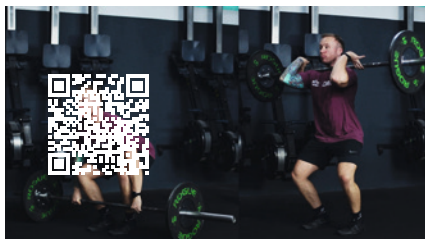
MOVEMENTS

how to -

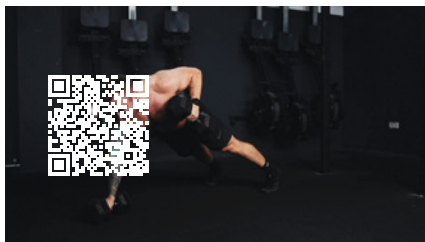
WARMUP



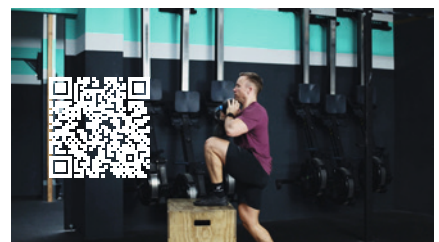
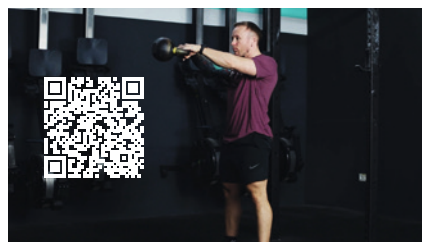
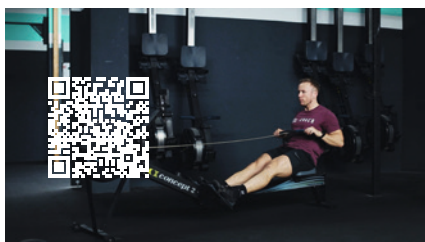
Speed & Power



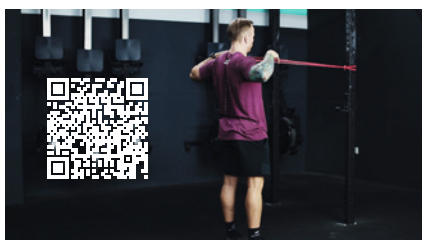
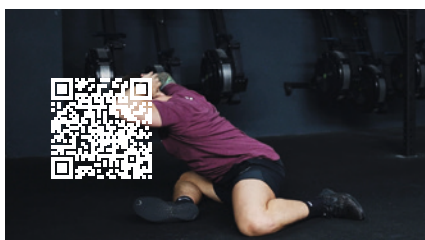
Strength Accessory



Power Conditioning



COOLDOWN



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 <i>Aim for ~90% of 1RM</i>	
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 jewels 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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

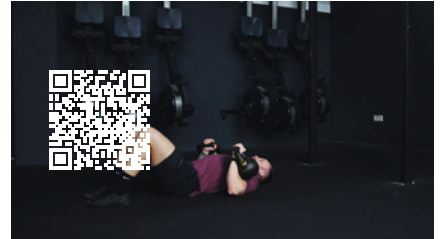
Überfahren



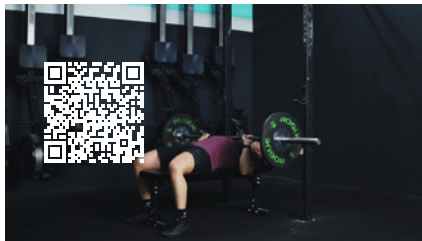
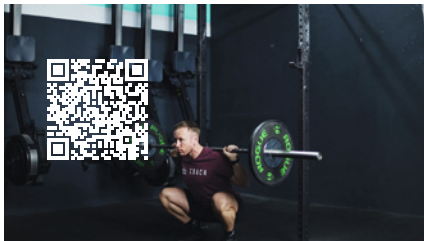
MOVEMENTS

how to -

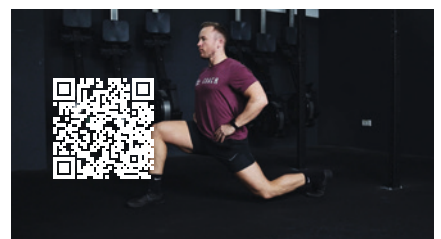
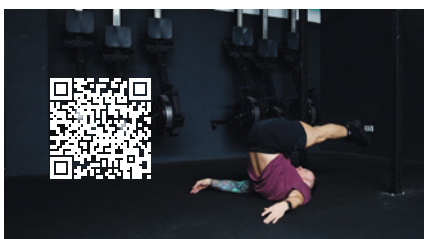
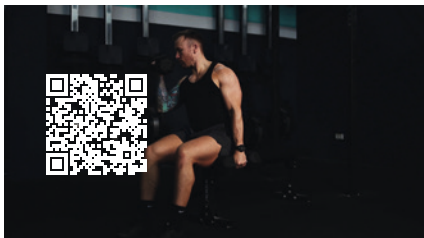
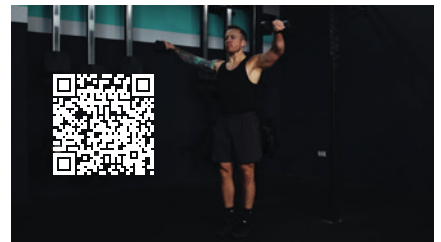
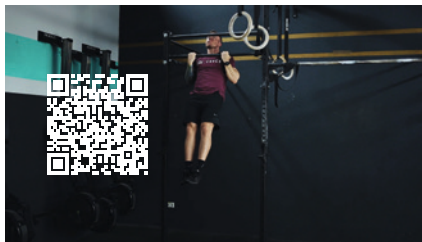
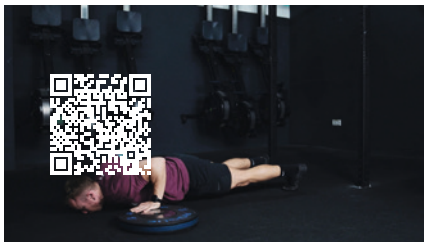
WARMUP



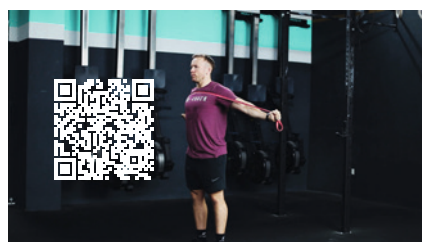
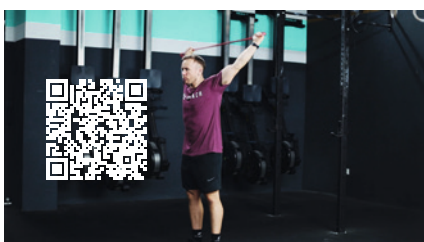
Strength Intensity & Volume



Strength Capacity & Accessory



COOLDOWN



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

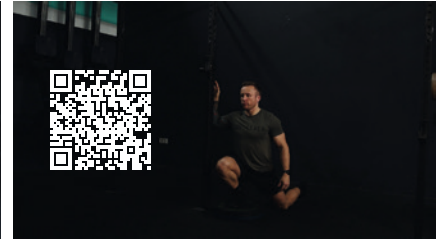
Überfahren



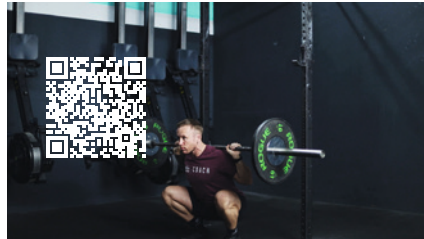
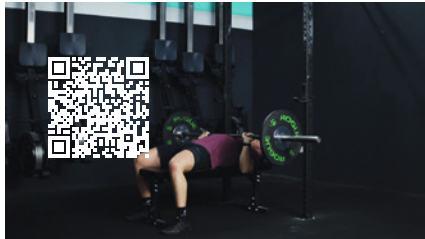
MOVEMENTS

how to -

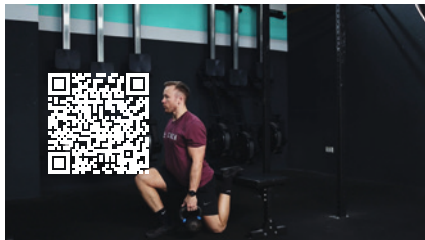
WARMUP



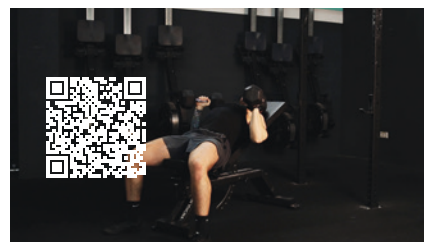
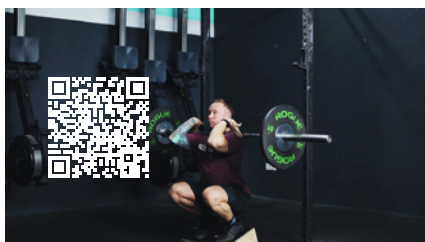
Strength Volume



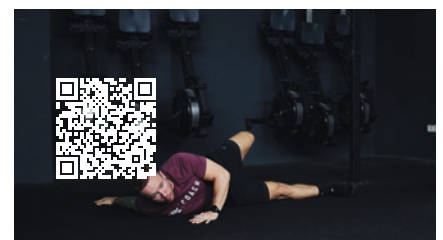
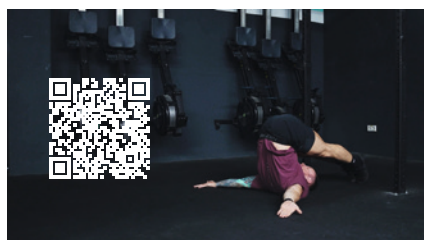
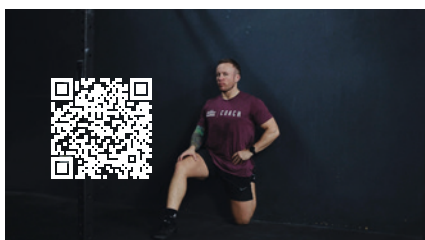
Strength Balance



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

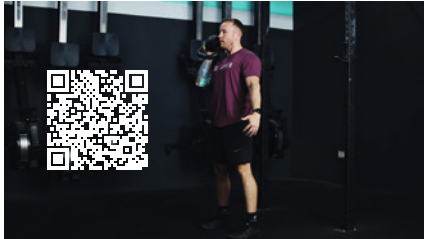
Überfahren



MOVEMENTS

how to -

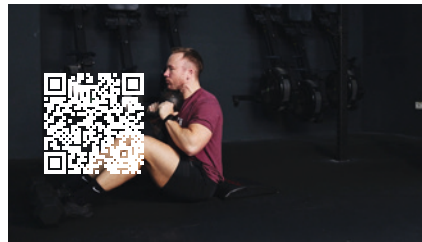
WARMUP



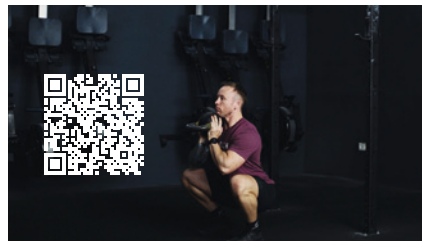
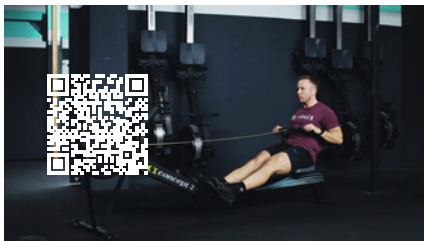
Speed & Power



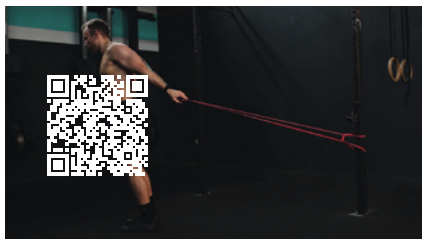
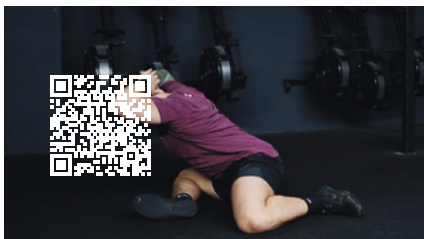
Strength Accessory



Power Conditioning



COOLDOWN



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 <i>Aim for ~95% of 1RM</i>	
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

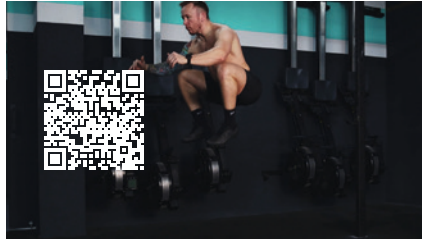
Überfahren



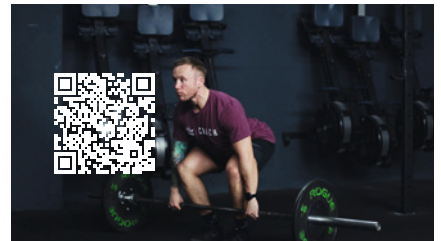
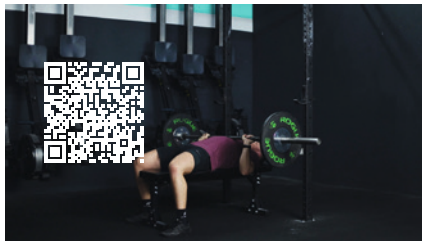
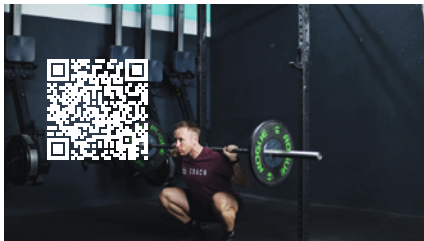
MOVEMENTS

how to -

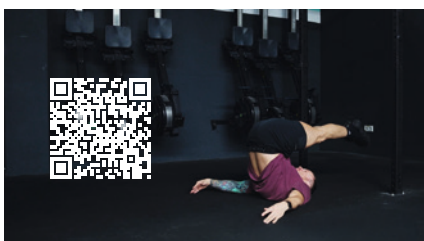
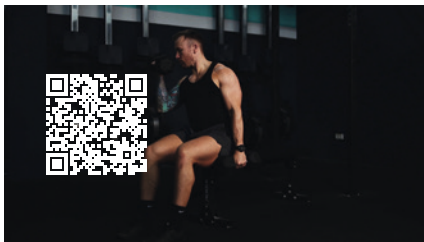
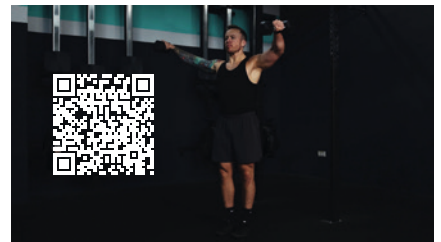
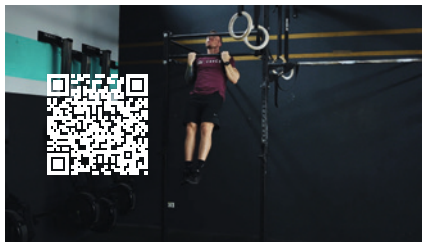
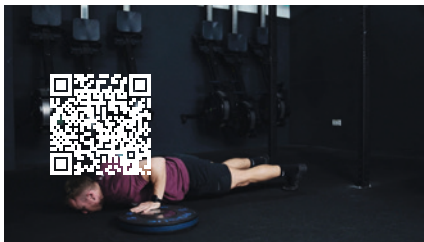
WARMUP



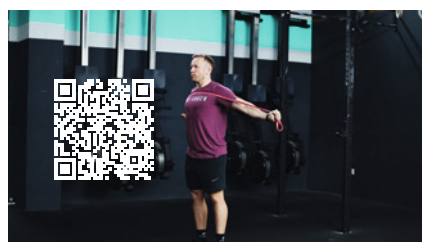
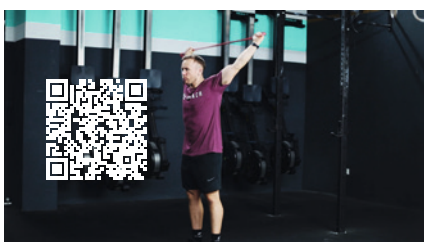
Strength Intensity & Volume



Strength Capacity & Accessory



COOLDOWN



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

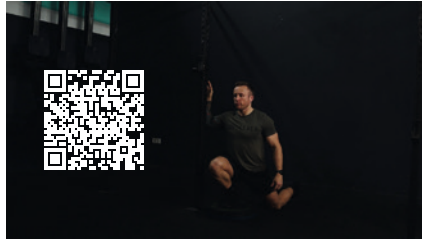
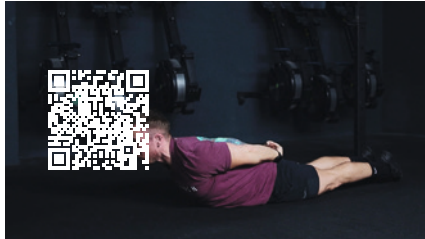
Überfahren



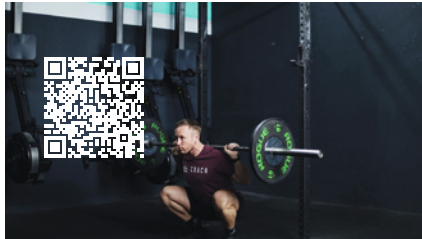
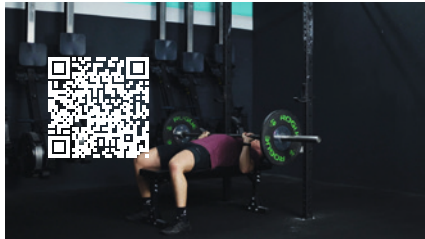
MOVEMENTS

how to -

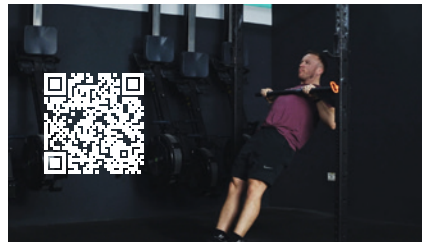
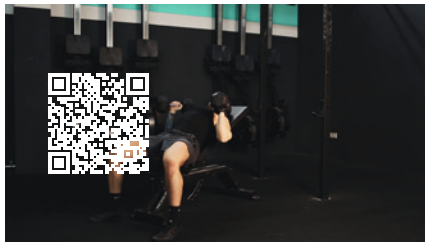
WARMUP



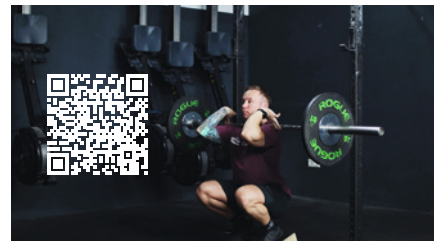
Strength Volume



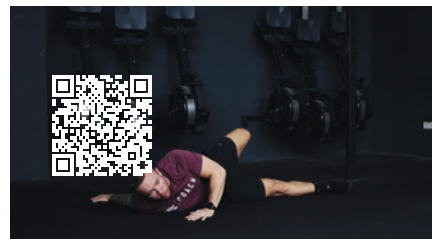
Strength Balance



Strength Conditioning



COOLDOWN



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

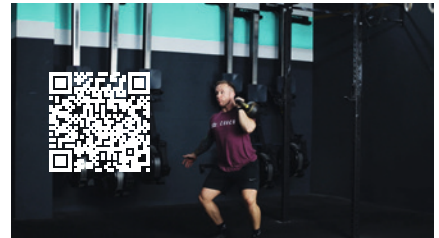
Überfahren



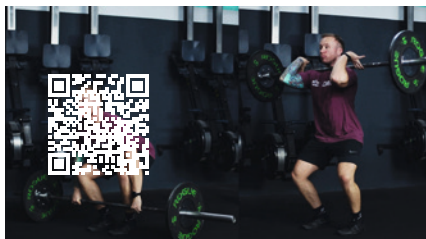
MOVEMENTS

how to -

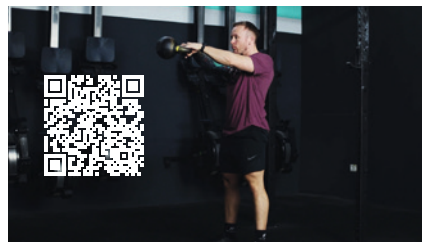
WARMUP



Speed & Power



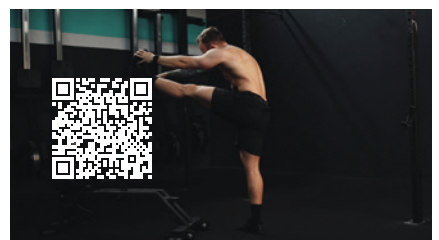
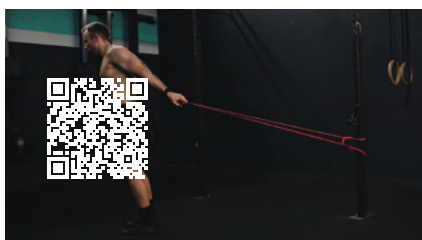
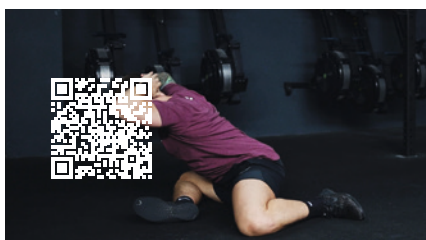
Strength Accessory



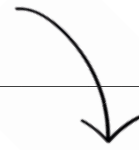
Power Conditioning



COOLDOWN



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 <i>Aim for 105% of 1RM</i> 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

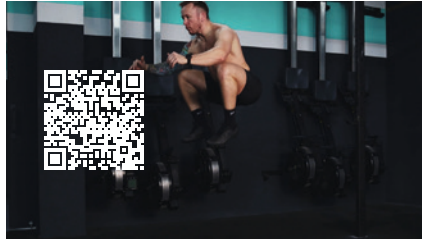
Überfahren



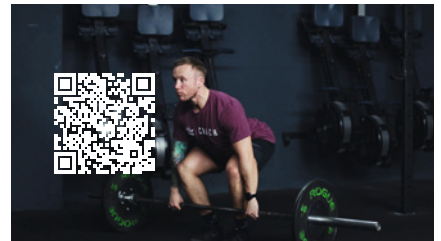
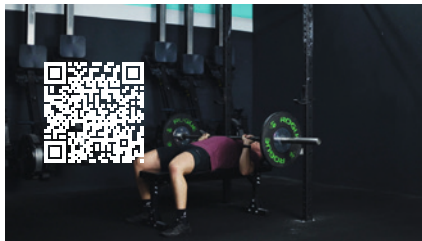
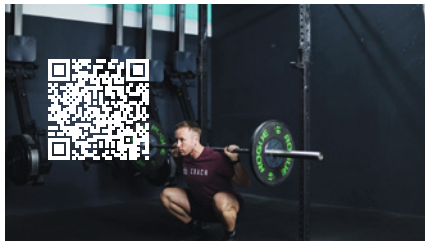
MOVEMENTS

how to -

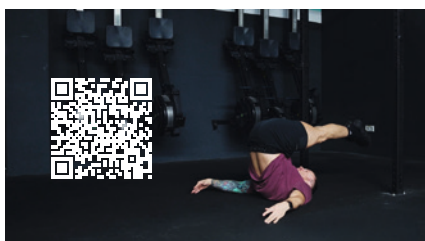
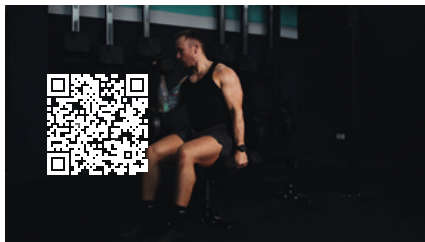
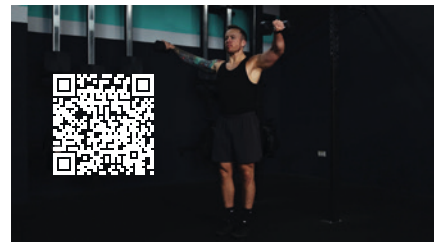
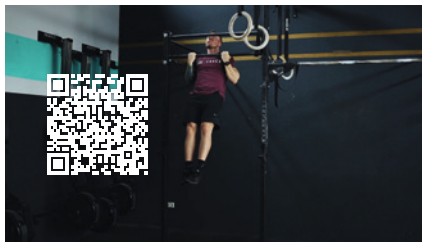
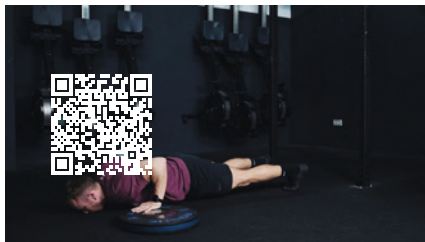
WARMUP



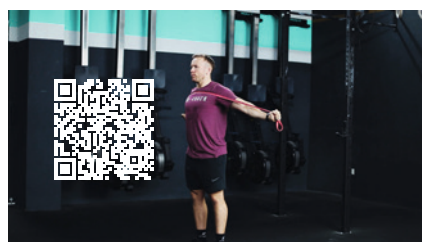
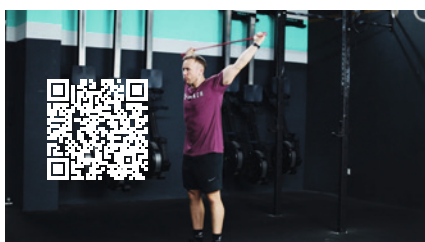
Strength Intensity



Strength Capacity & Accessory



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go.</i>	
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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

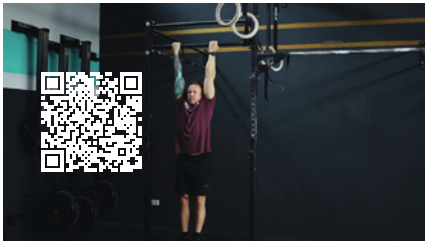
Überfahren



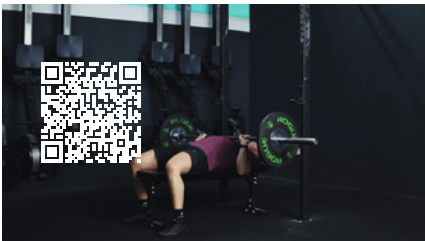
MOVEMENTS

how to -

WARMUP



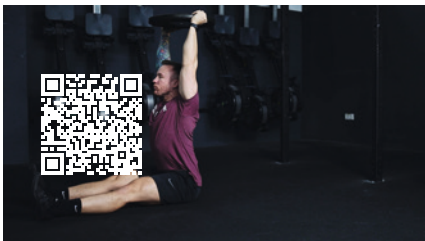
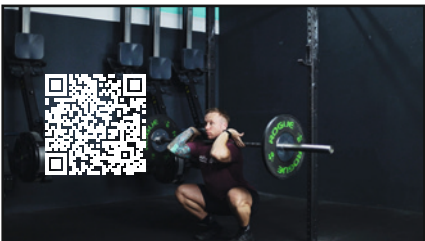
Strength
Volume



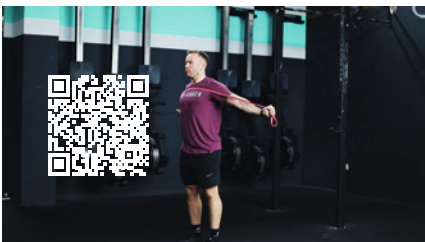
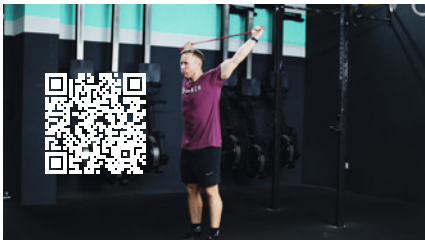
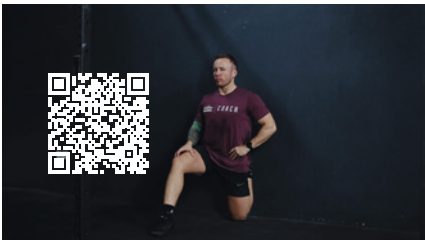
Strength
Intensity



Strength
Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i> Speed & Power 2 EMOM20 1-5 Warmup: 6-20: 3 Power Cleans @ 60% <i>Dead Stop. Kein Touch and Go.</i> 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

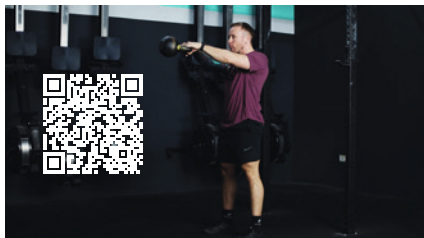
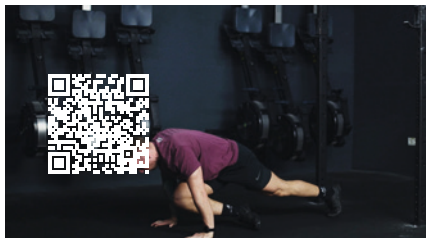
Überfahren



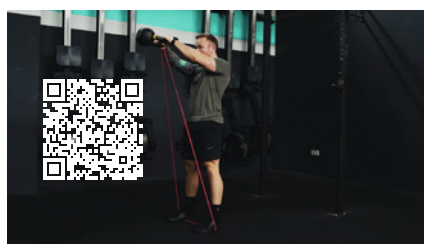
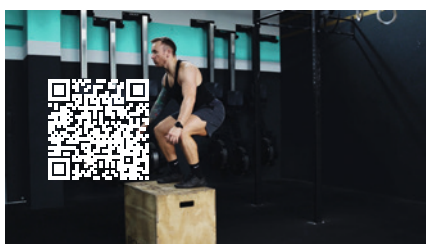
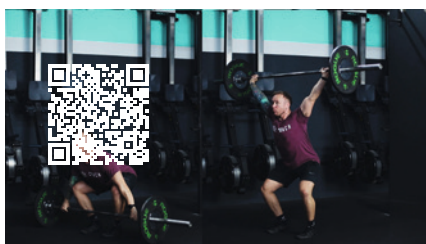
MOVEMENTS

how to -

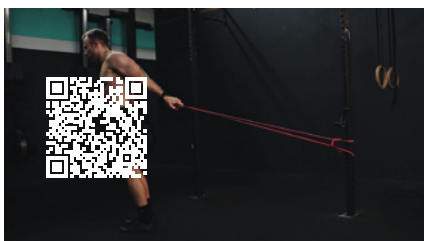
WARMUP



Speed & Power



COOLDOWN



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

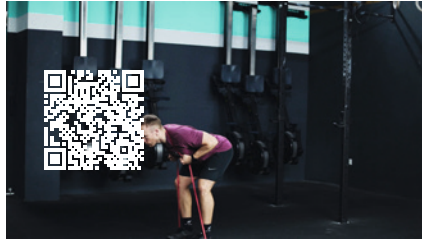
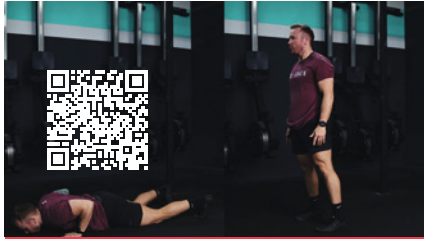
Überfahren



MOVEMENTS

how to -

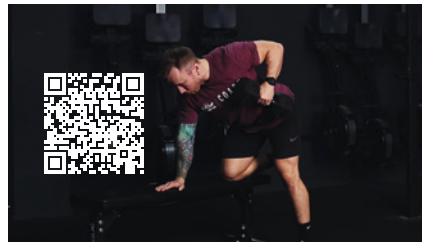
WARMUP



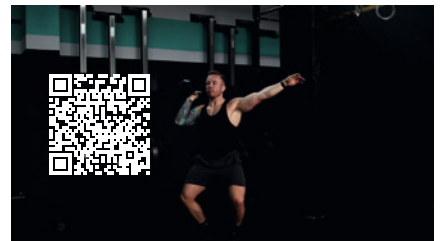
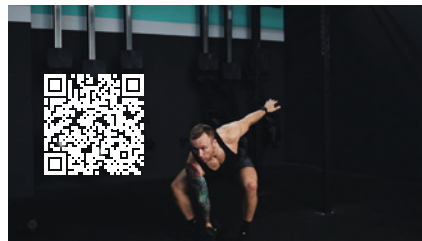
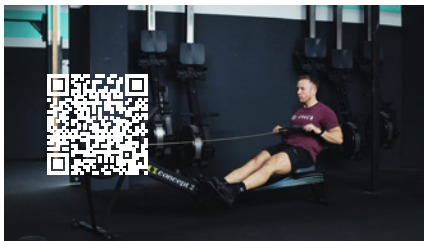
Strength Volume



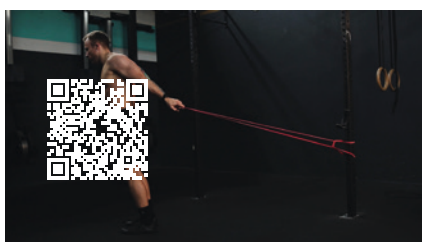
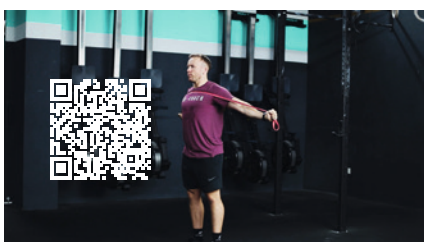
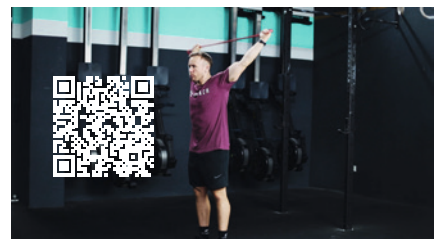
Strength Balance



Strength Conditioning



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

Überfahren



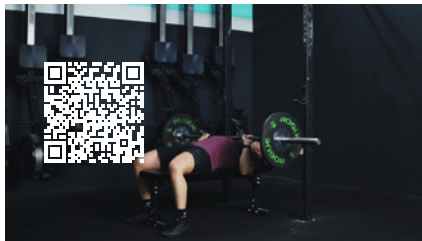
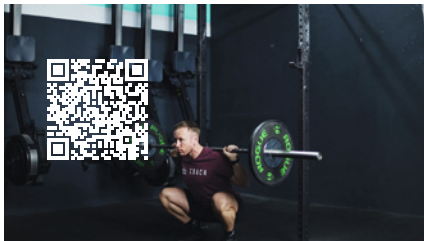
MOVEMENTS

how to -

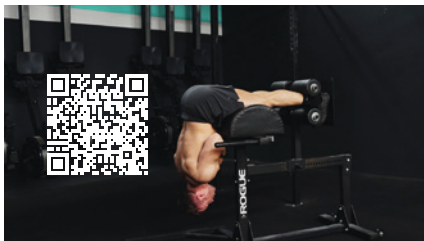
WARMUP



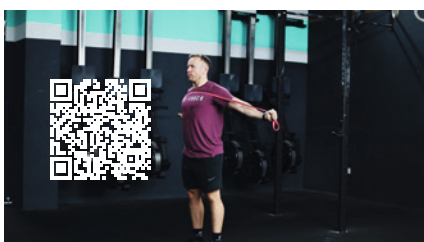
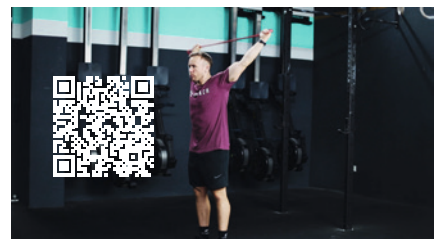
Strength Volume



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

Überfahren



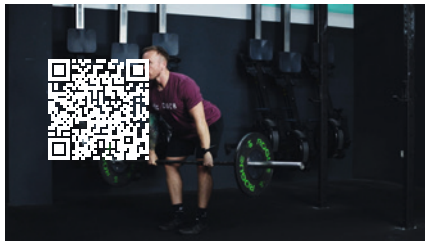
MOVEMENTS

how to -

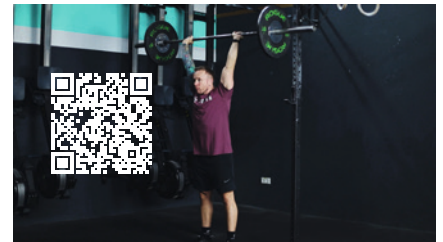
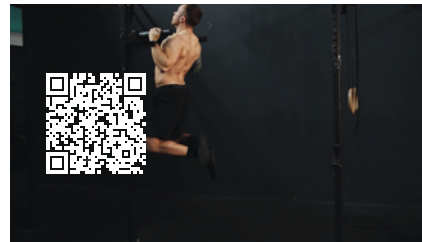
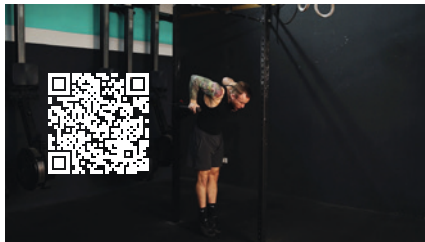
WARMUP



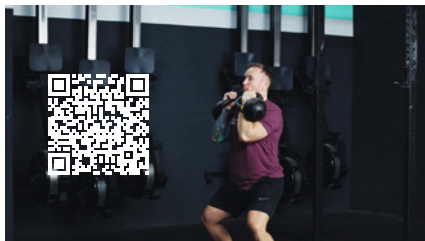
Speed & Power



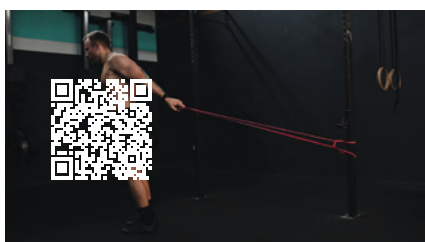
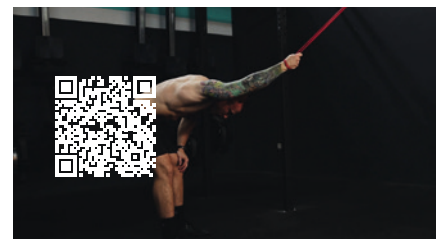
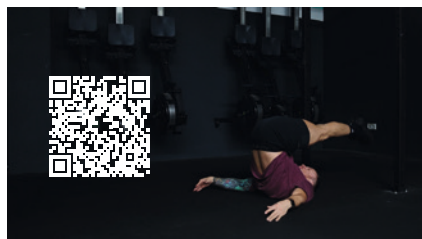
Strength Intensity & Power Volume



Strength Conditioning



COOLDOWN



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

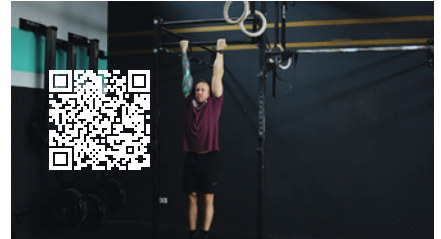
Überfahren



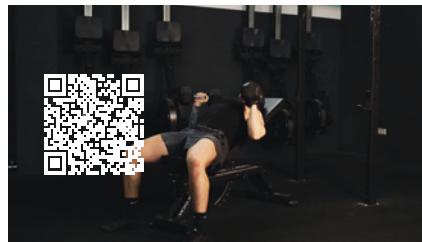
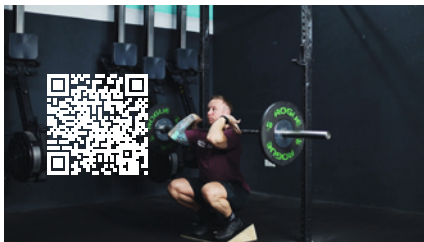
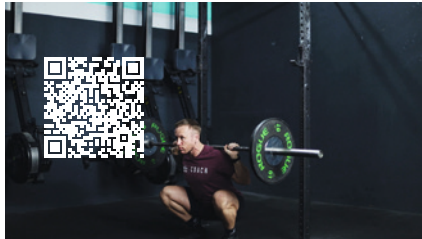
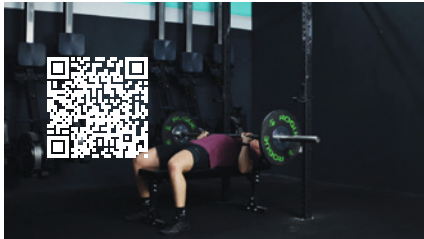
MOVEMENTS

how to -

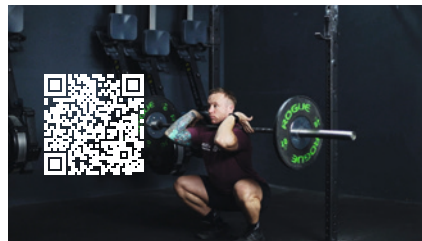
WARMUP



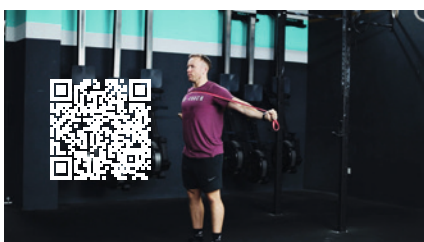
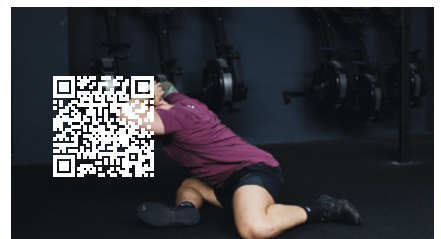
Strength Volume



Strength Accessory



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i> Speed & Power 2 EMOM20 1-5 Warmup: 6-20: 2 Power Cleans @ 70% <i>Dead Stop. Kein Touch and Go.</i> 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

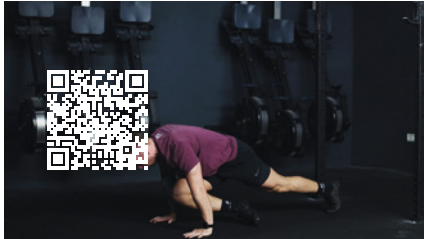
Überfahren



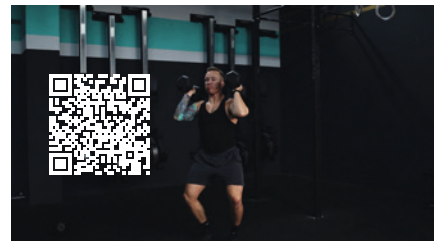
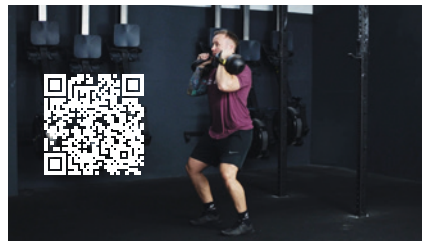
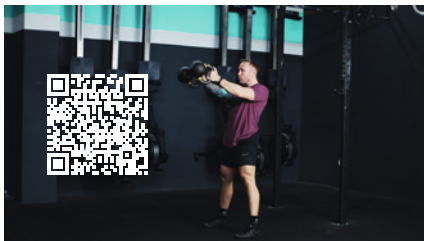
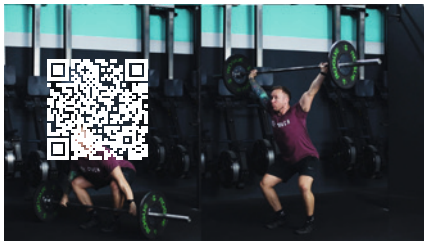
MOVEMENTS

how to -

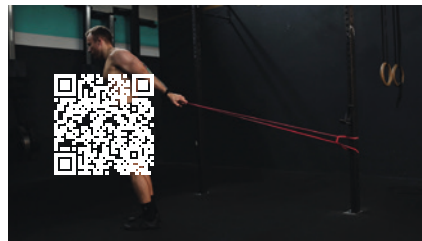
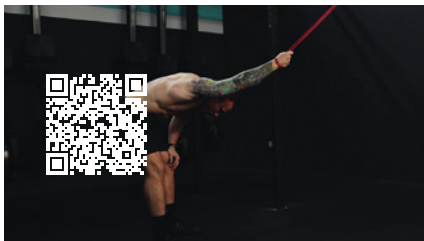
WARMUP



Speed & Power



COOLDOWN



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

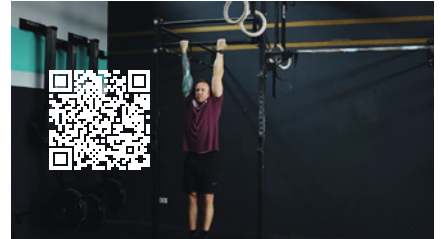
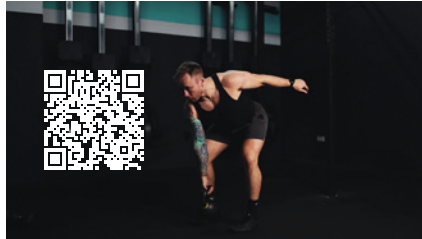
Überfahren



MOVEMENTS

how to -

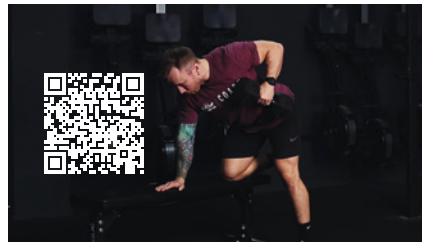
WARMUP



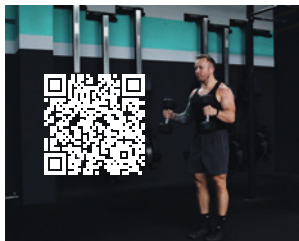
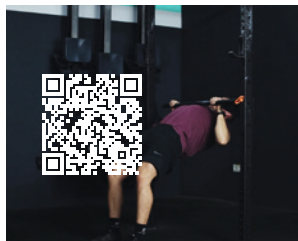
Strength Volume



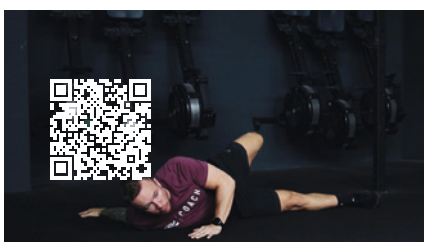
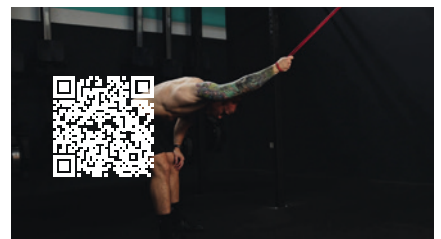
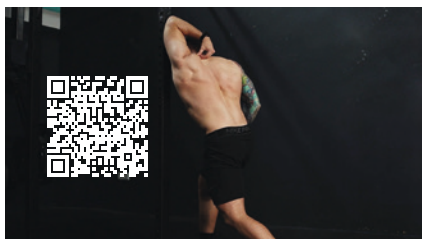
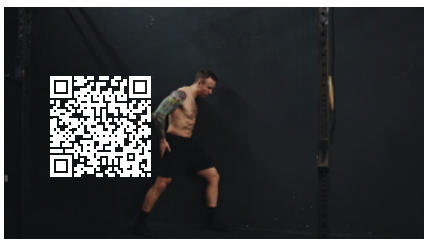
Strength Balance



Strength Conditioning



COOLDOWN



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% <i>Dead Stop. Kein Touch and Go.</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

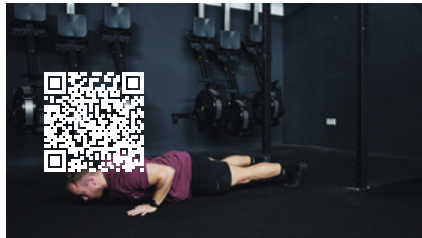
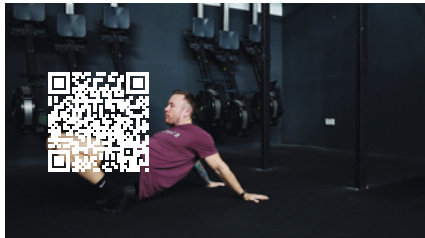
Überfahren



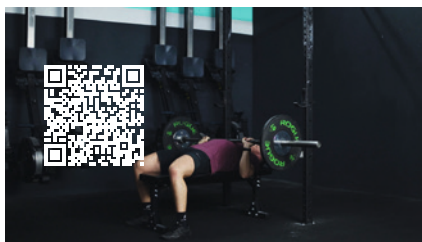
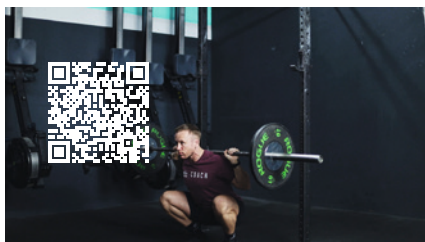
MOVEMENTS

how to -

WARMUP



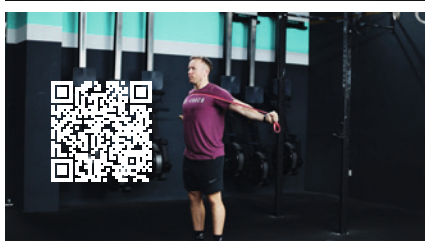
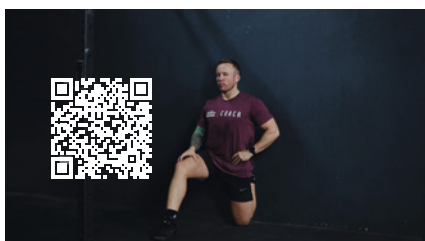
Strength Volume



Strength Accessory



COOLDOWN



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



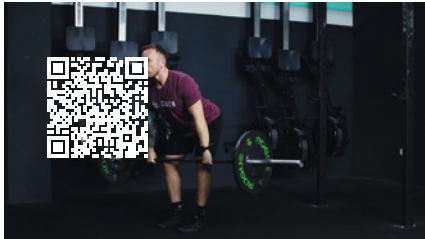
MOVEMENTS

how to -

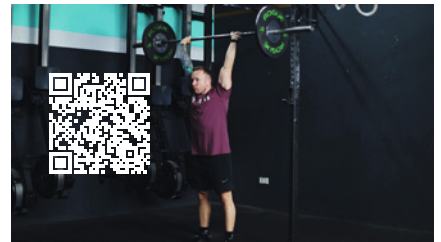
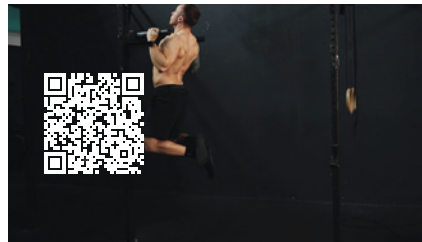
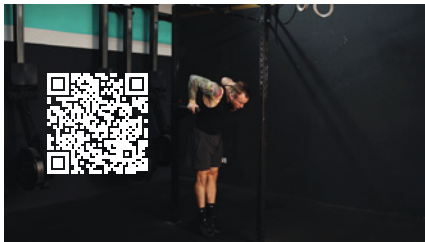
WARMUP



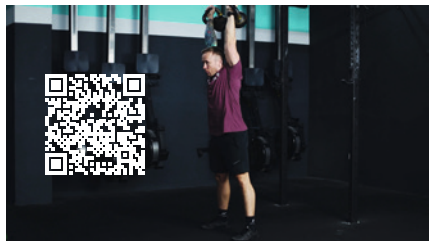
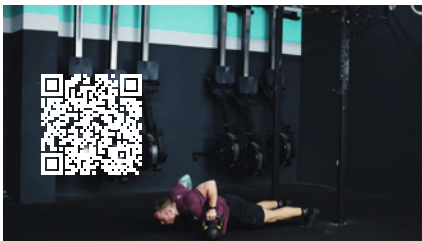
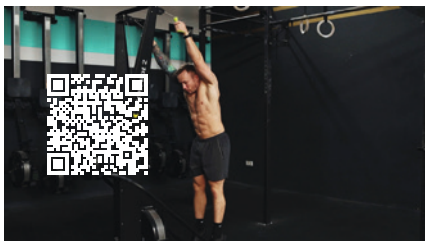
Speed & Power



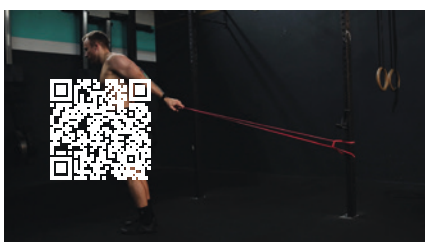
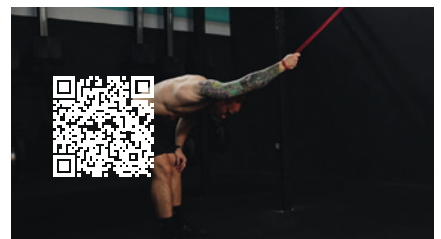
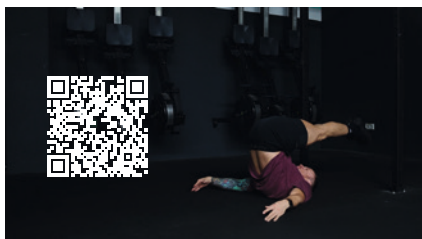
Strength Intensity & Power Volume



Strength Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

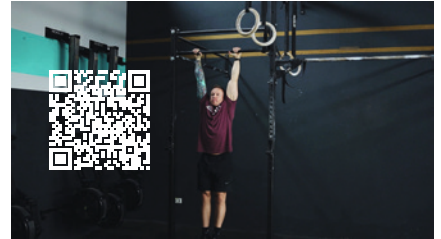
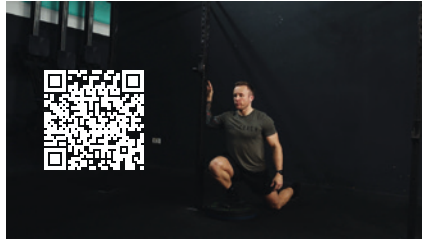
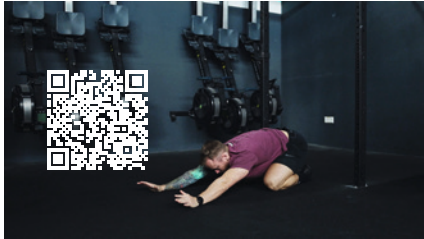
Überfahren



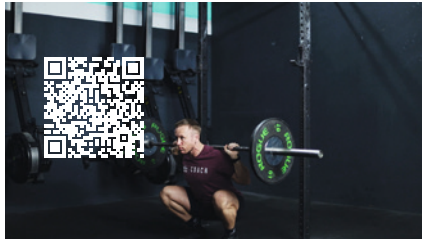
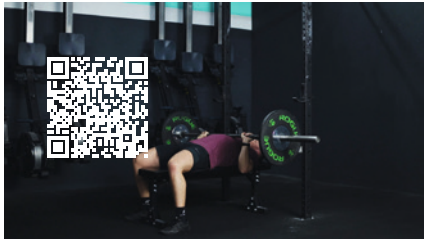
MOVEMENTS

how to -

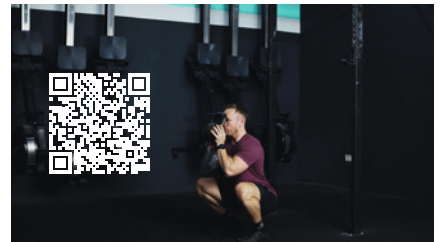
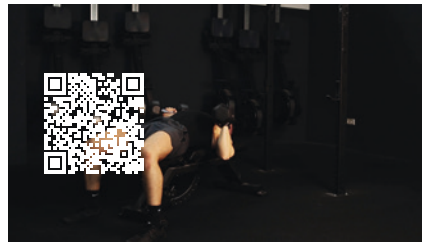
WARMUP



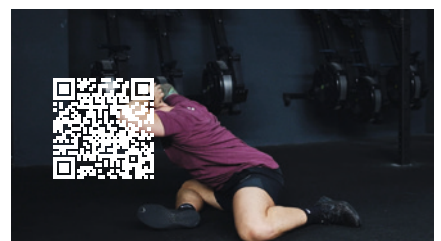
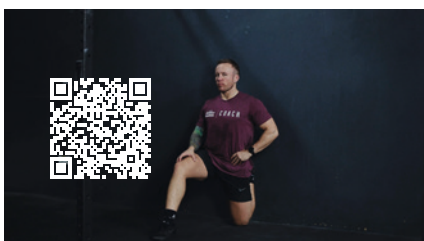
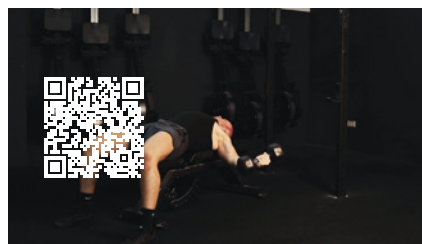
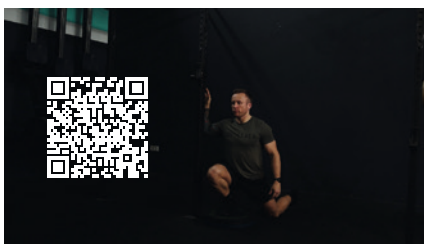
Strength Volume



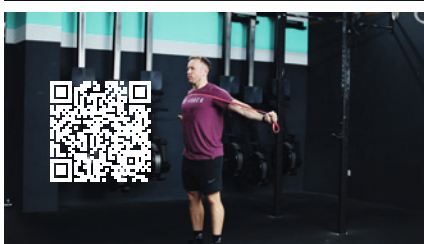
Strength Volume Conditioning



Strength Accessory



COOLDOWN



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

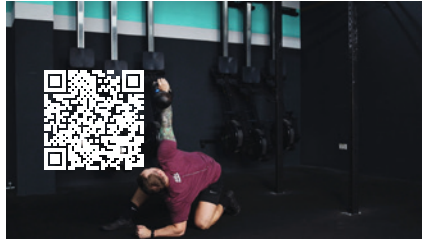
Überfahren



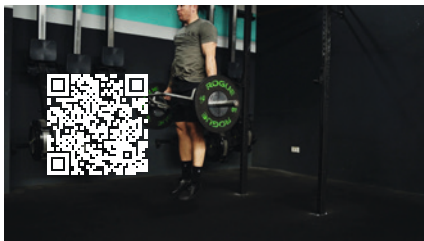
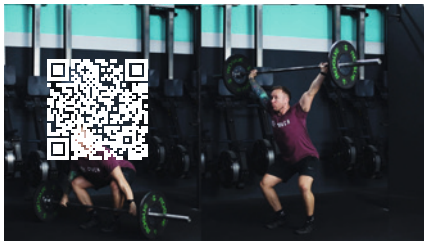
MOVEMENTS

how to -

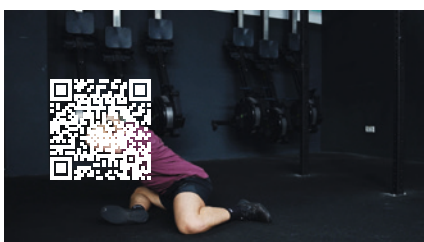
WARMUP



Speed & Power



COOLDOWN



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

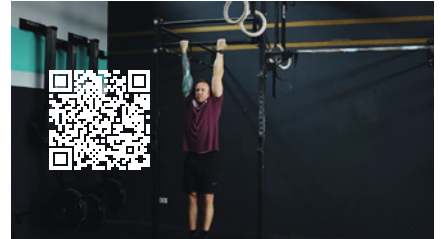
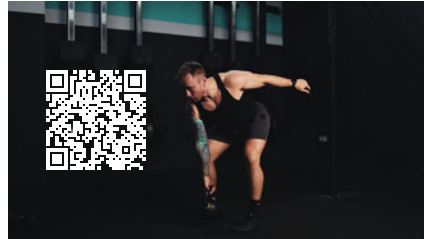
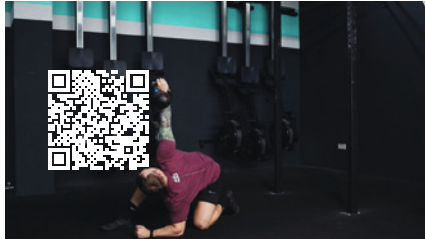
Überfahren



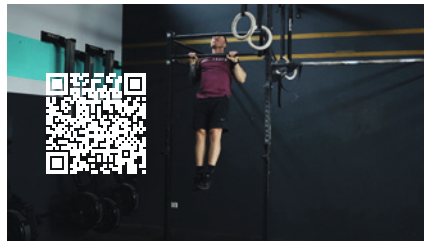
MOVEMENTS

how to -

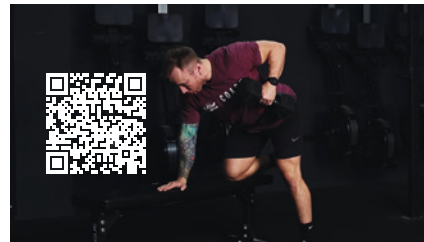
WARMUP



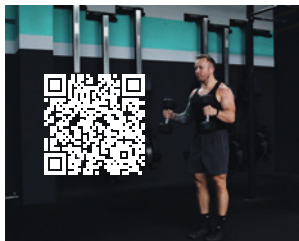
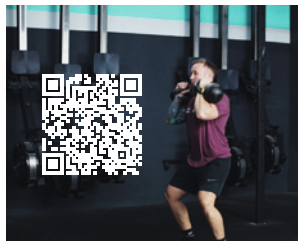
Strength Volume



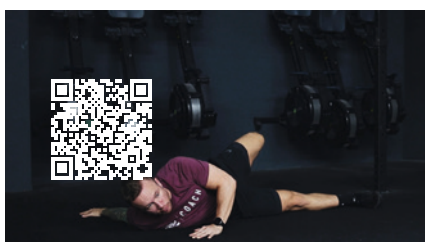
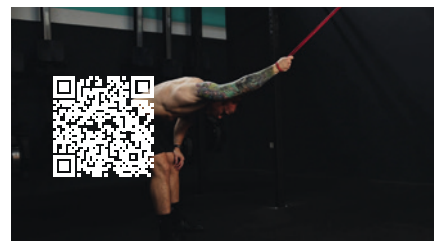
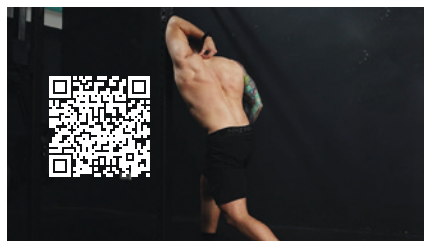
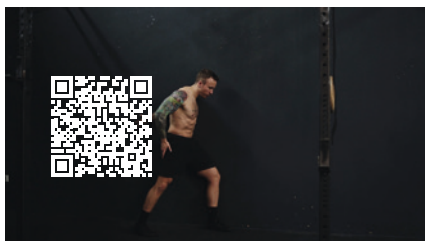
Strength Balance



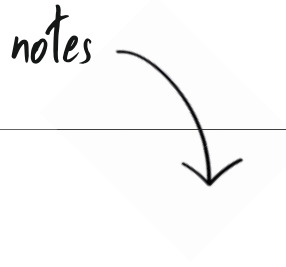
Strength Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

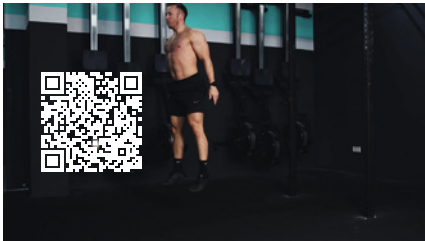
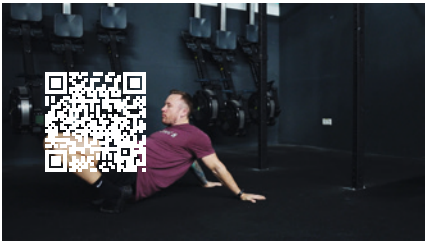
Überfahren



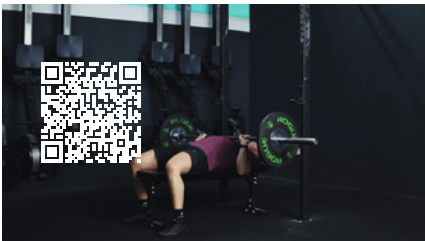
MOVEMENTS

how to -

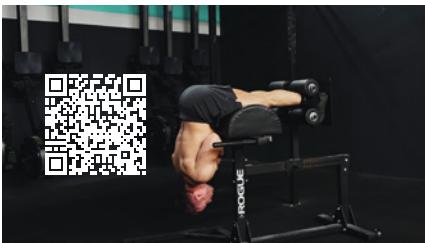
WARMUP



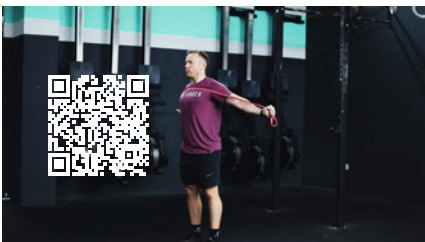
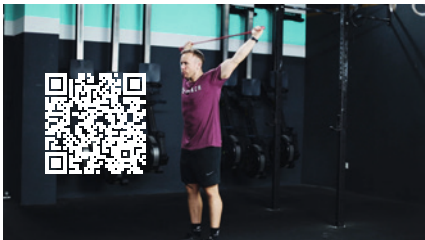
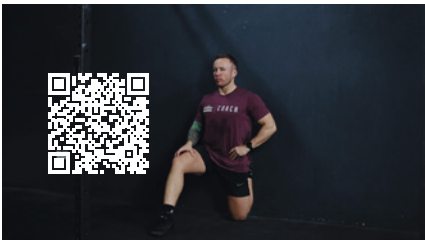
Strength
Volume



Strength
Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

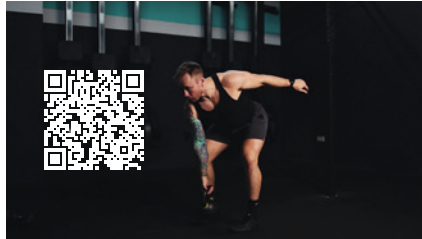
Überfahren



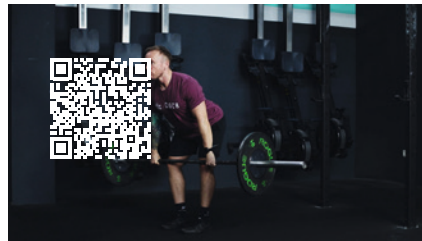
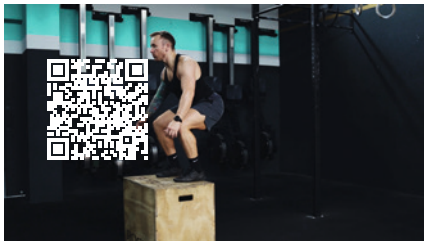
MOVEMENTS

how to -

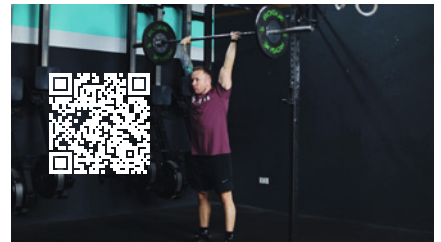
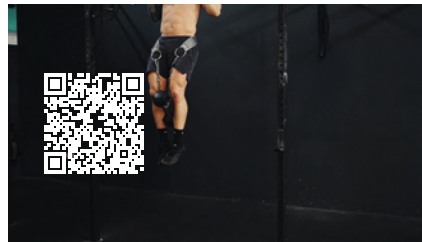
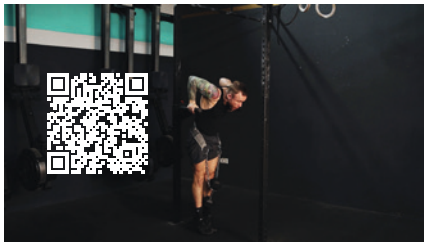
WARMUP



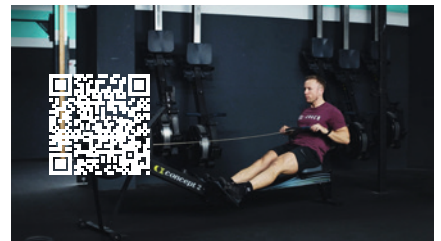
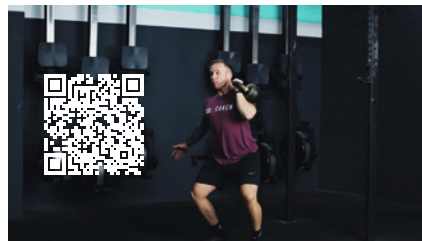
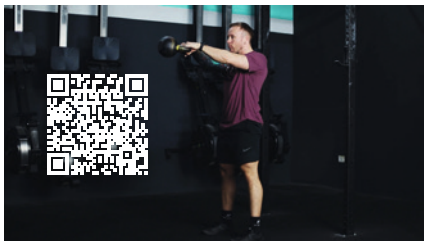
Speed & Power



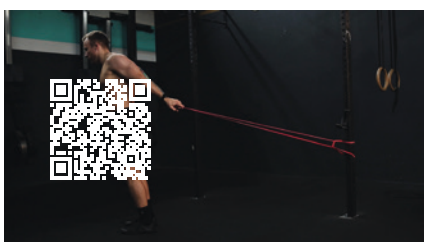
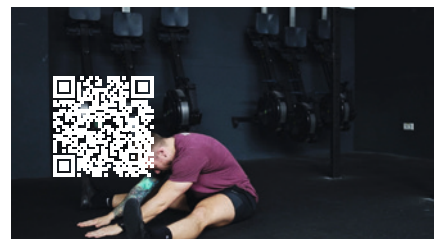
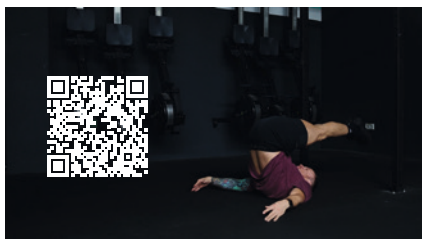
Strength Intensity & Power Volume



Strength Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

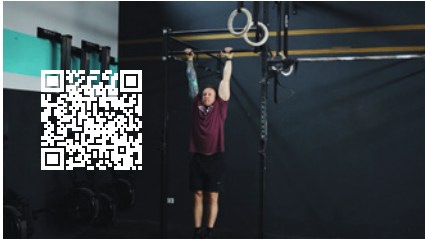
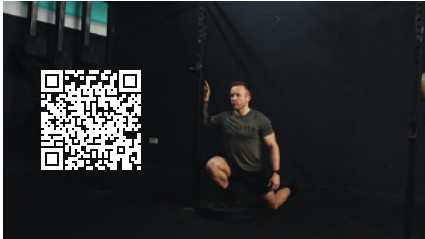
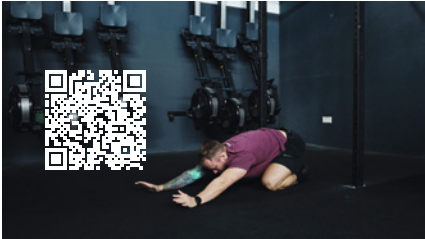
Überfahren



MOVEMENTS

how to -

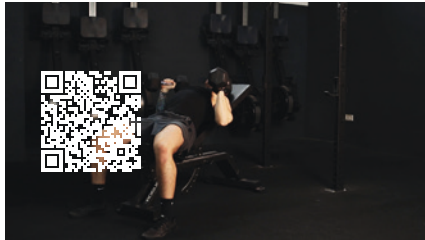
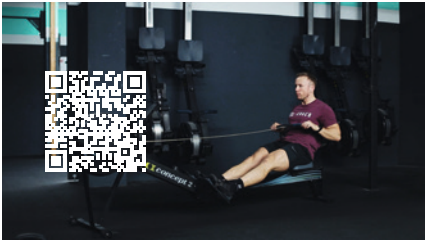
WARMUP



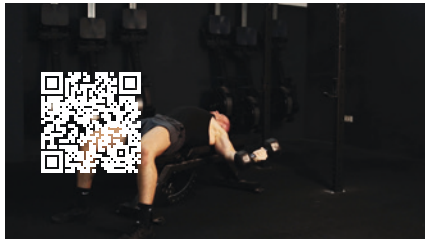
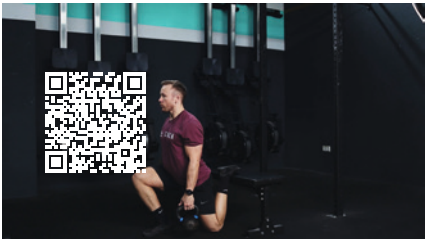
Strength Volume



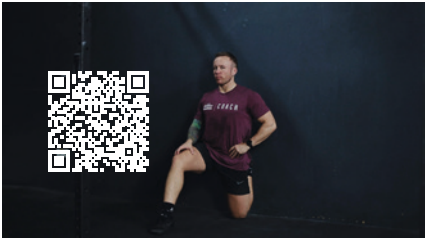
Strength Volume Conditioning



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

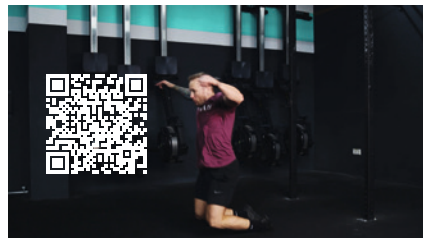
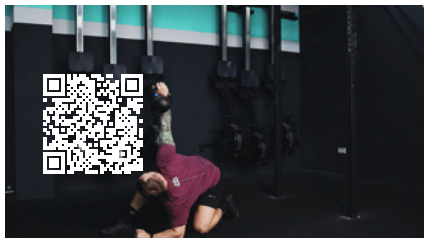
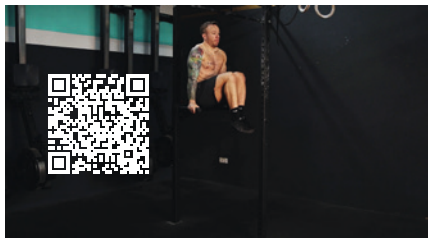
Überfahren



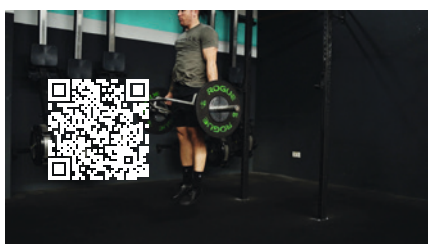
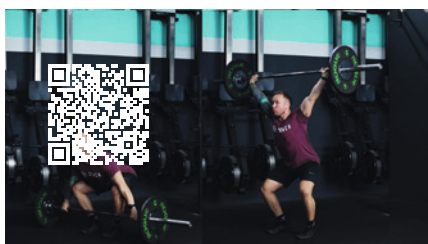
MOVEMENTS

how to -

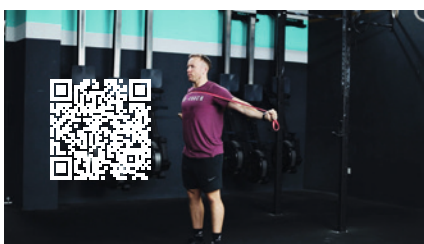
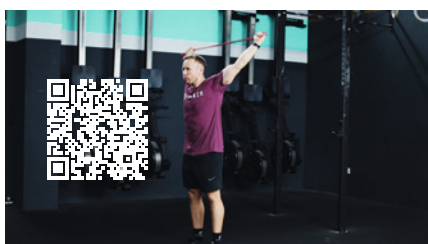
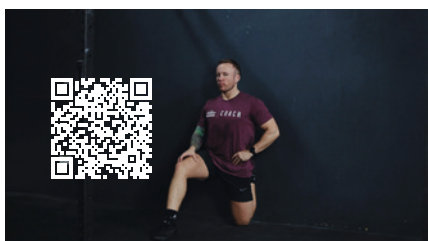
WARMUP



Speed & Power



COOLDOWN



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

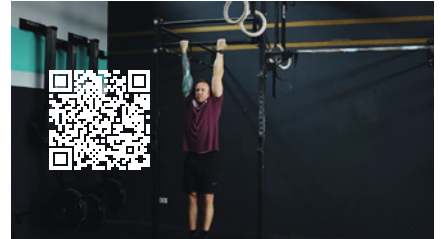
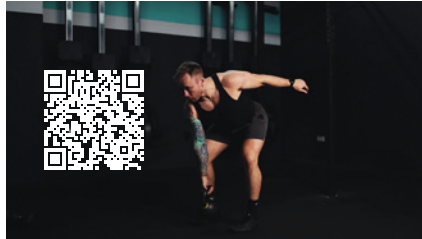
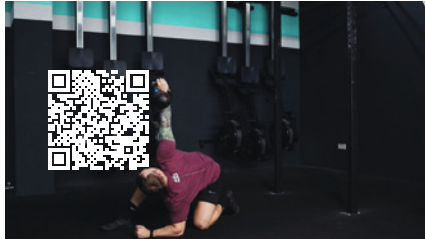
Überfahren



MOVEMENTS

how to -

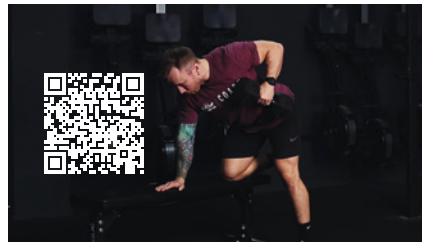
WARMUP



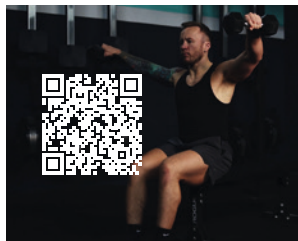
Strength Volume



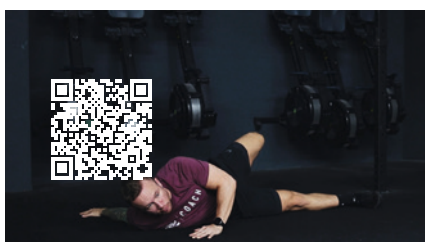
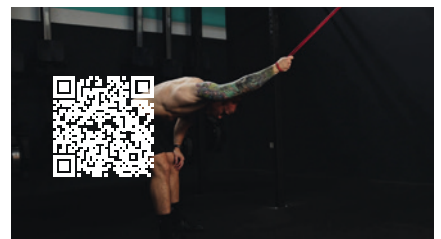
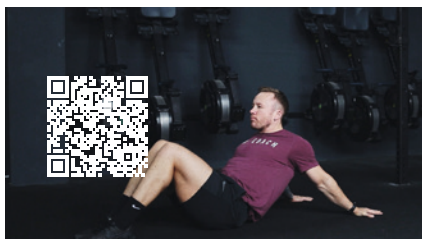
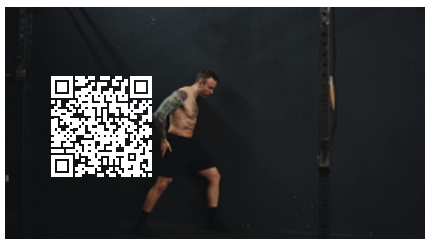
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go</i> 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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

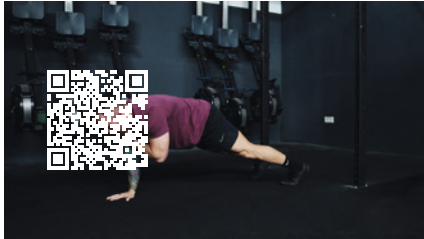
Überfahren



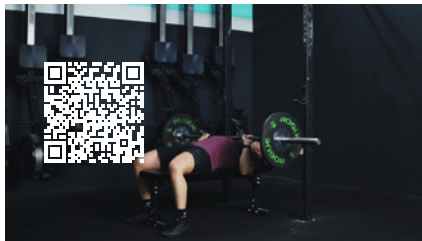
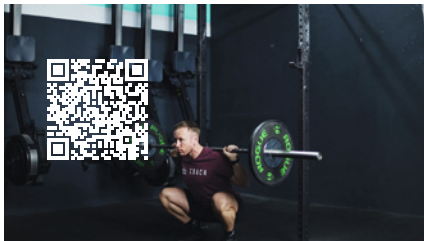
MOVEMENTS

how to -

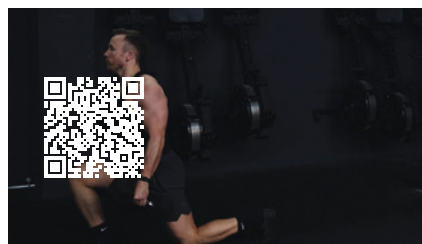
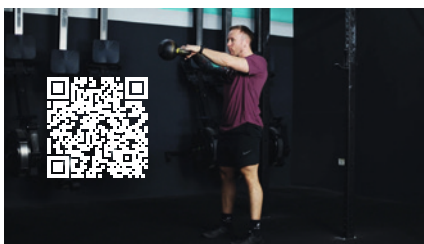
WARMUP



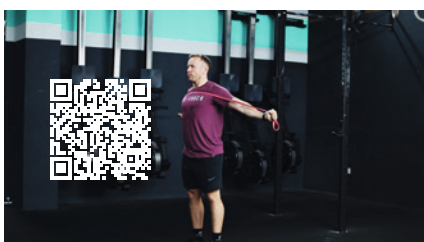
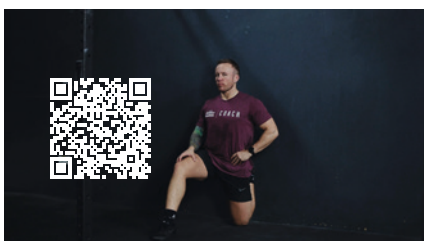
Strength Volume



Strength Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

Überfahren



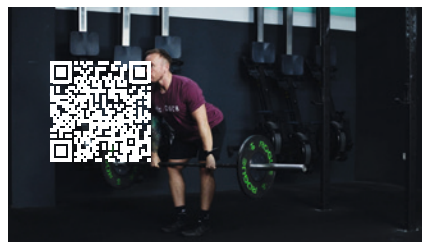
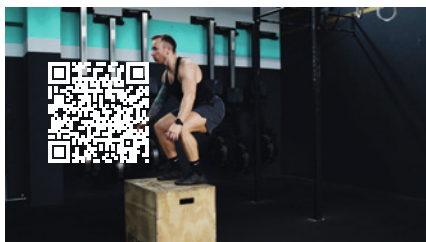
MOVEMENTS

how to -

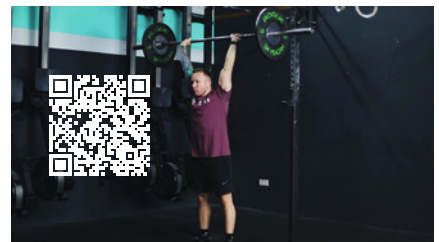
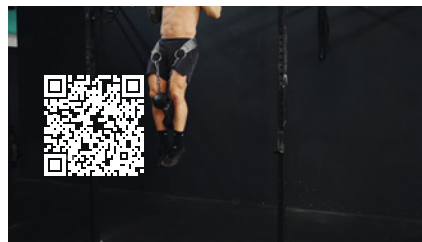
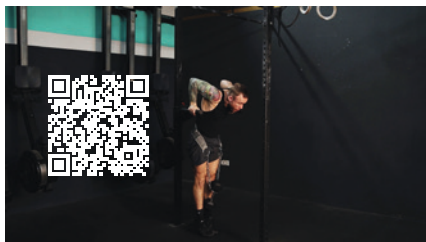
WARMUP



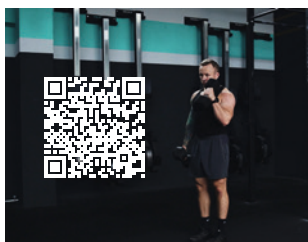
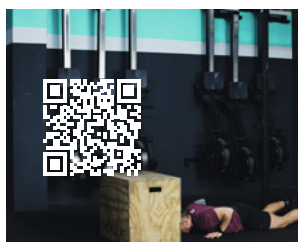
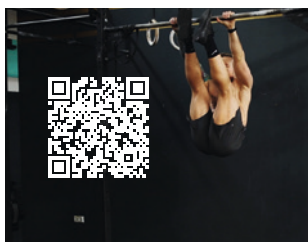
Speed & Power



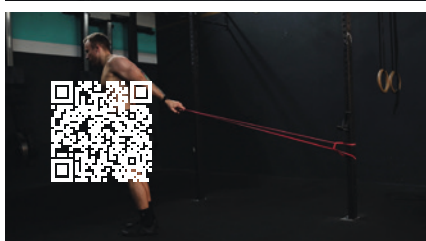
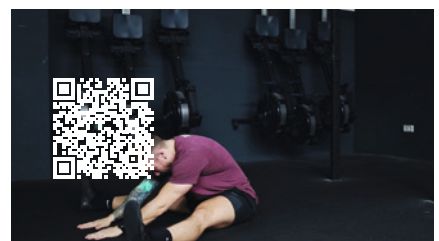
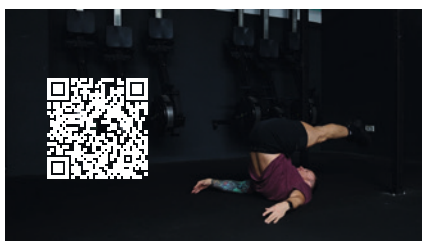
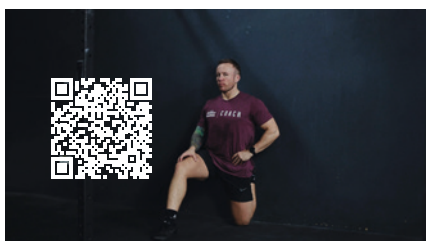
Strength Intensity & Power Volume



Strength Conditioning



COOLDOWN



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

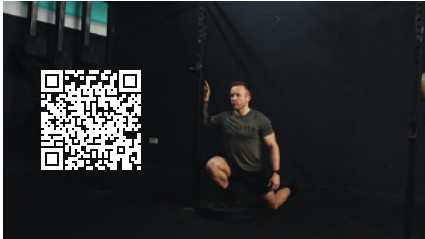
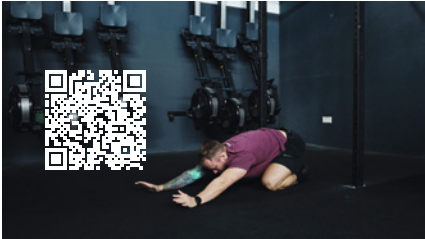
Überfahren



MOVEMENTS

how to -

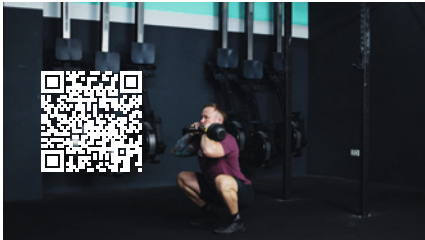
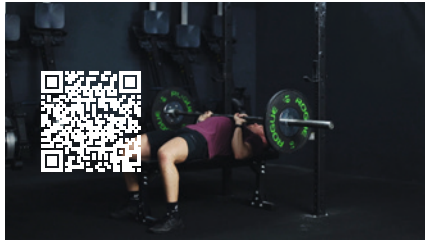
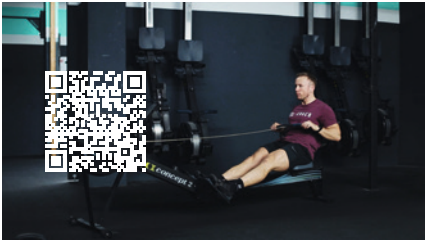
WARMUP



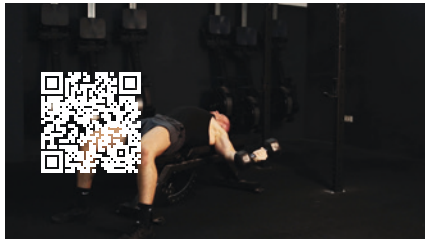
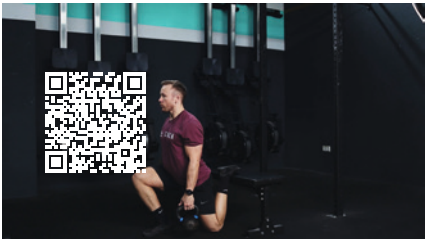
Strength
Volume



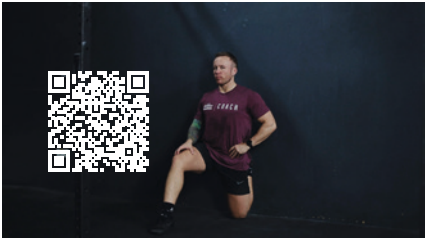
Strength Volume
Conditioning



Strength
Accessory



COOLDOWN



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

Tot

Brutal

Überfahren

Wie hast du dich gefühlt?

Top 10 / 10 Gut

normal

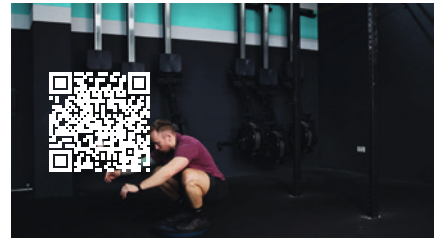
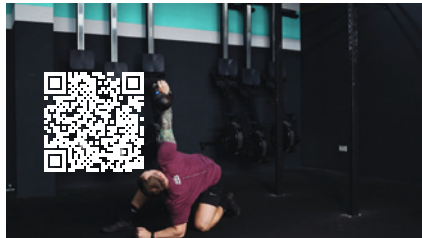
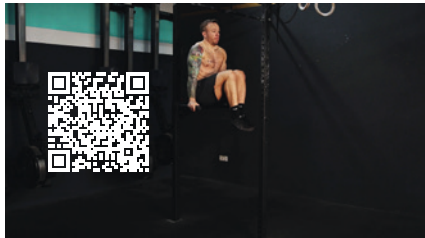
Erschöpft



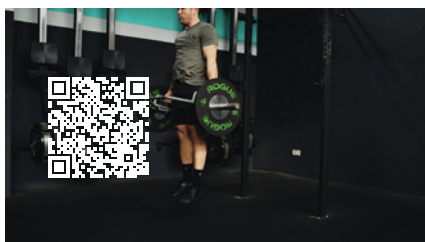
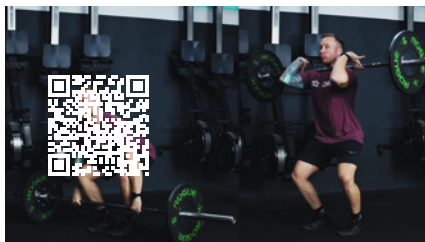
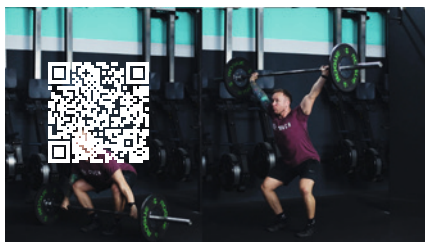
MOVEMENTS

how to -

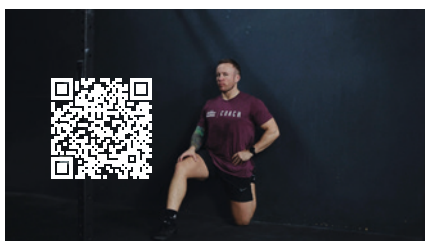
WARMUP



Speed & Power



COOLDOWN



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

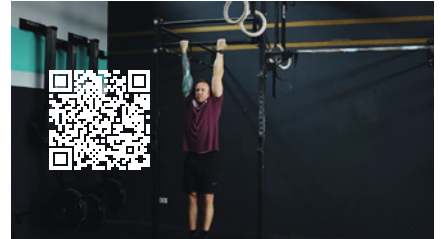
Überfahren



MOVEMENTS

how to -

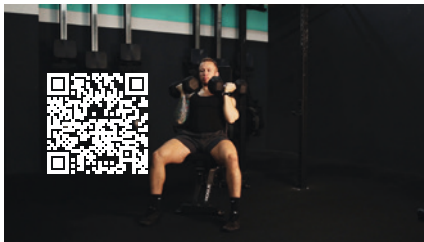
WARMUP



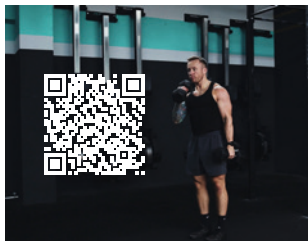
Strength Volume



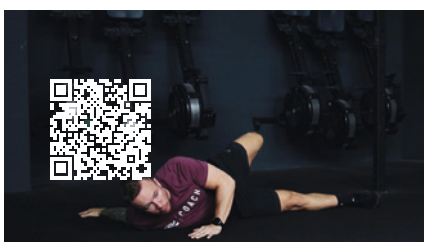
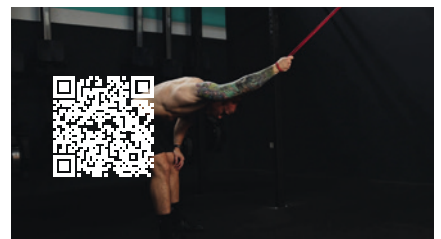
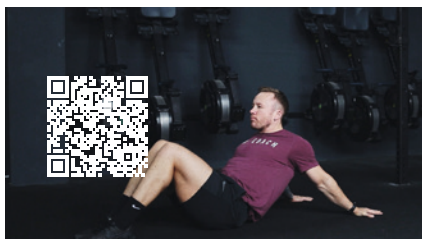
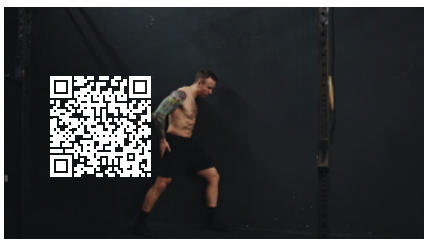
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go</i> 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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

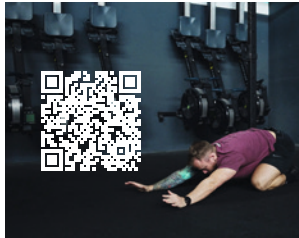
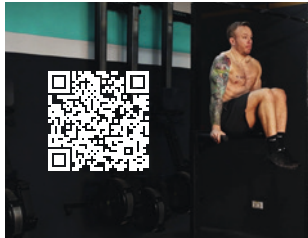
Überfahren



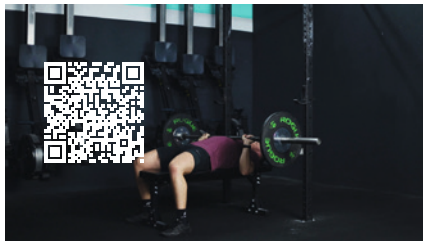
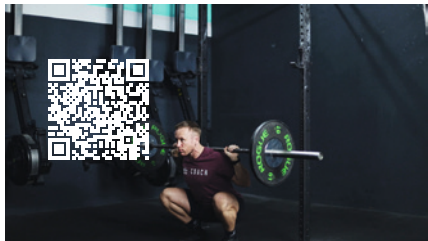
MOVEMENTS

how to -

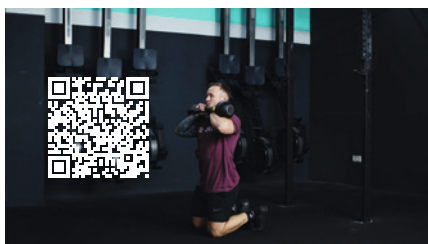
WARMUP



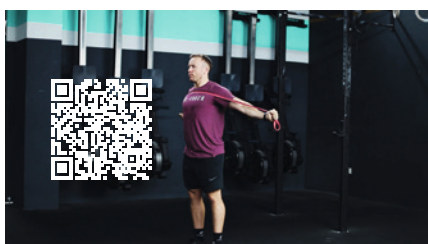
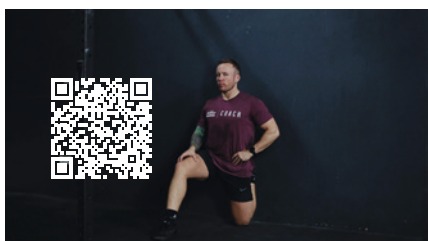
Strength Volume



Strength Accessory



COOLDOWN



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



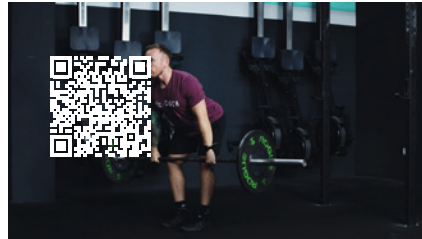
MOVEMENTS

how to -

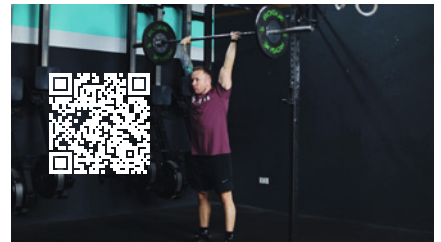
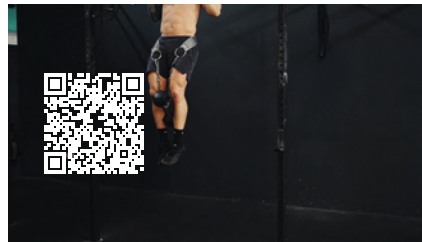
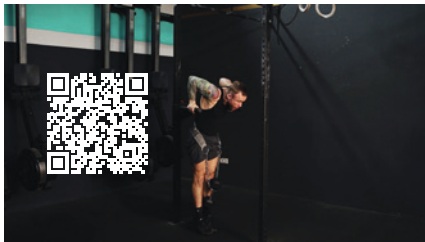
WARMUP



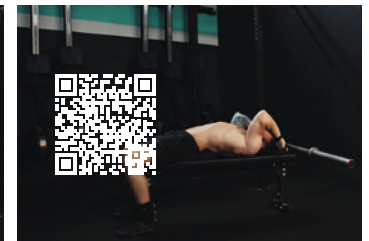
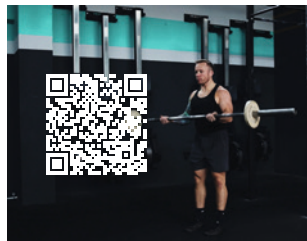
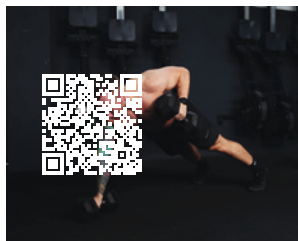
Speed & Power



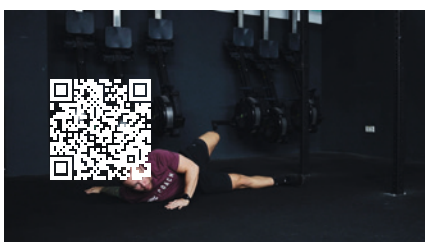
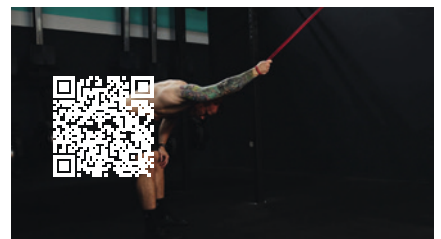
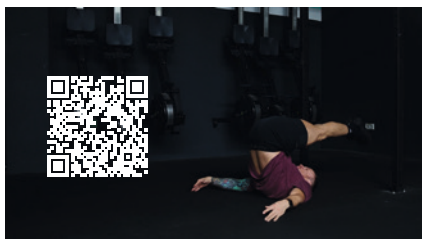
Strength Intensity & Power Volume



Strength Conditioning



COOLDOWN



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



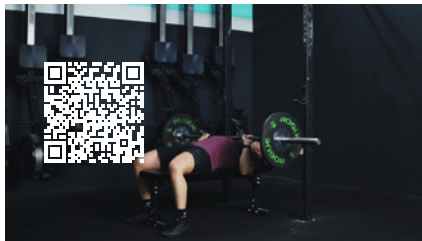
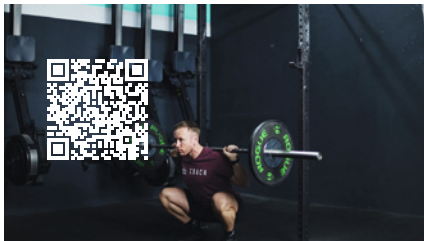
MOVEMENTS

how to -

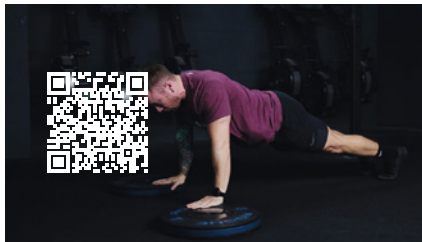
WARMUP



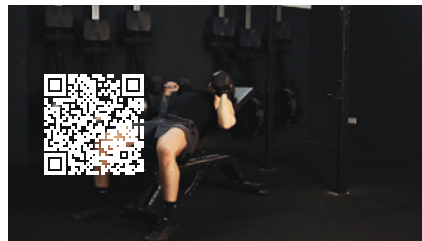
Strength Volume



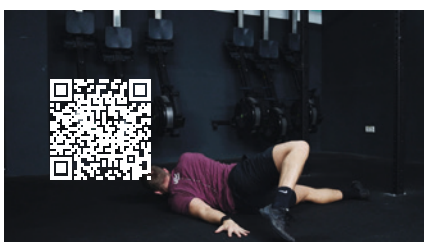
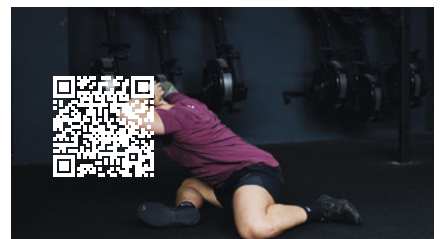
Power Conditioning



Strength Accessory



COOLDOWN



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

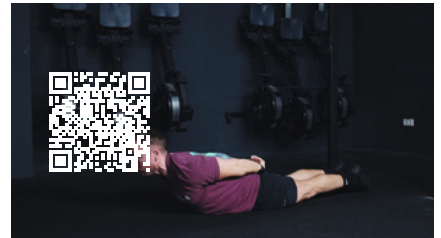
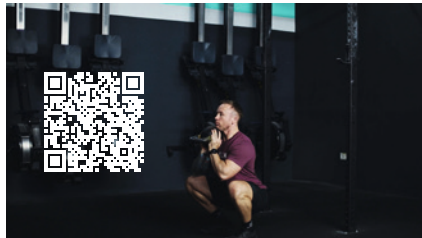
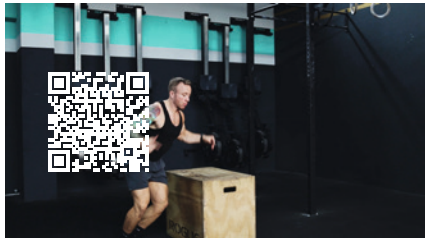
Überfahren



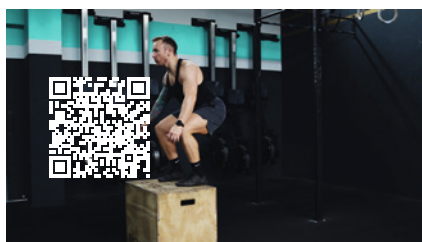
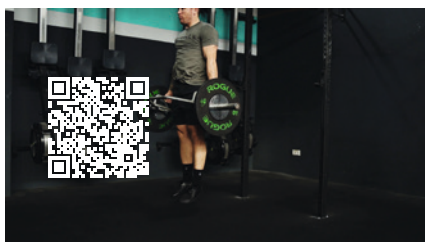
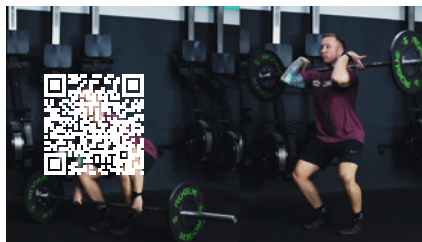
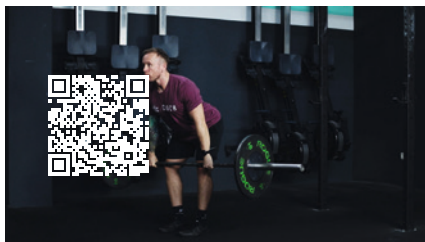
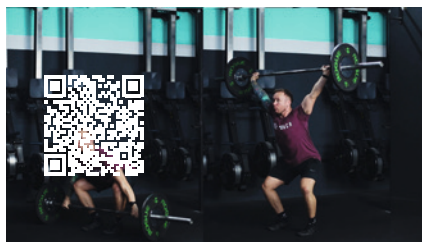
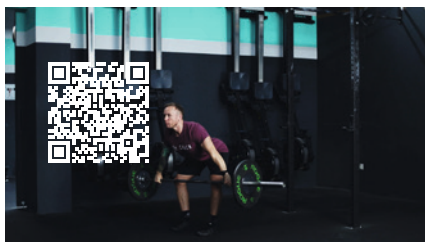
MOVEMENTS

how to -

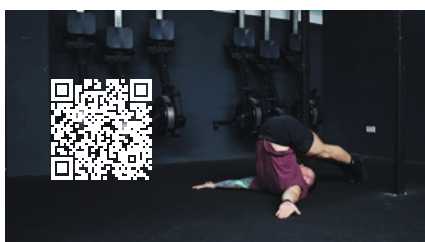
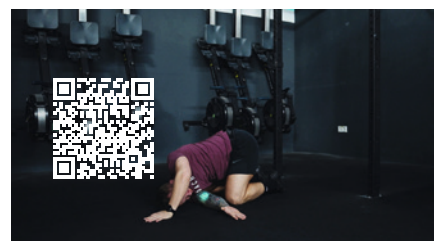
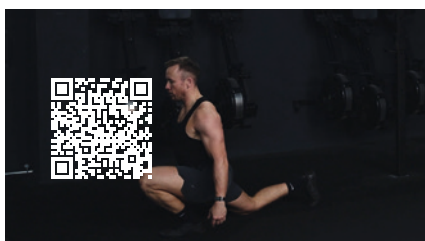
WARMUP



Speed & Power



COOLDOWN



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

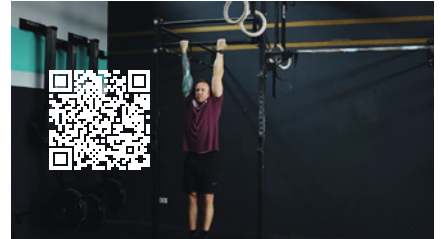
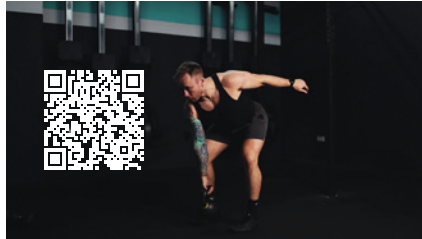
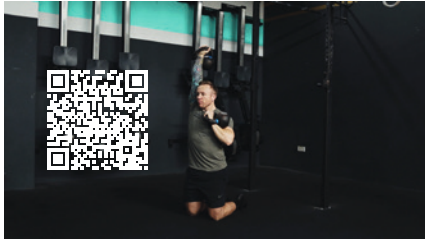
Überfahren



MOVEMENTS

how to -

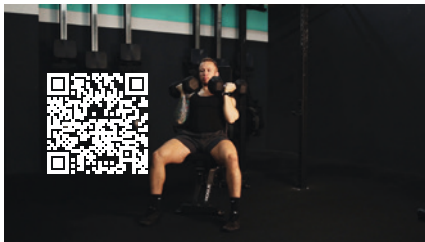
WARMUP



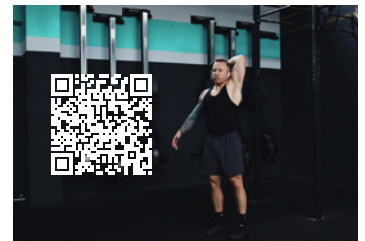
Strength Volume



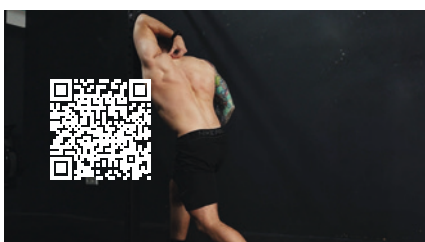
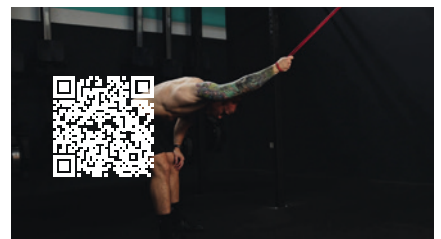
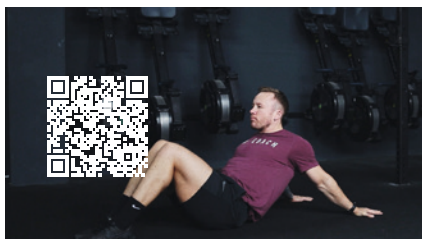
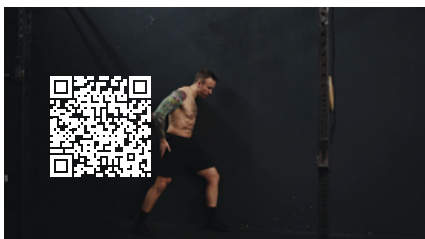
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

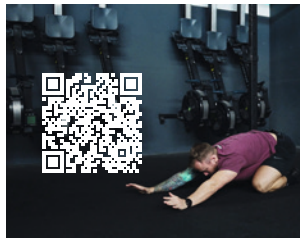
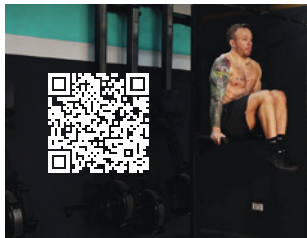
Überfahren



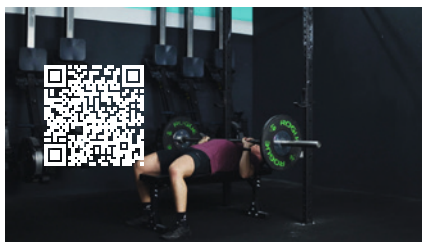
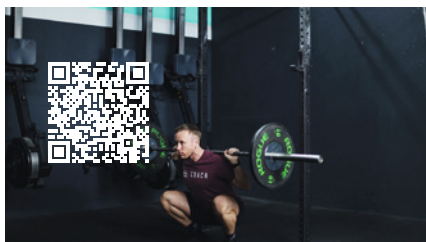
MOVEMENTS

how to -

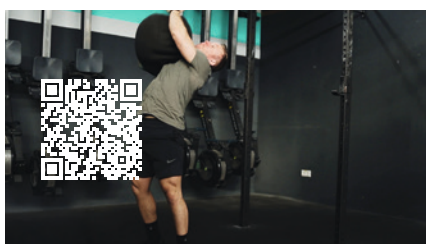
WARMUP



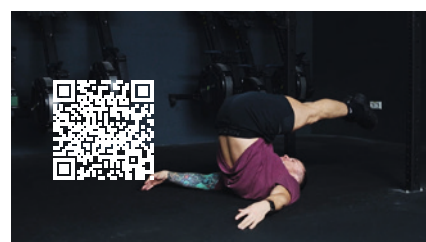
Strength Volume



Strength Accessory



COOLDOWN



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

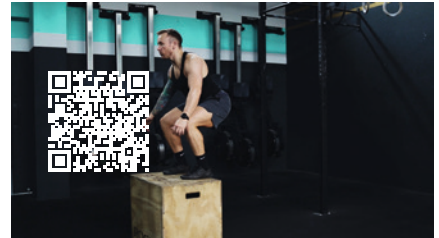
Überfahren



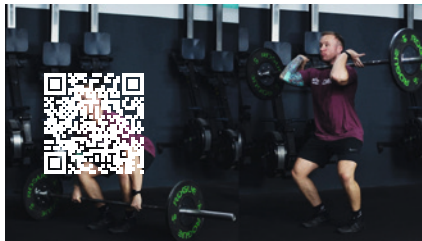
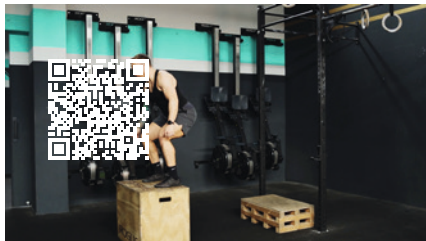
MOVEMENTS

how to -

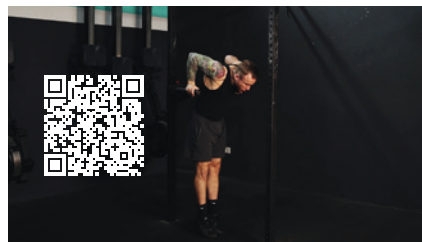
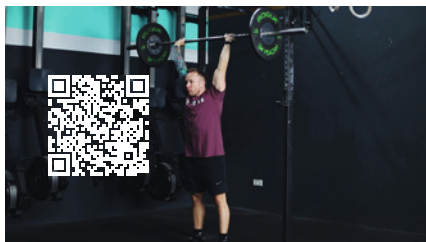
WARMUP



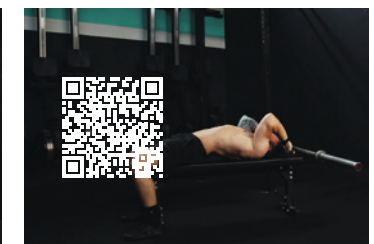
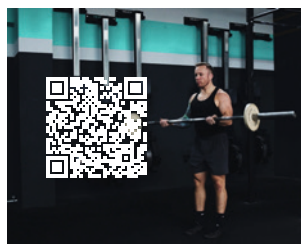
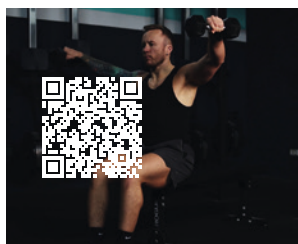
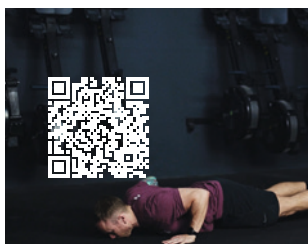
Speed & Power



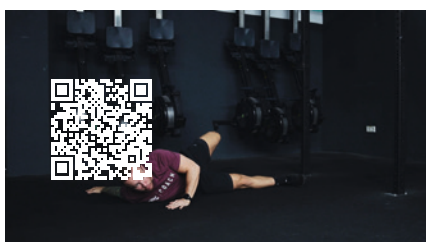
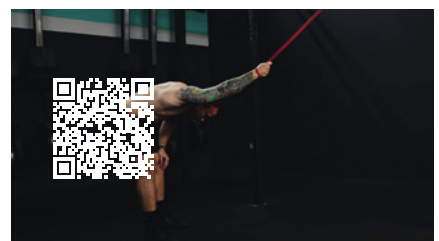
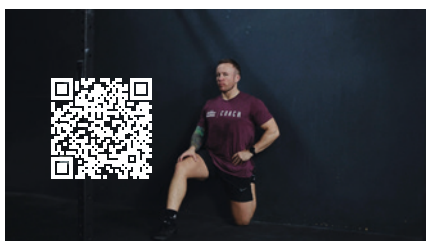
Power Intensity & Strength Volume



Stamina Conditioning



COOLDOWN



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



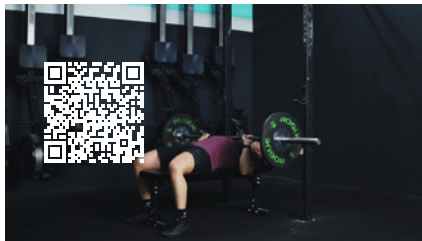
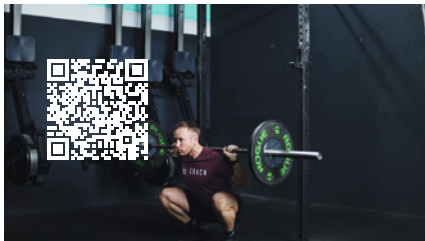
MOVEMENTS

how to -

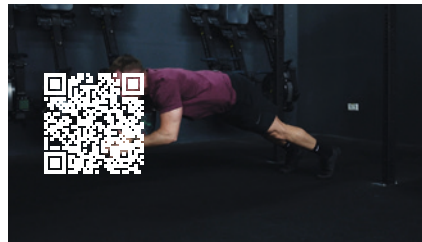
WARMUP



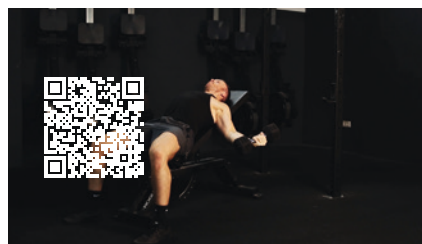
Strength Volume



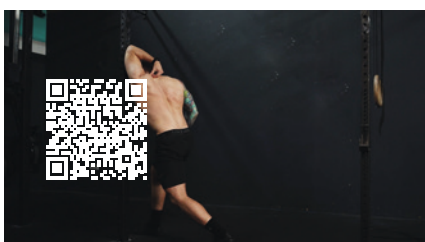
Power Conditioning



Strength Accessory



COOLDOWN



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

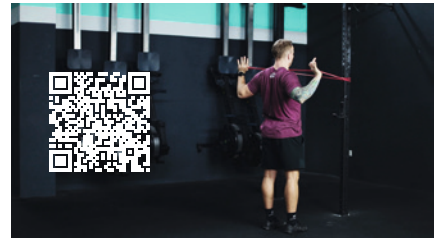
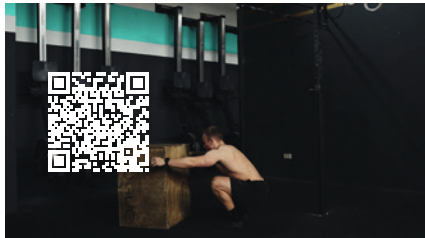
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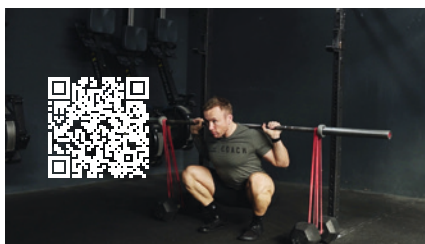
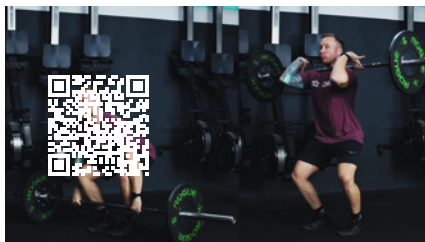
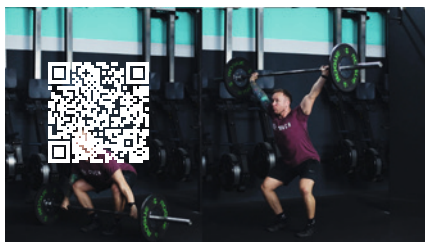
MOVEMENTS

how to -

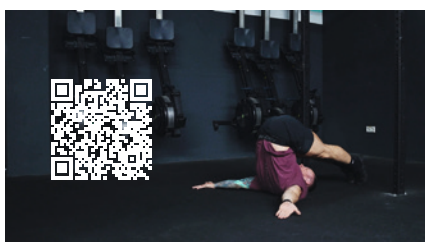
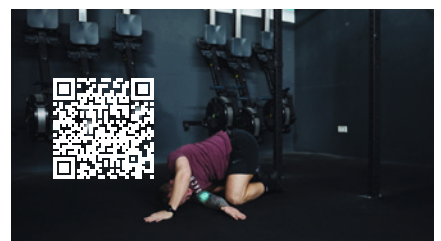
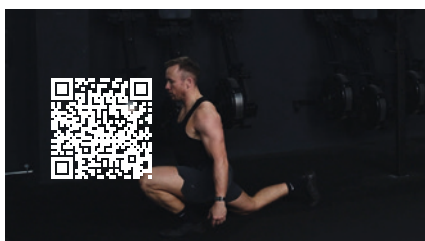
WARMUP



Speed & Power



COOLDOWN



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

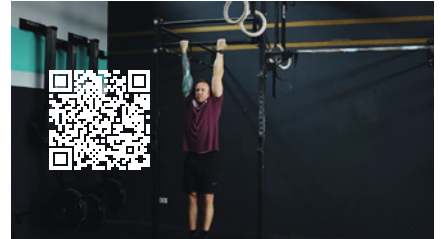
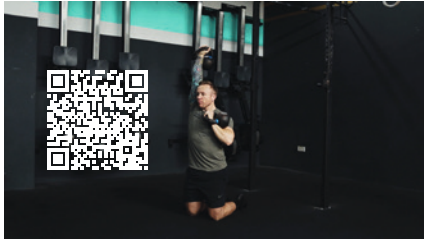
Überfahren



MOVEMENTS

how to -

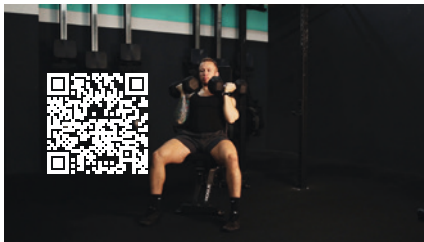
WARMUP



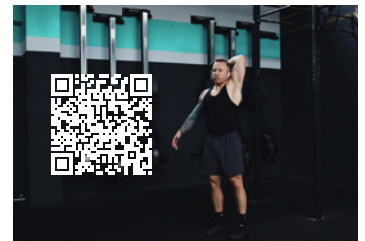
Strength Volume



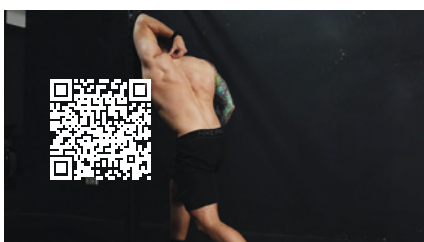
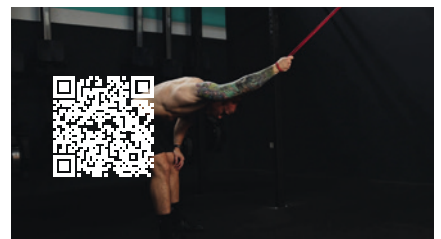
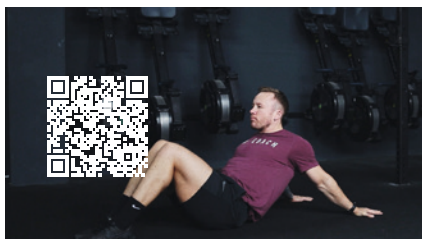
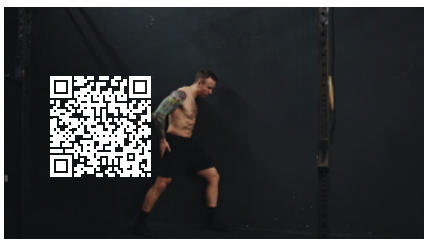
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

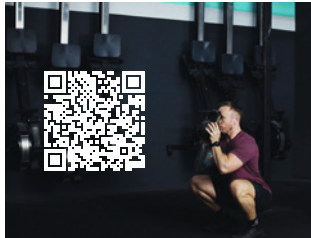
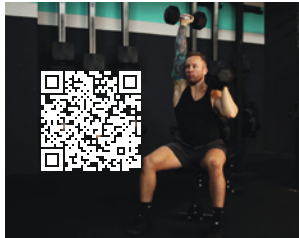
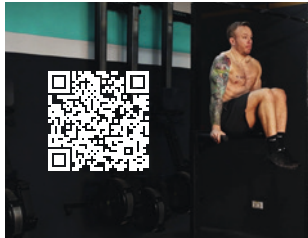
Überfahren



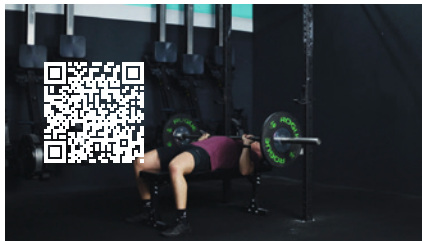
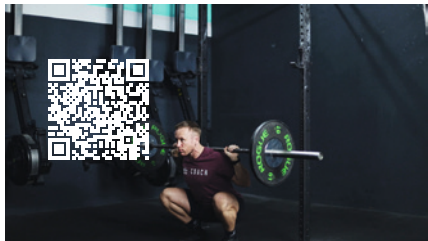
MOVEMENTS

how to -

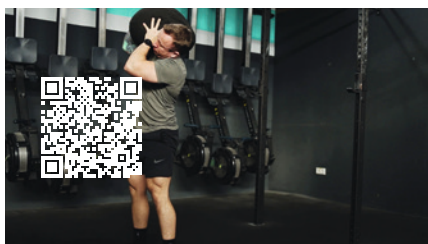
WARMUP



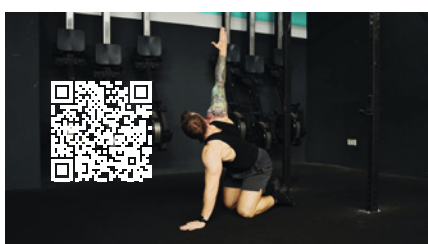
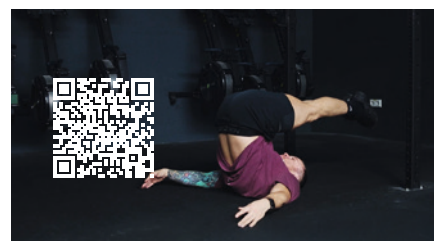
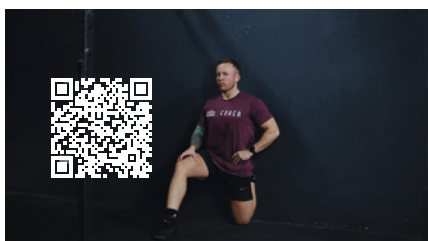
Strength Volume



Strength Accessory



COOLDOWN



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

Wie hast du dich geföhlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

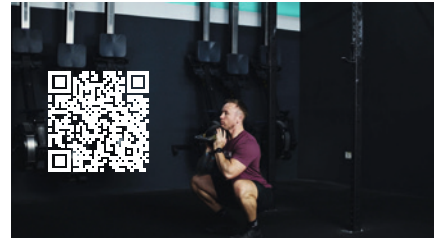
Überfahren



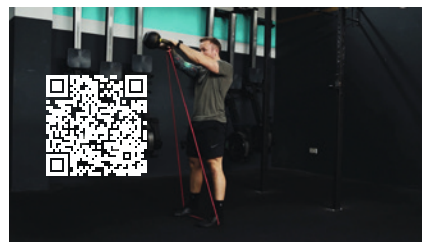
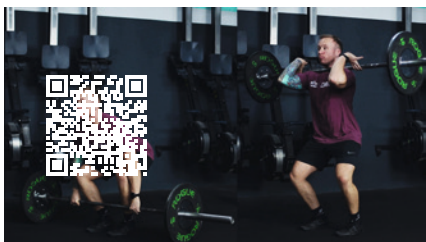
MOVEMENTS

how to -

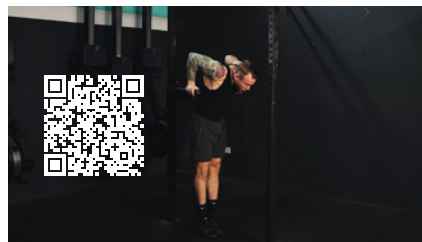
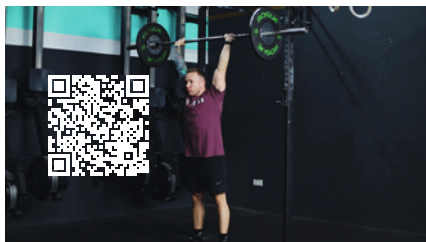
WARMUP



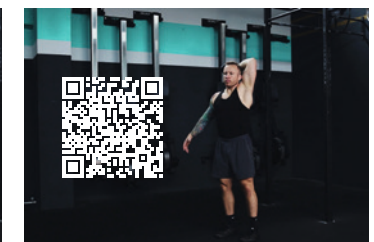
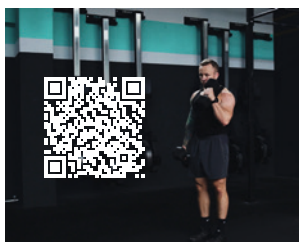
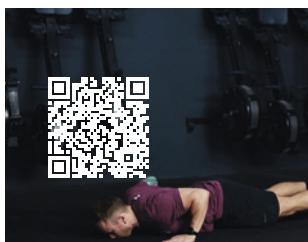
Speed & Power



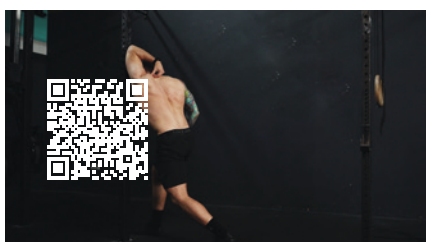
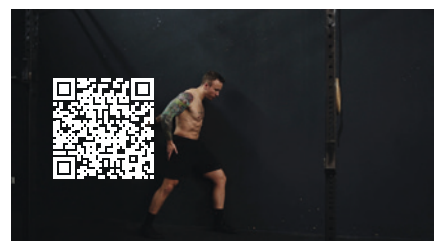
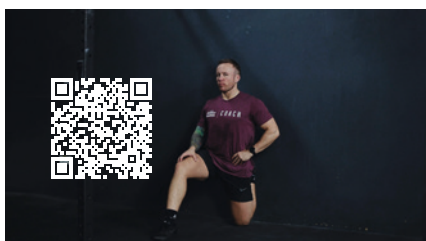
Power Intensity & Strength Volume

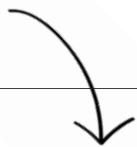


Stamina Conditioning



COOLDOWN



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

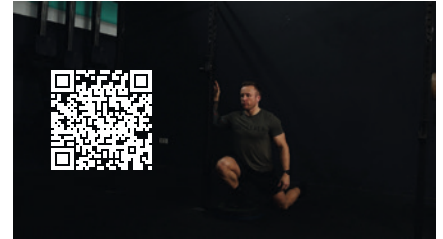
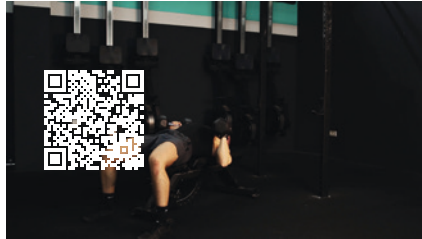
Überfahren



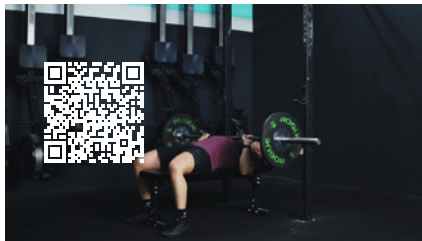
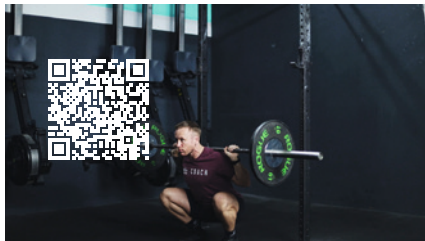
MOVEMENTS

how to -

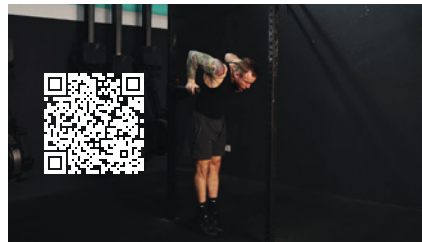
WARMUP



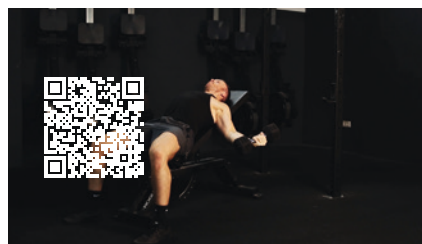
Strength Volume



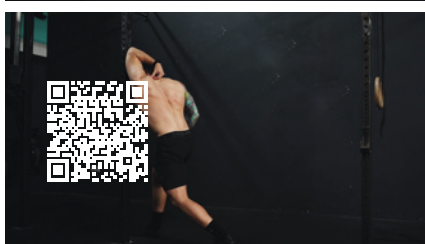
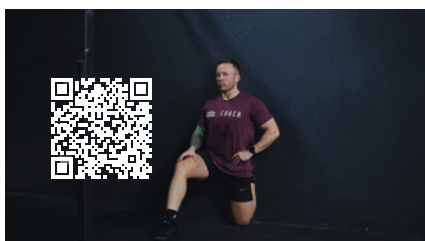
Power Conditioning



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

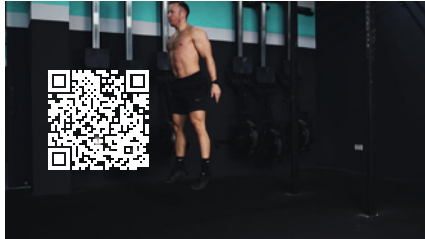
Überfahren



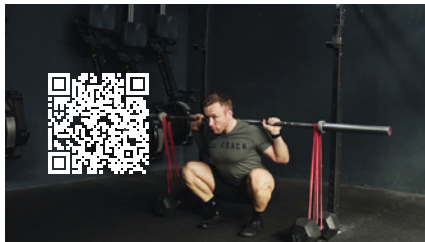
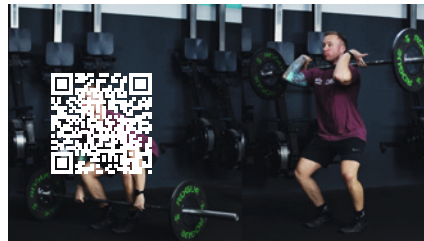
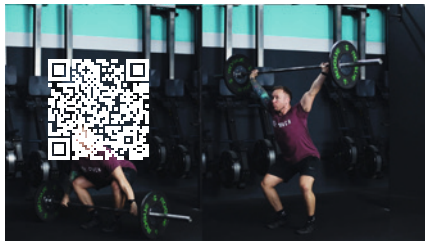
MOVEMENTS

how to -

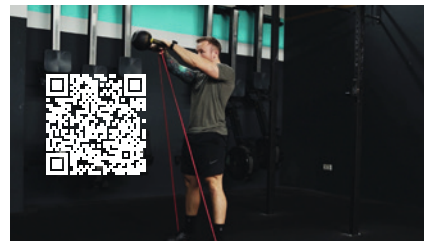
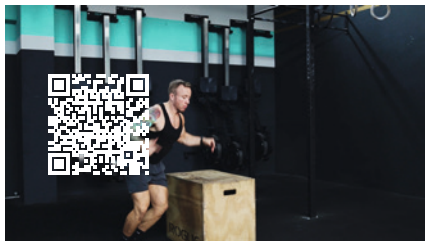
WARMUP



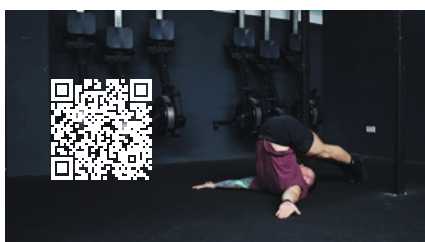
Speed & Power



Speed & Power Conditioning



COOLDOWN



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 Dumbbell 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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

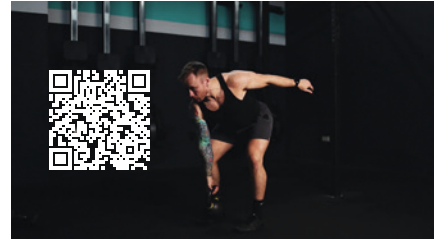
Überfahren



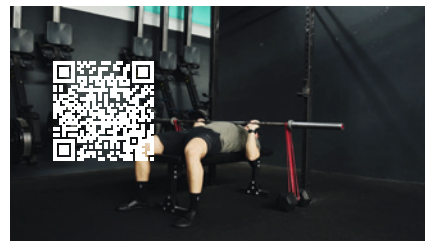
MOVEMENTS

how to -

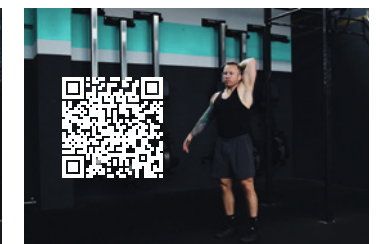
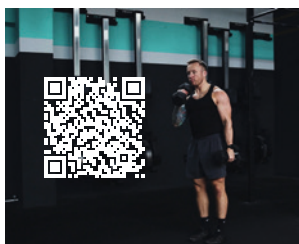
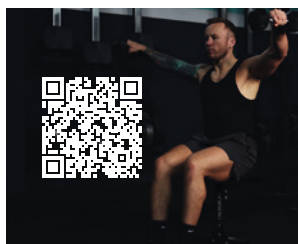
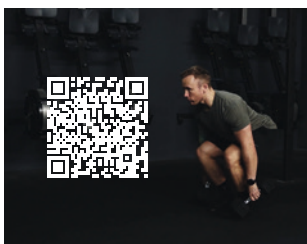
WARMUP



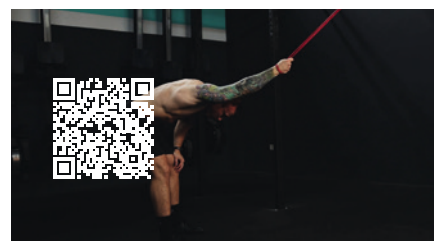
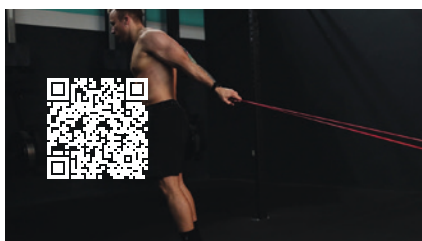
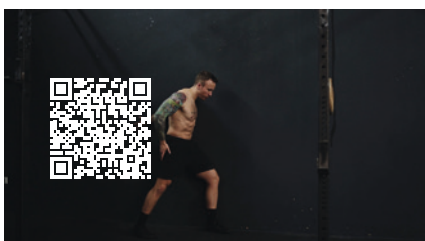
Strength Volume



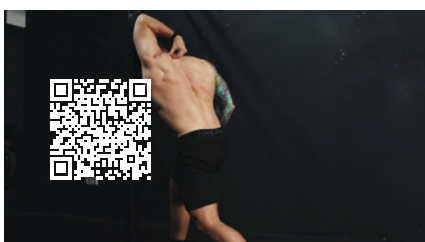
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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 <i>Dead Stop. Kein Touch and Go</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

Überfahren



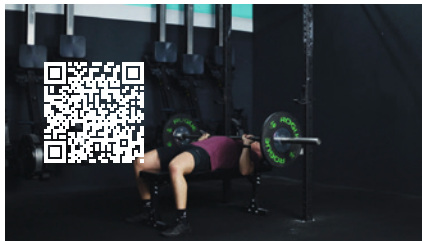
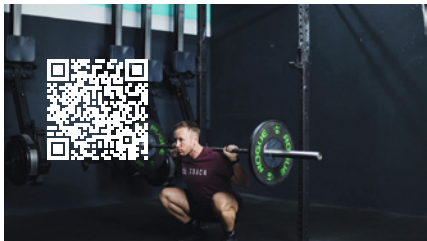
MOVEMENTS

how to -

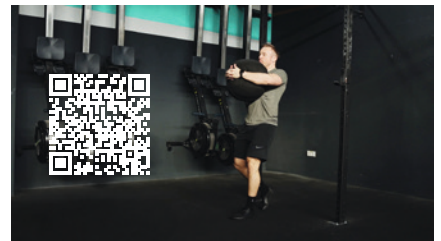
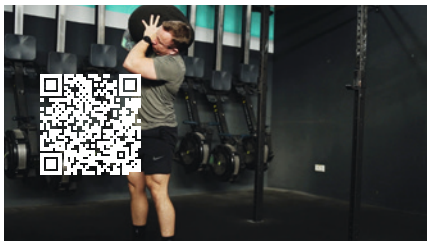
WARMUP



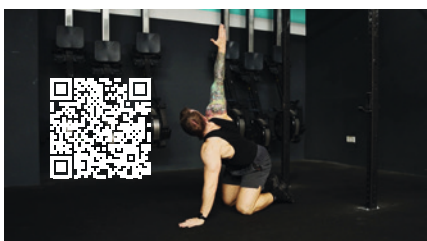
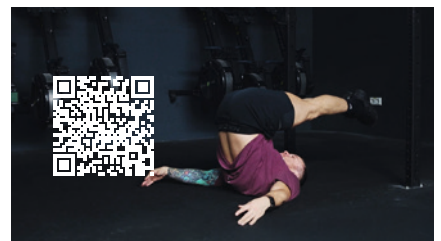
Strength Volume

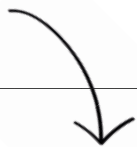


Strength Accessory



COOLDOWN



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



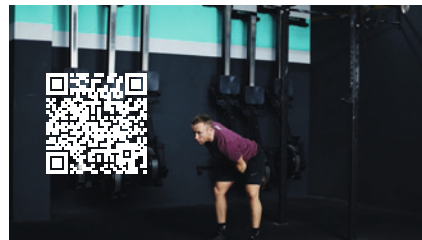
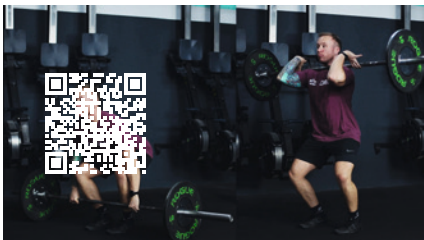
MOVEMENTS

how to -

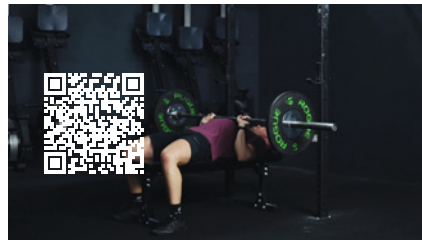
WARMUP



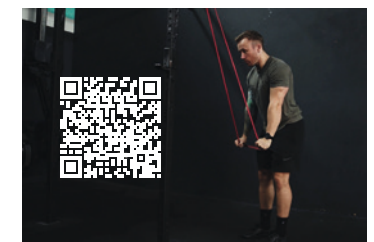
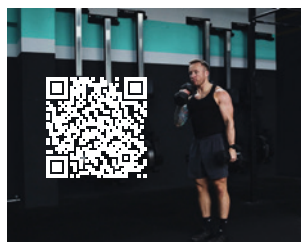
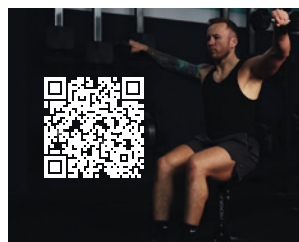
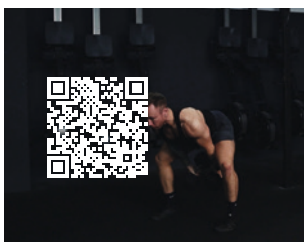
Speed & Power



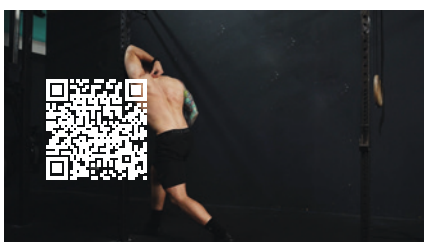
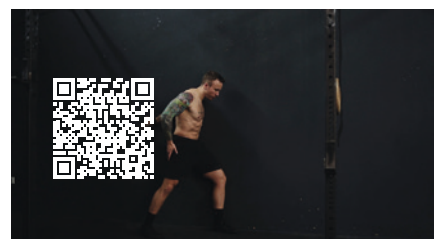
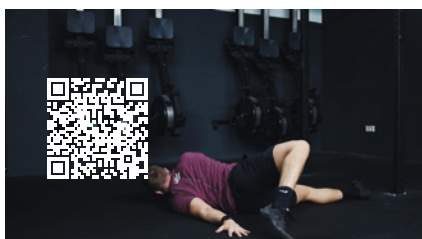
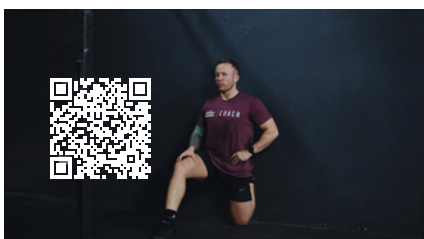
Power Intensity & Strength Volume



Stamina Conditioning



COOLDOWN



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

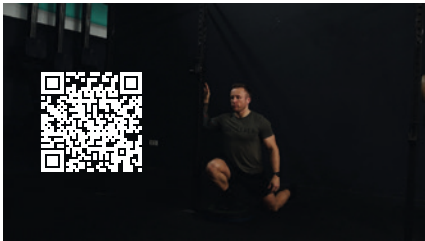
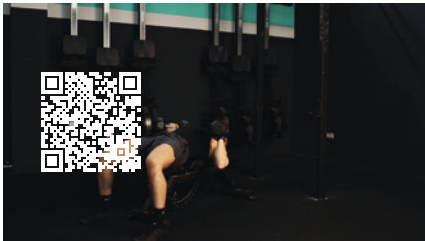
Überfahren



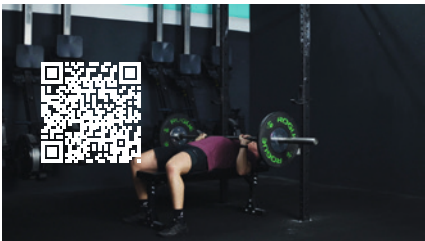
MOVEMENTS

how to -

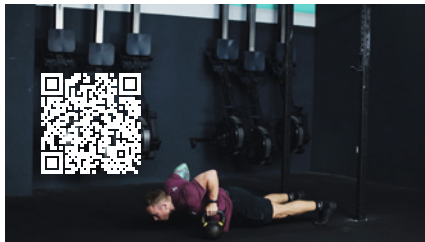
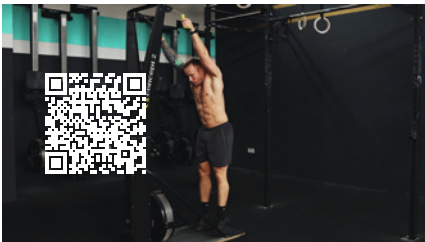
WARMUP



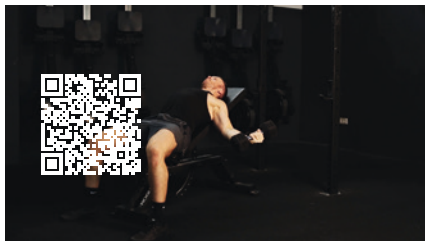
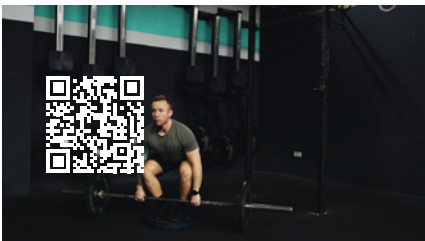
Strength
Volume



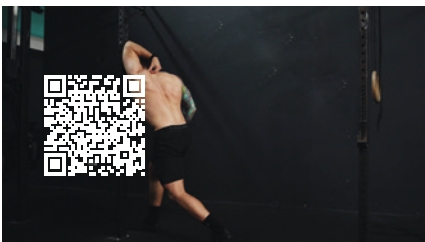
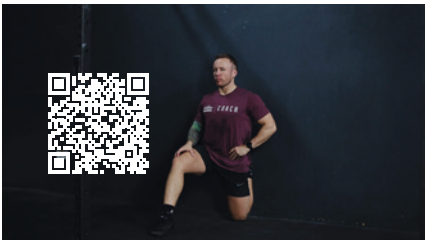
Powerwr
Conditioning



Strength
Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

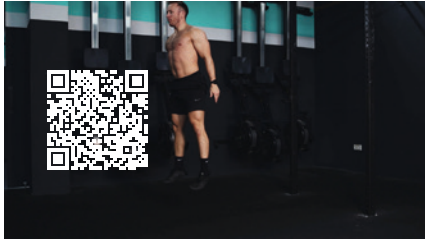
Überfahren



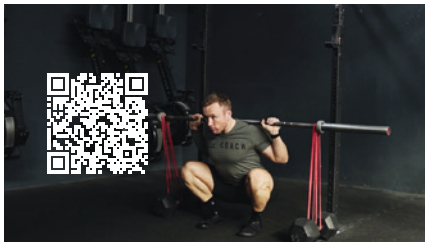
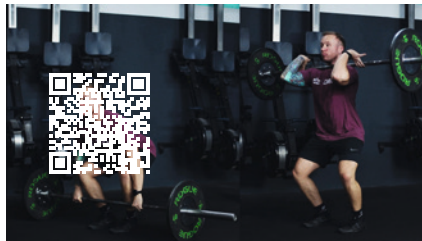
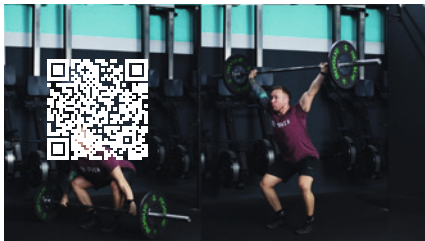
MOVEMENTS

how to -

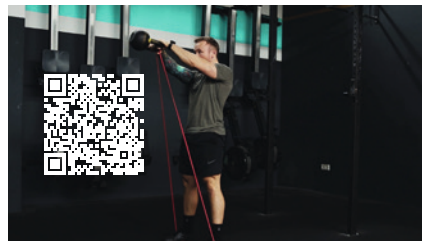
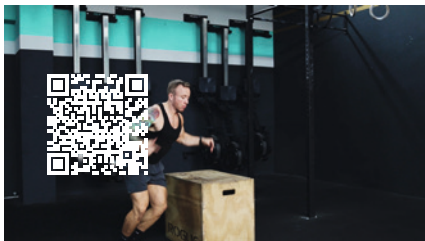
WARMUP



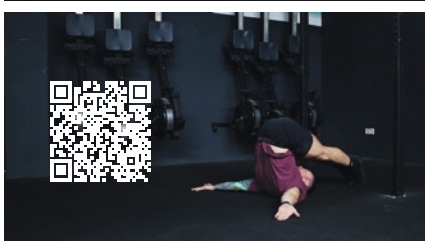
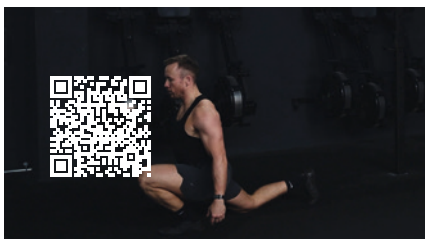
Speed & Power



Speed & Power Conditioning



COOLDOWN



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

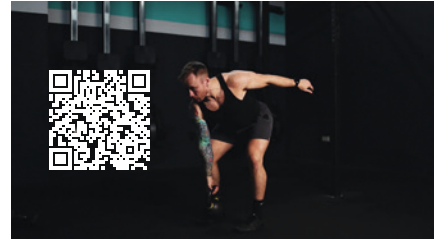
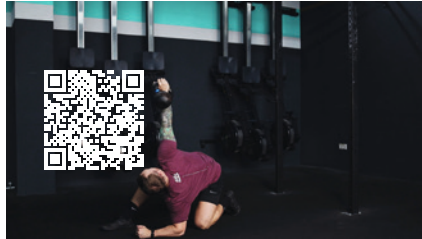
Überfahren



MOVEMENTS

how to -

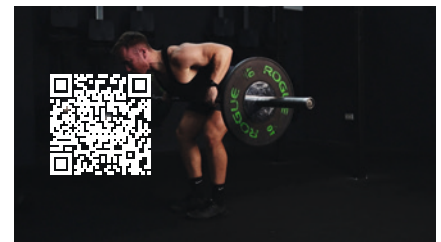
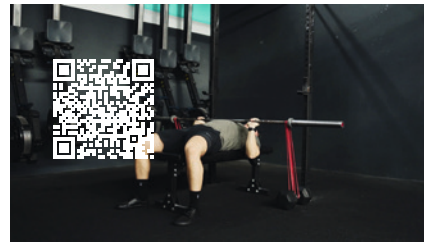
WARMUP



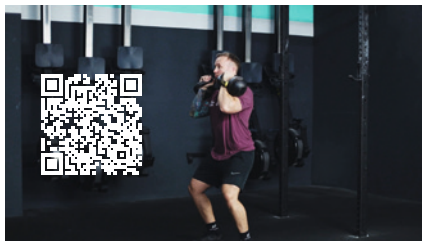
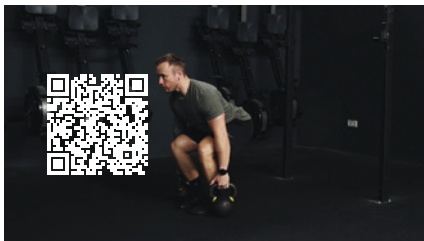
Strength Volume



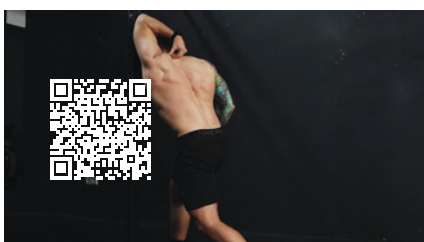
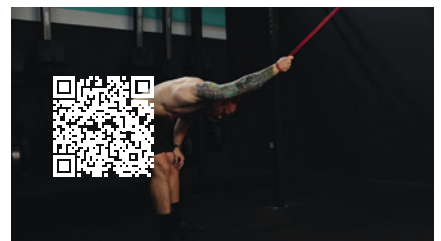
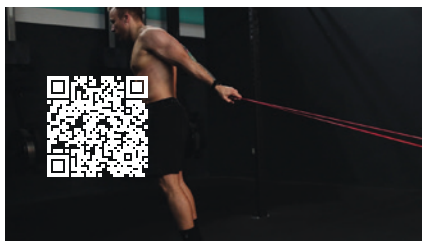
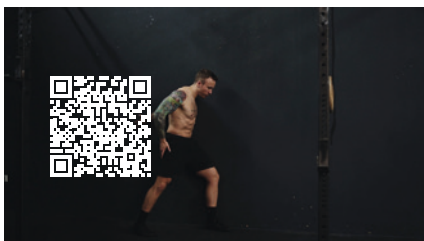
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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% <i>Dead Stop</i>	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

Überfahren



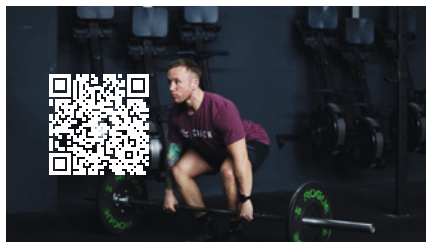
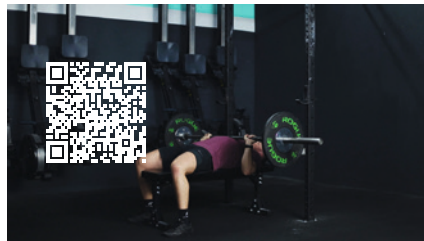
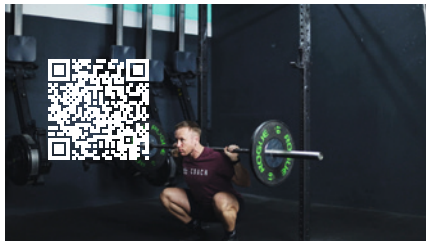
MOVEMENTS

how to -

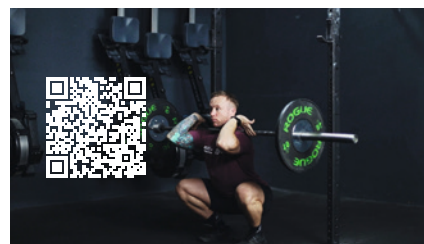
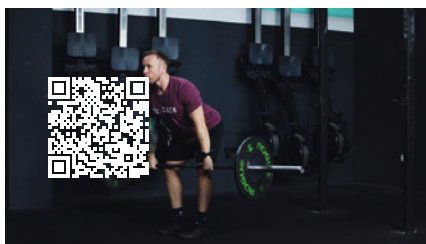
WARMUP



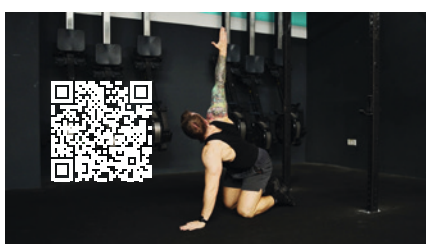
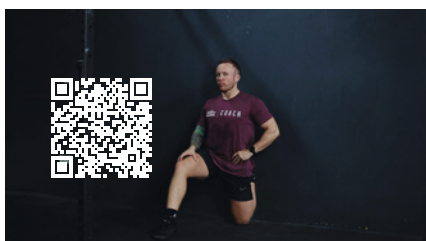
Strength Volume



Strength Accessory



COOLDOWN



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



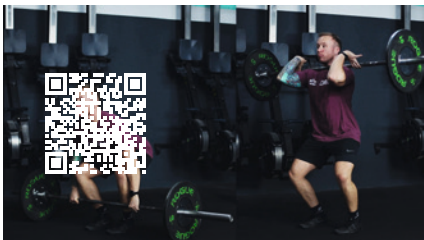
MOVEMENTS

how to -

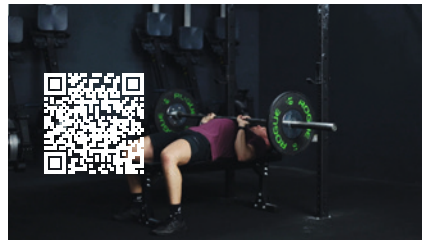
WARMUP



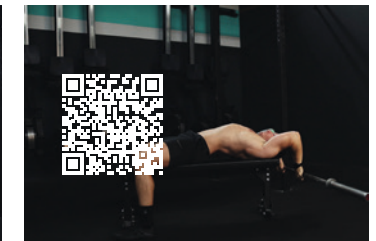
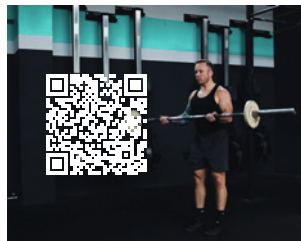
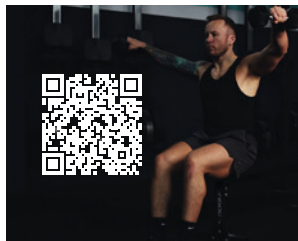
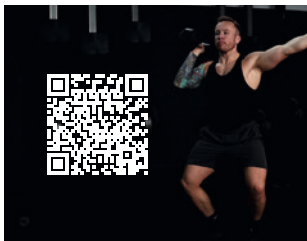
Speed & Power



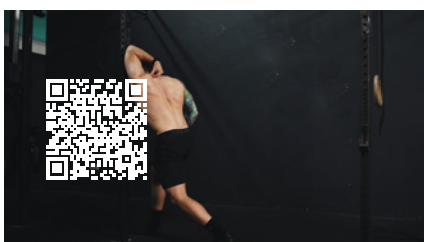
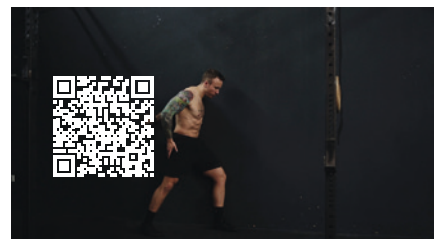
Power Intensity & Strength Volume

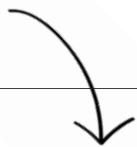


Stamina Conditioning



COOLDOWN



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

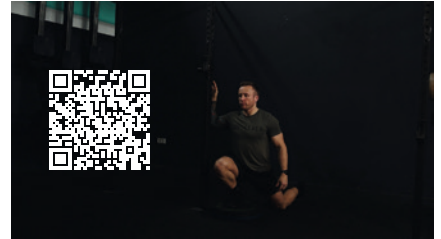
Überfahren



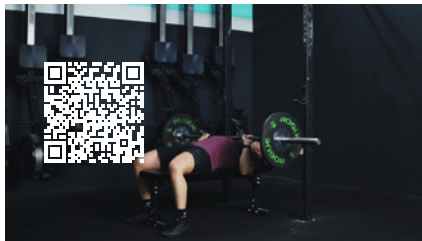
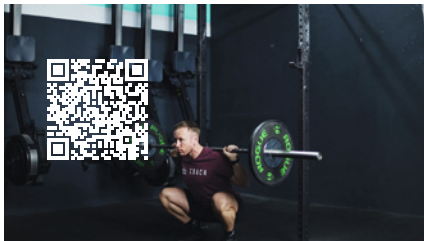
MOVEMENTS

how to -

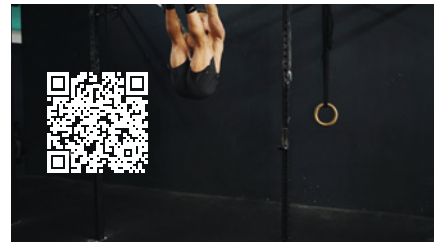
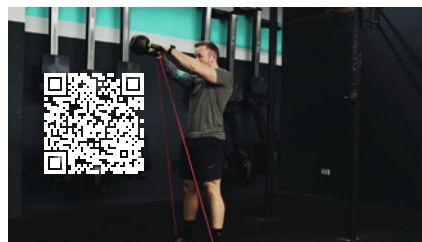
WARMUP



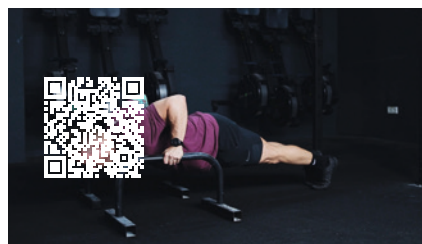
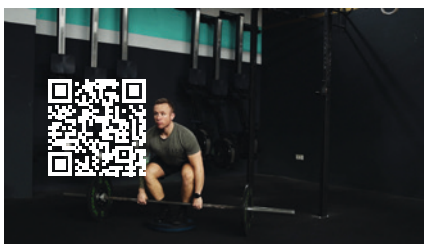
Strength Volume



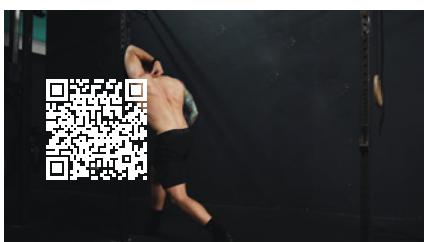
Powerw Conditioning



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

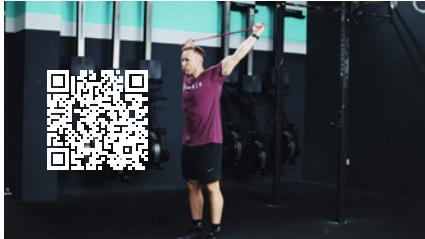
Überfahren



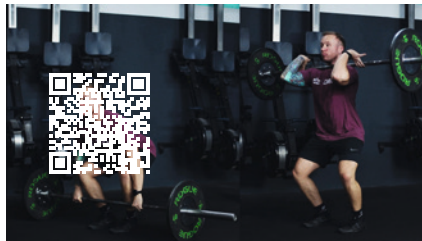
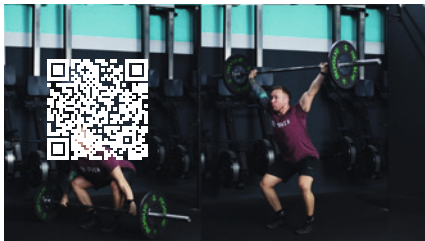
MOVEMENTS

how to -

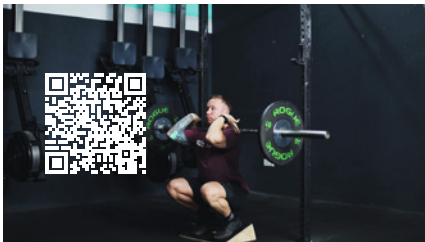
WARMUP



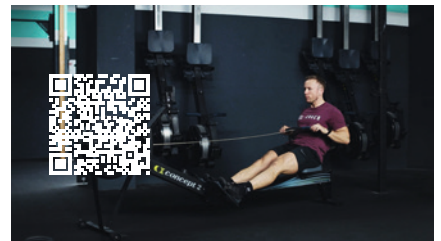
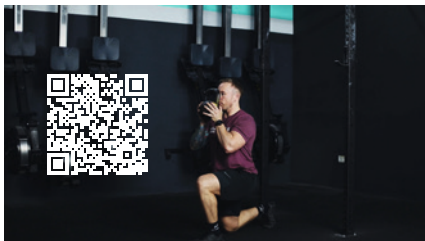
Speed & Power



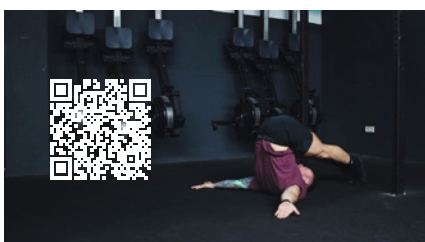
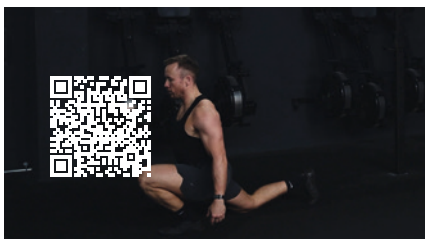
Speed Balance & Recovery



Stamina Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

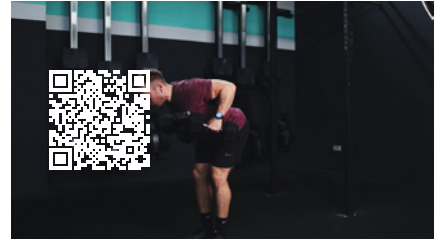
Überfahren



MOVEMENTS

how to -

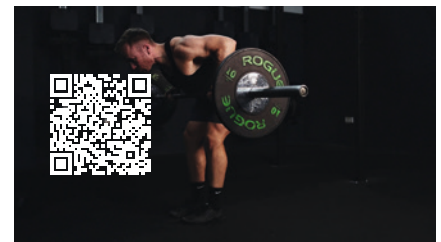
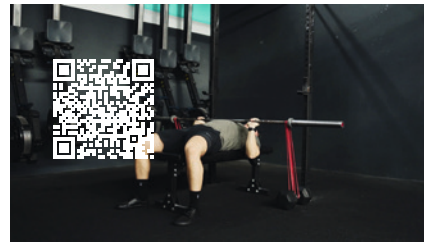
WARMUP



Strength Volume



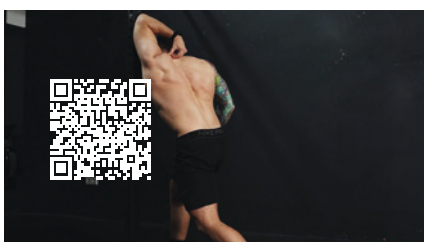
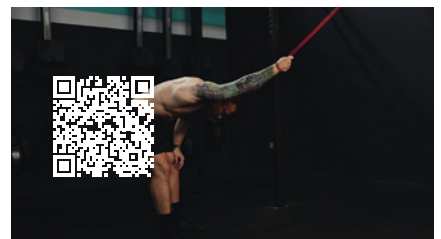
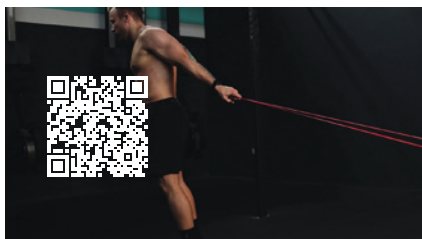
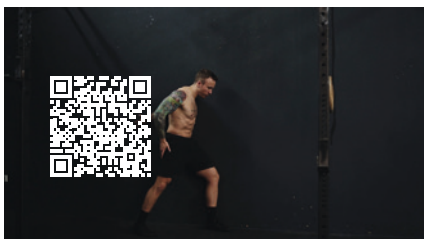
Strength Balance



Power & Stamina Conditioning



COOLDOWN



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

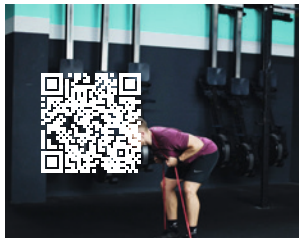
Überfahren



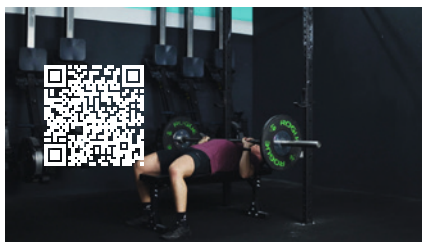
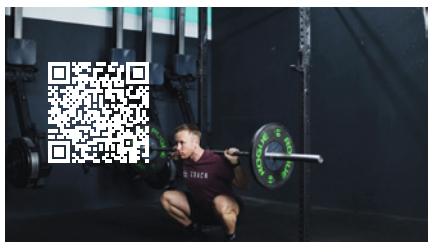
MOVEMENTS

how to -

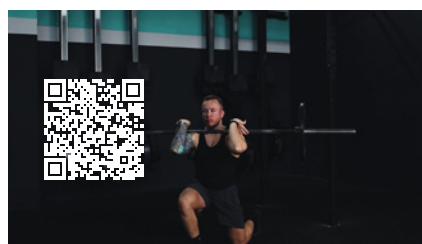
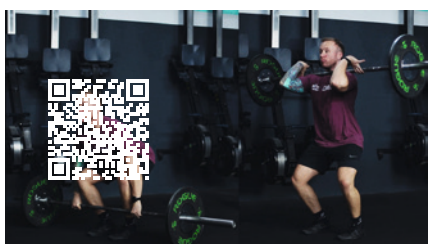
WARMUP



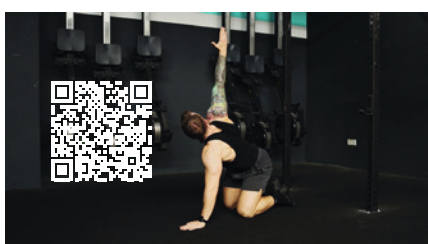
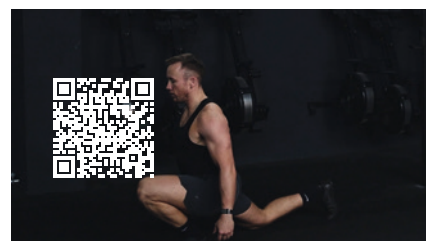
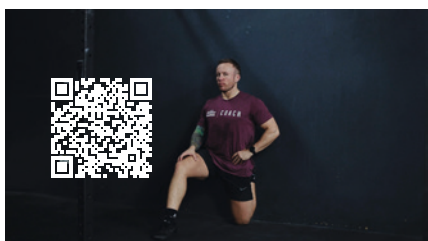
Strength Volume



Strength Accessory



COOLDOWN



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



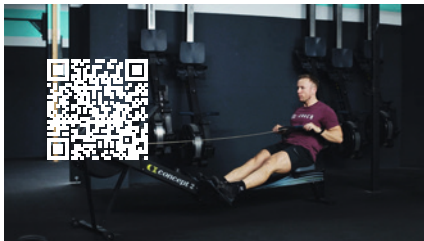
MOVEMENTS

how to -

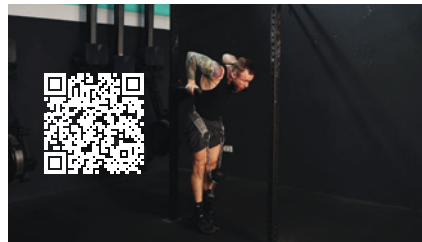
WARMUP



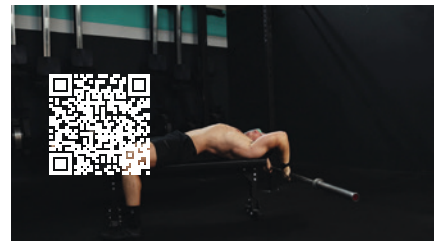
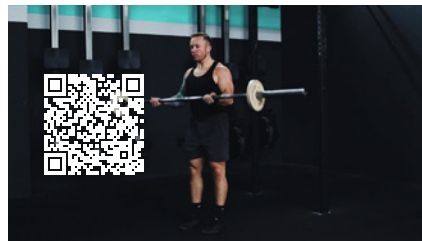
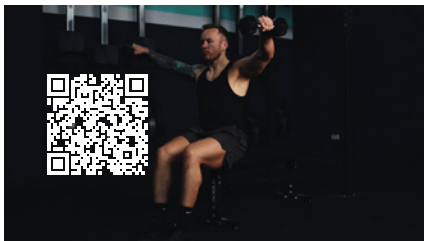
Speed & Power



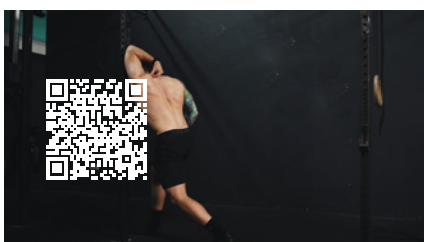
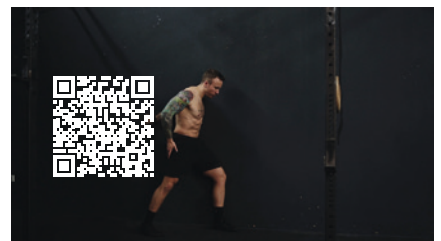
Power Intensity & Strength Volume



Strength Accessory



COOLDOWN



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

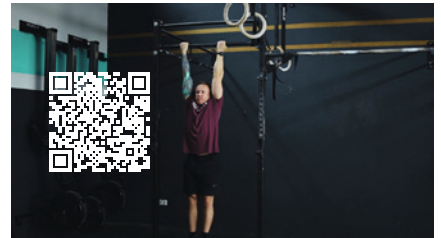
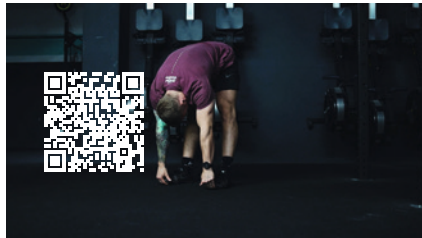
Überfahren



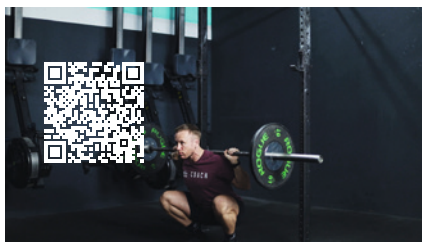
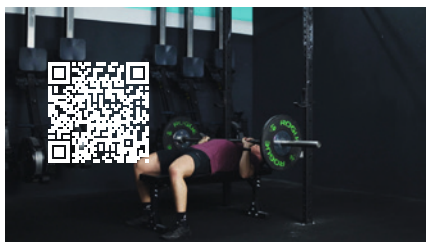
MOVEMENTS

how to -

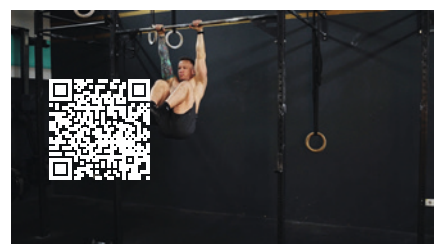
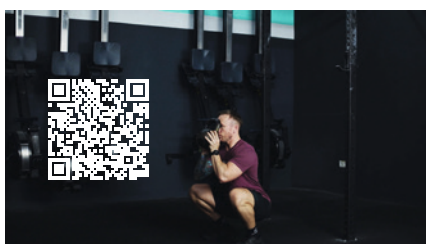
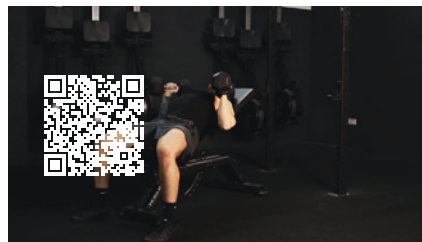
WARMUP



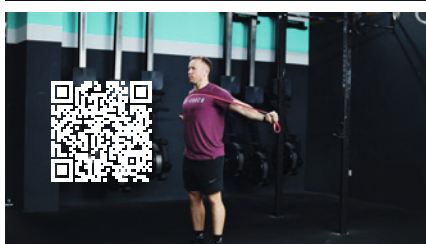
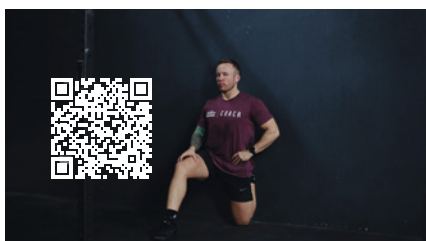
Strength Volume



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

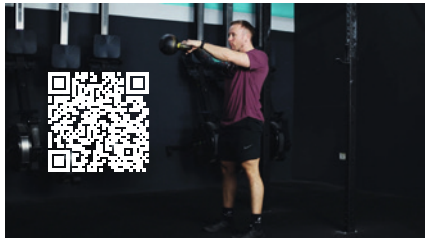
Überfahren



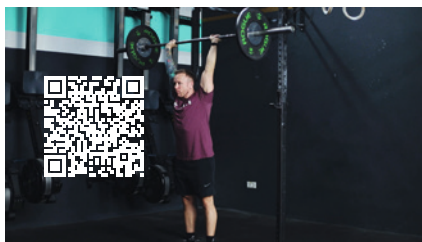
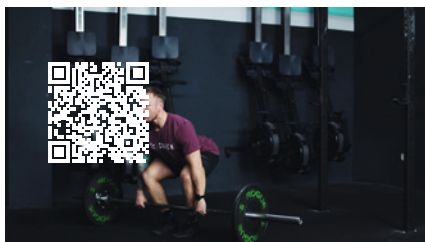
MOVEMENTS

how to -

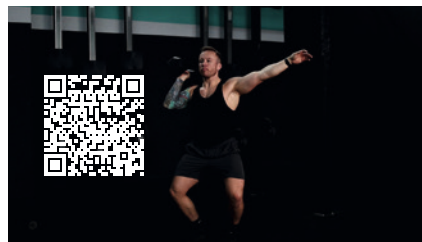
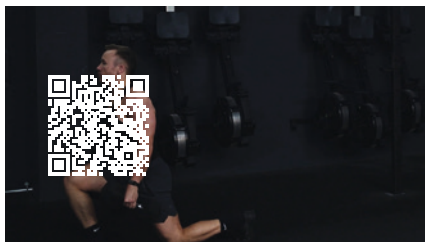
WARMUP



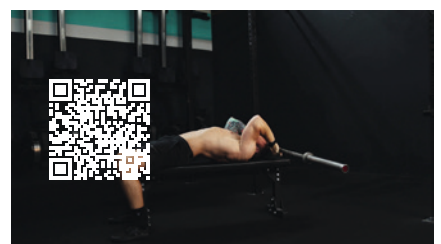
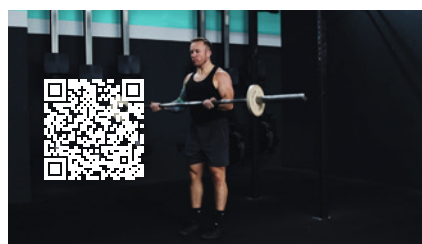
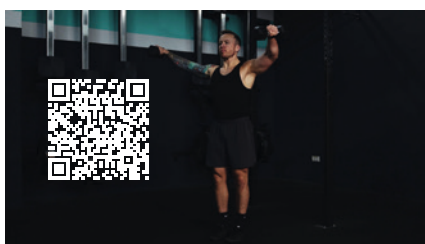
Strength Volume



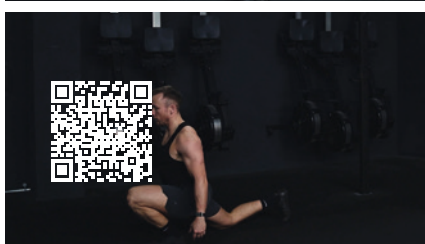
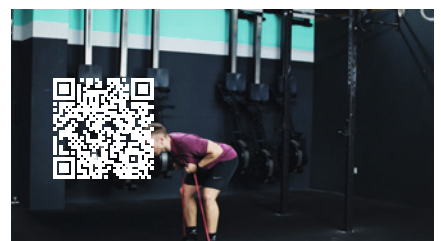
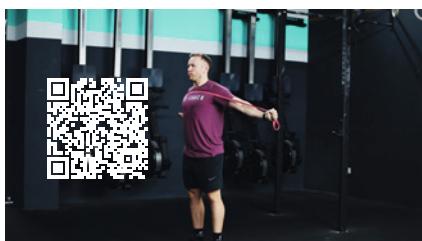
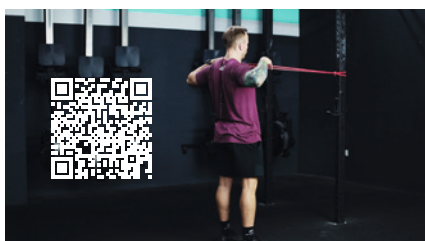
Strength Balance



Strength Accessory



COOLDOWN



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

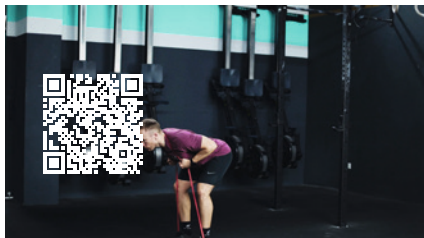
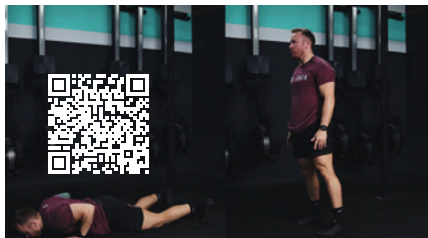
Überfahren



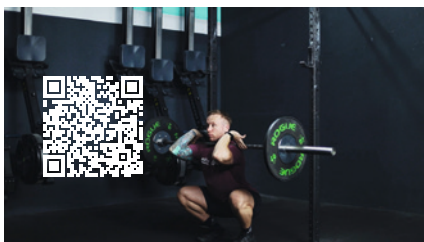
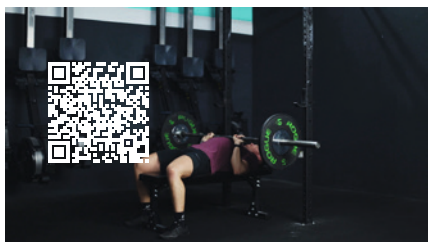
MOVEMENTS

how to -

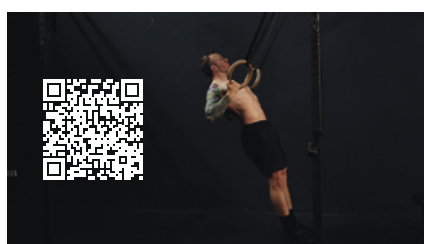
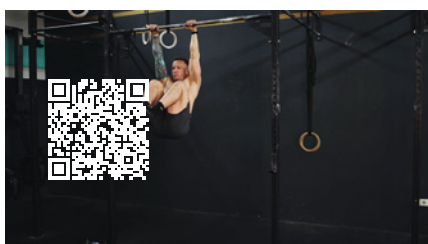
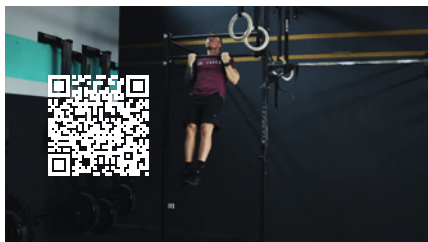
WARMUP



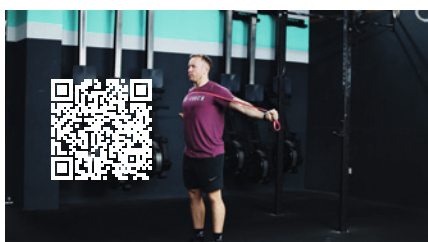
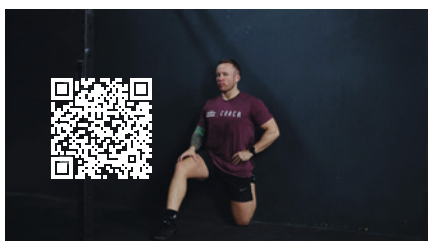
Strength Volume



Strength Balance



COOLDOWN



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

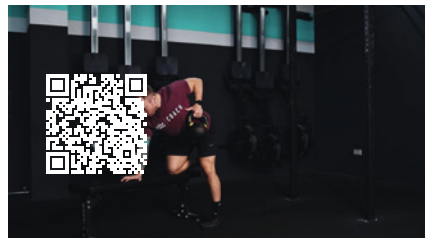
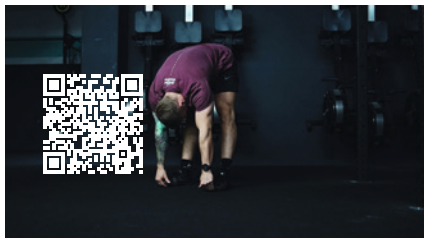
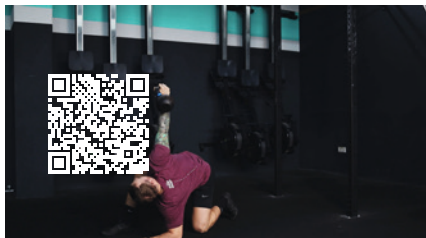
Überfahren



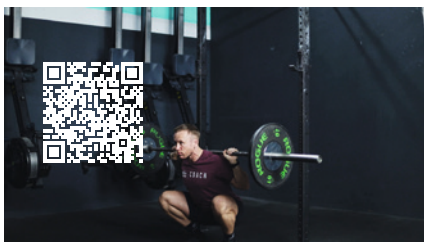
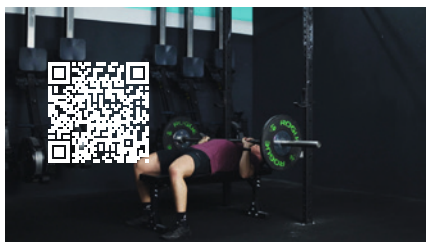
MOVEMENTS

how to -

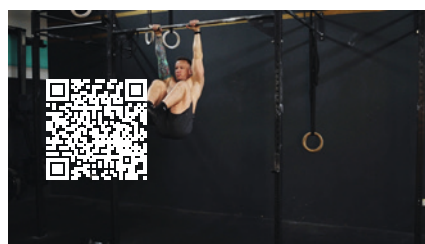
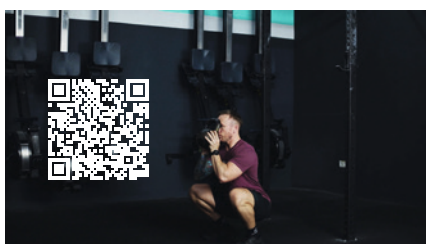
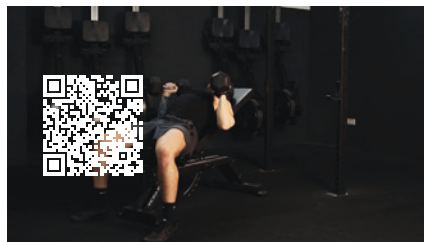
WARMUP



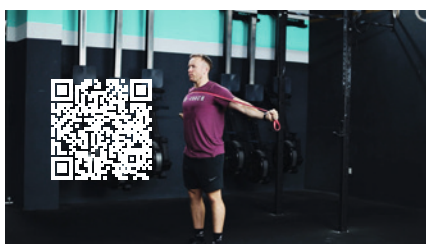
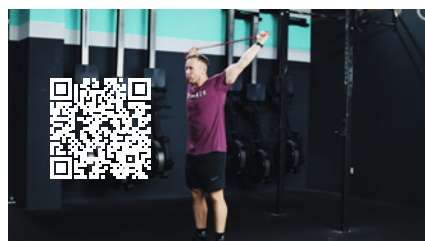
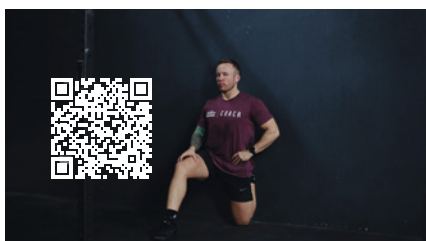
Strength Volume



Strength Accessory



COOLDOWN



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

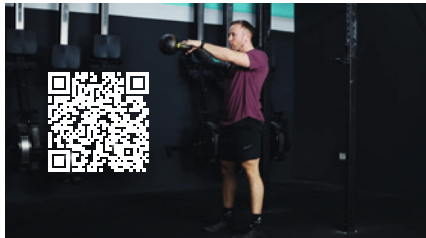
Überfahren



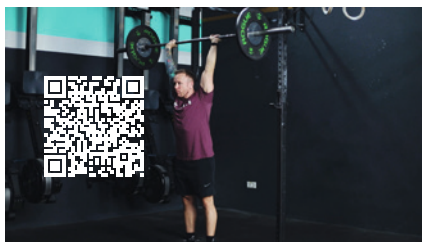
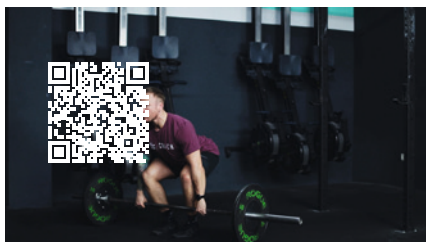
MOVEMENTS

how to -

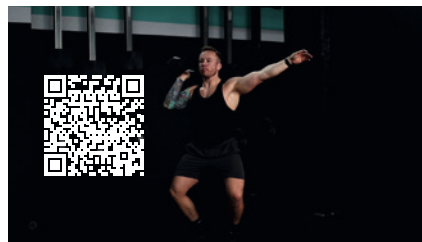
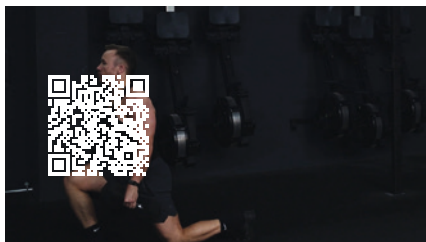
WARMUP



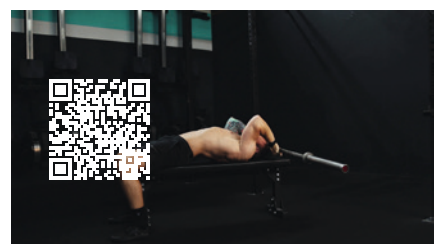
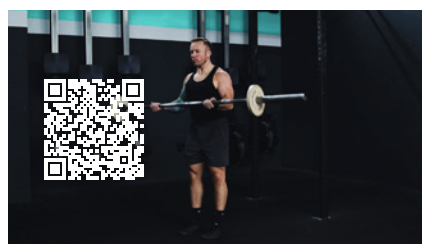
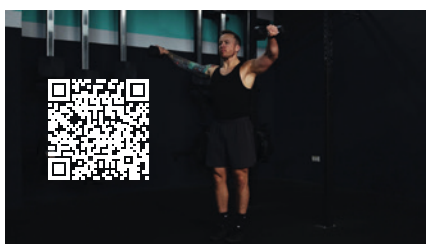
Strength Volume



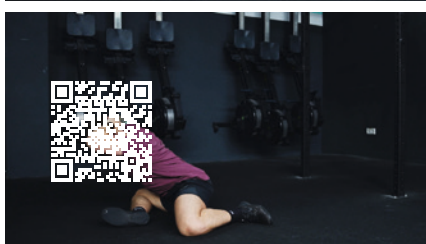
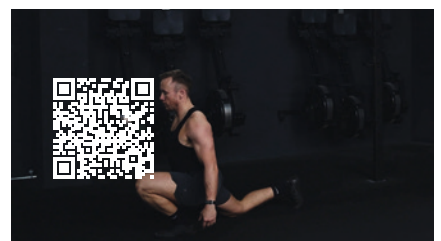
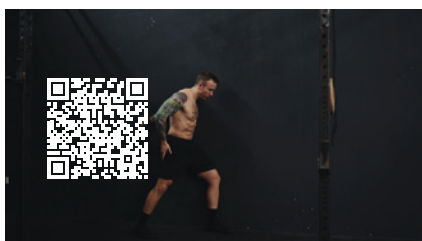
Strength Balance



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

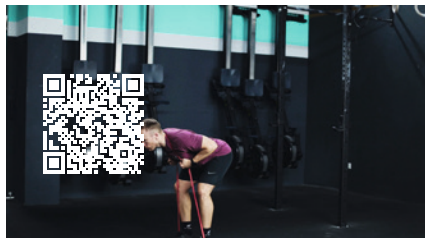
Überfahren



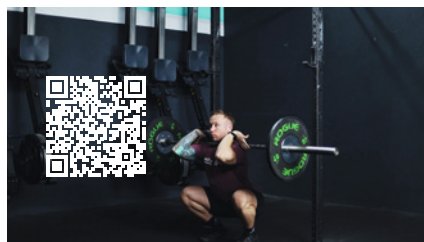
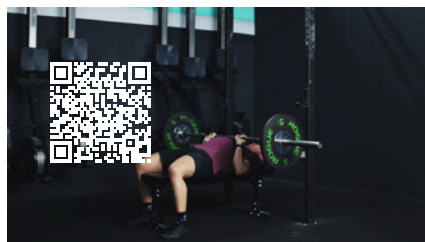
MOVEMENTS

how to -

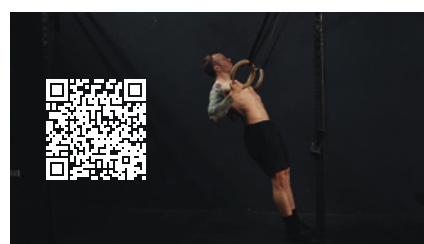
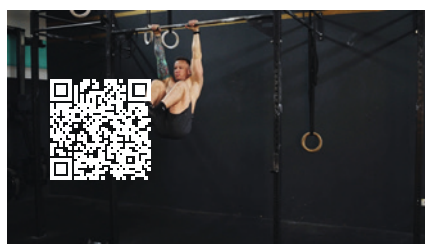
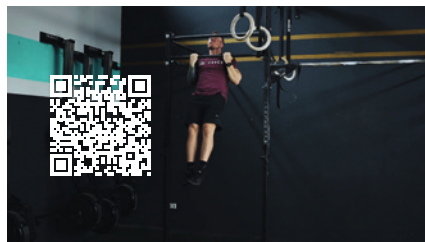
WARMUP



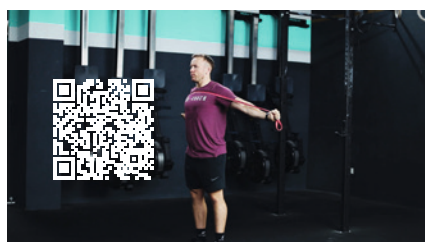
Strength Volume



Strength Balance



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

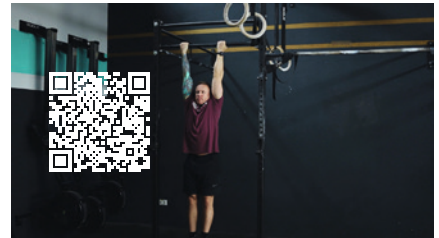
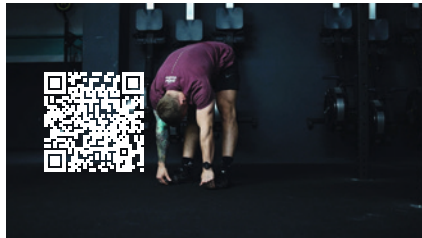
Überfahren



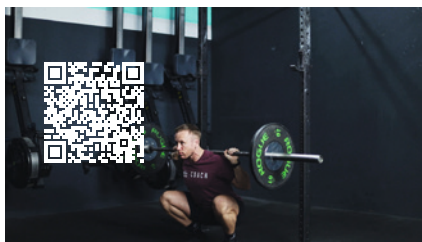
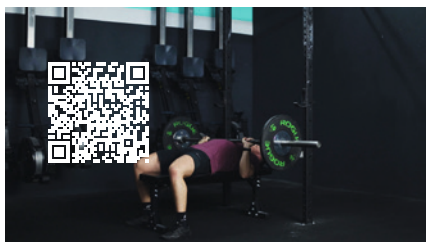
MOVEMENTS

how to -

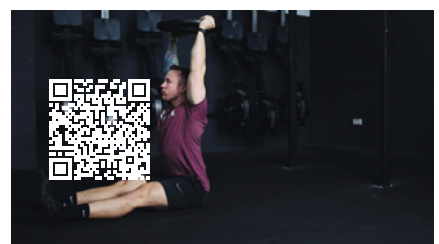
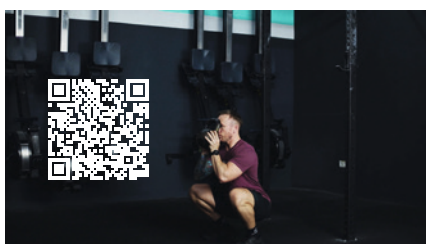
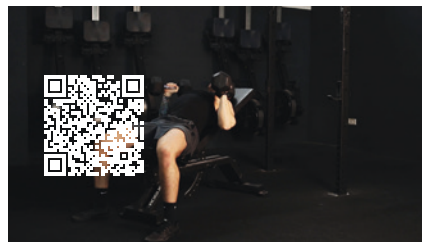
WARMUP



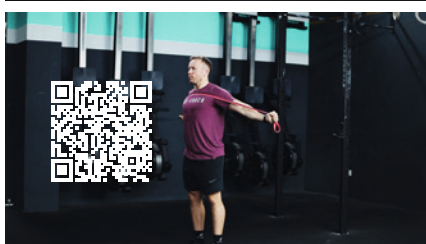
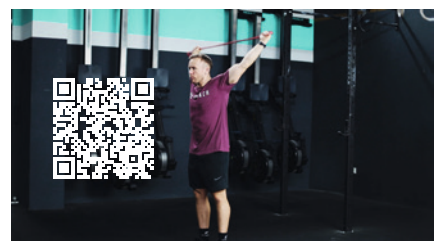
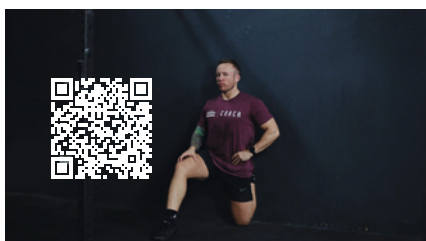
Strength Volume



Strength Accessory



COOLDOWN



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

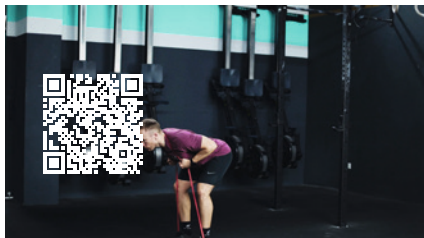
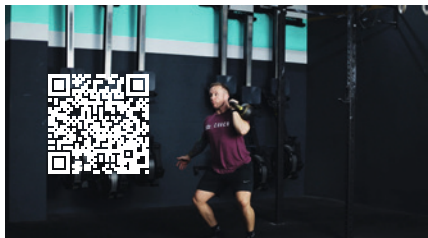
Überfahren



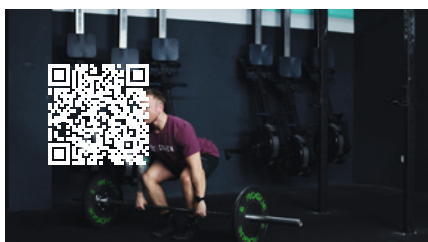
MOVEMENTS

how to -

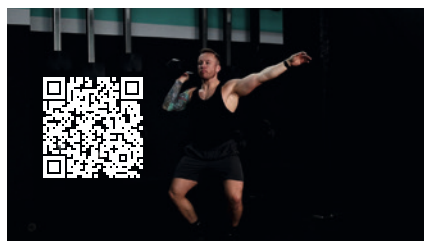
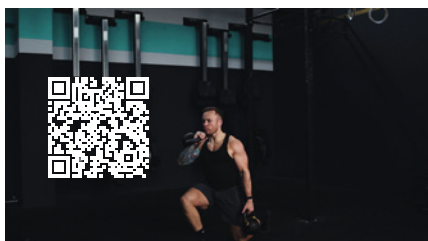
WARMUP



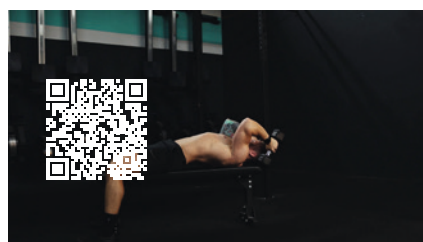
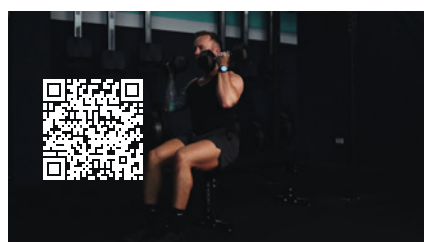
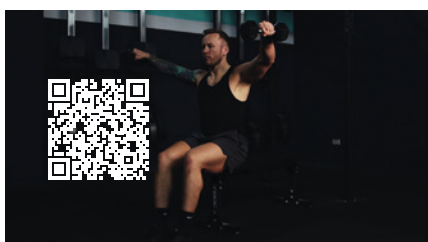
Strength Volume



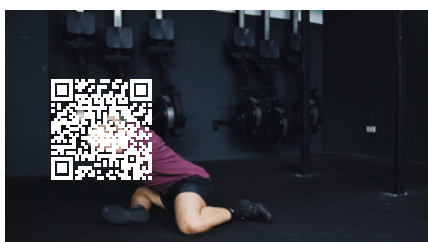
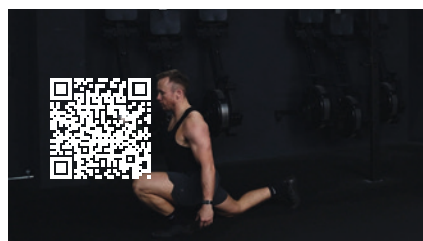
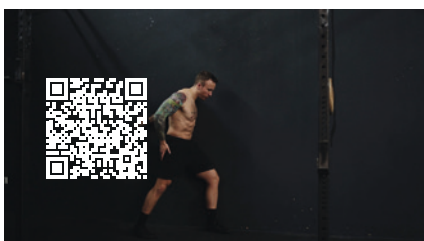
Strength Balance



Strength Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

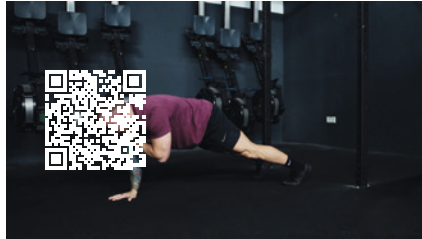
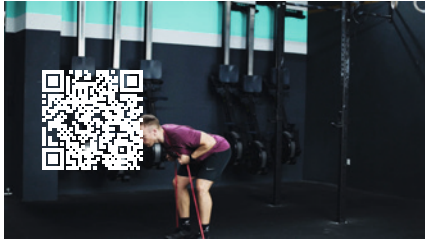
Überfahren



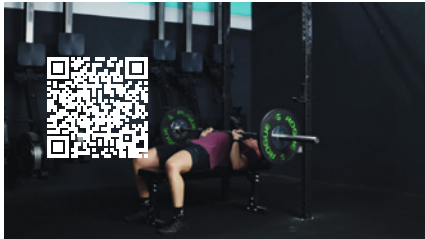
MOVEMENTS

how to -

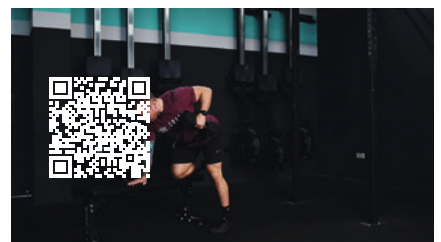
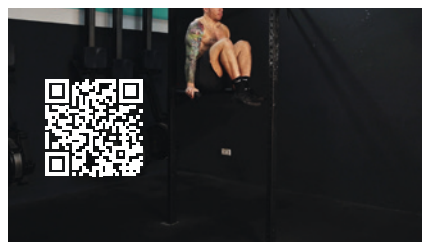
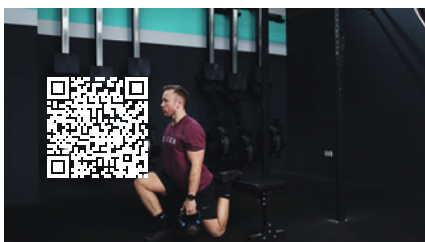
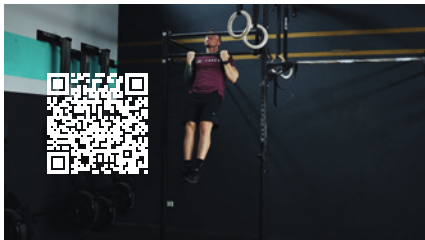
WARMUP



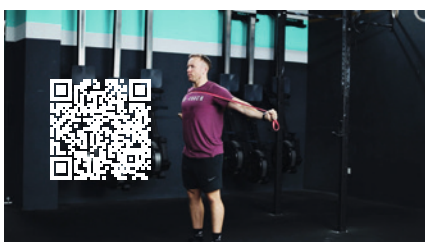
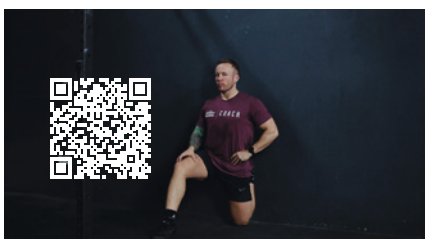
Strength Volume



Strength Balance



COOLDOWN



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

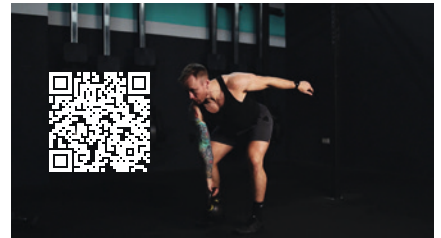
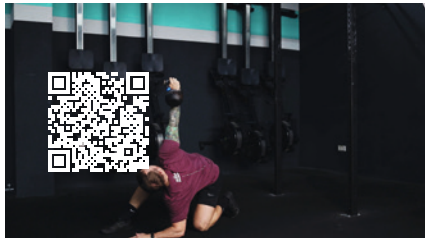
Überfahren



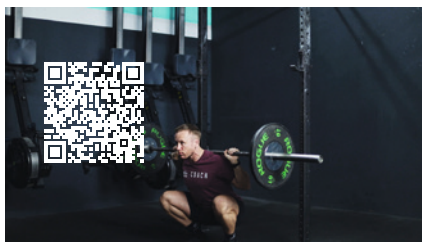
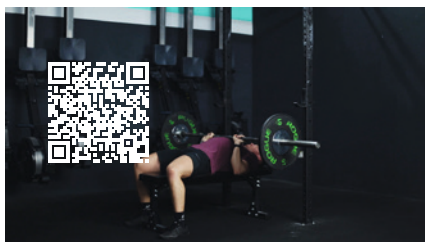
MOVEMENTS

how to -

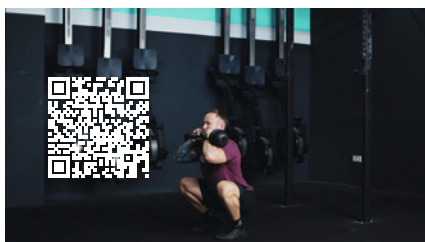
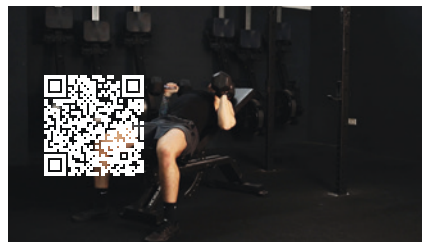
WARMUP



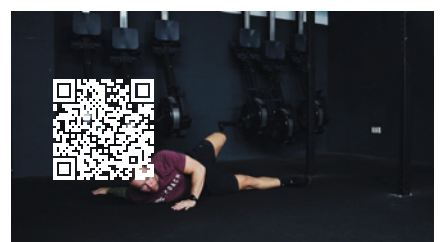
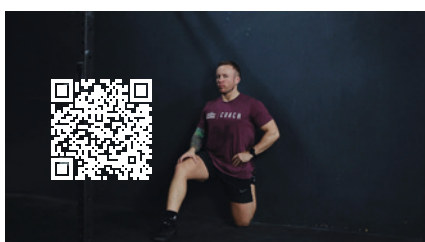
Strength Volume



Strength Accessory



COOLDOWN



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

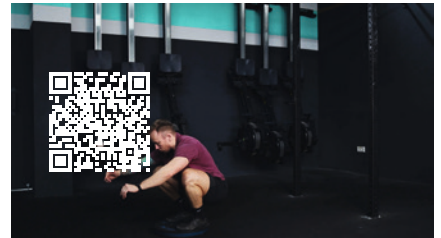
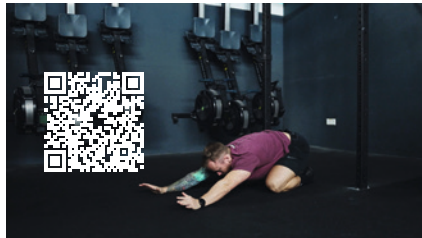
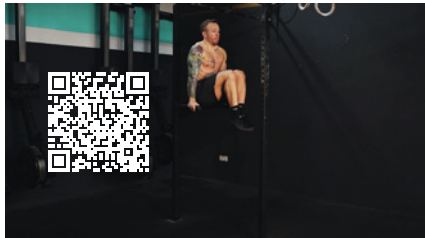
Überfahren



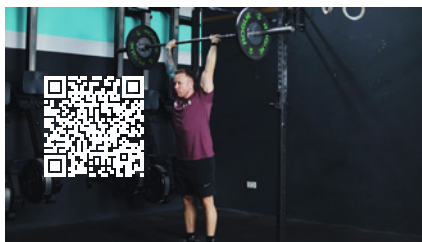
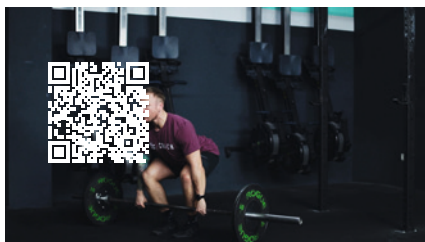
MOVEMENTS

how to -

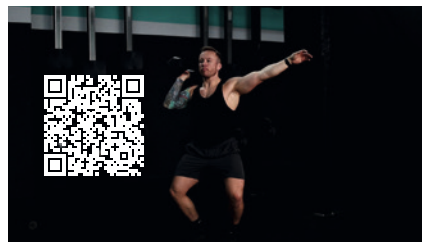
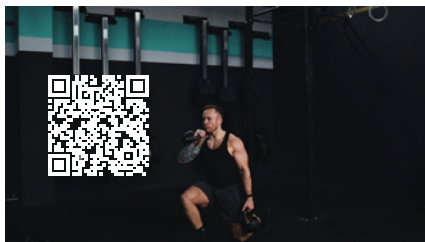
WARMUP



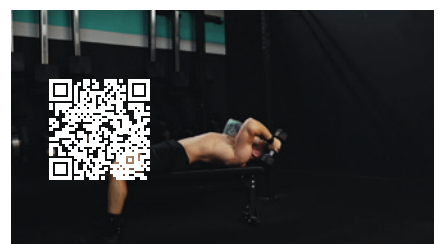
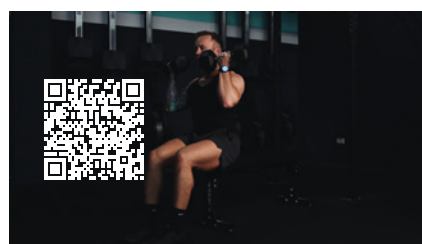
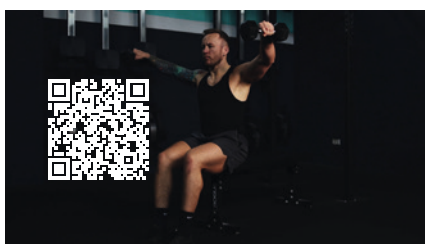
Strength Volume



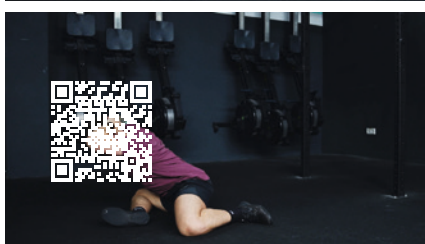
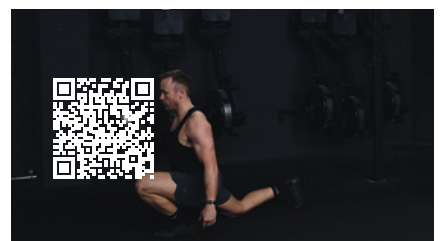
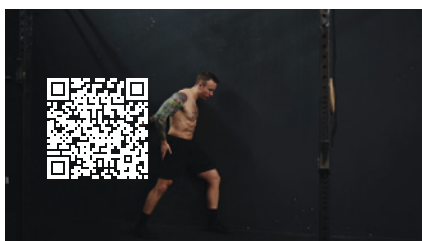
Strength Balance



Strength Accessory



COOLDOWN



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

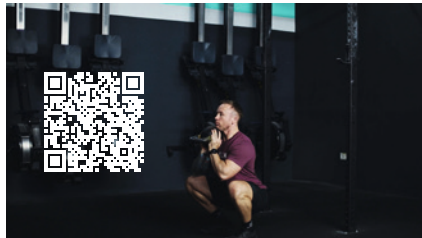
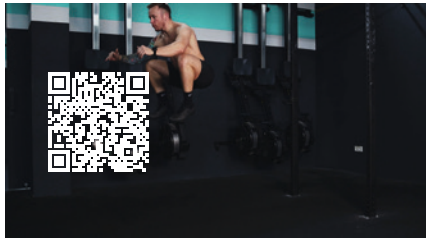
Überfahren



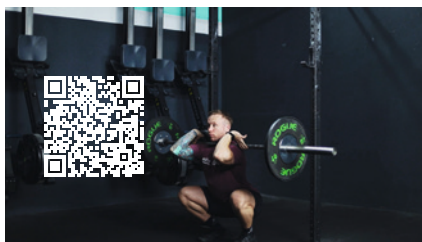
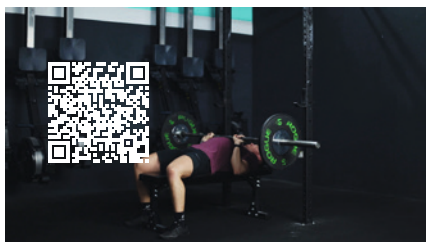
MOVEMENTS

how to -

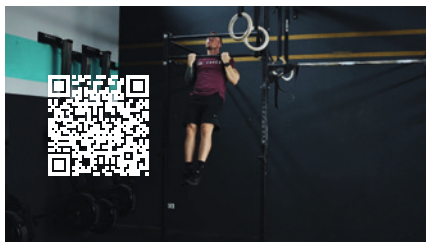
WARMUP



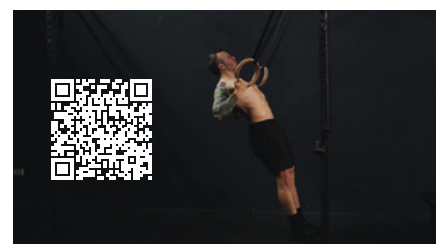
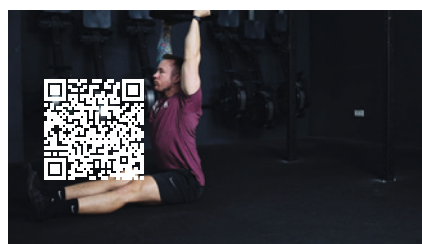
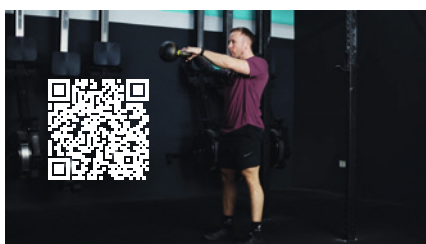
Strength Volume



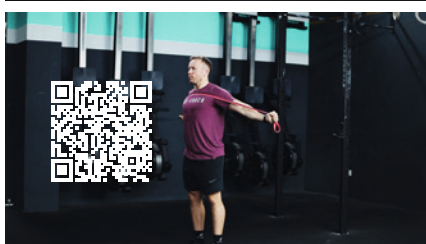
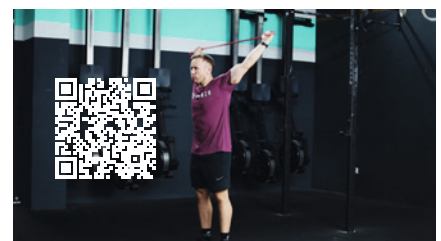
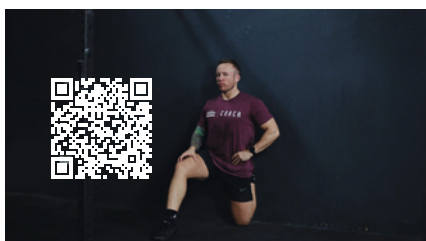
Strength Balance



Strength Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

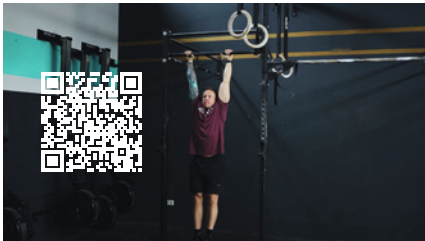
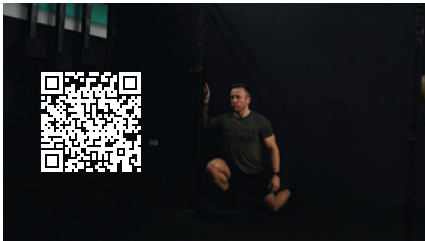
Überfahren



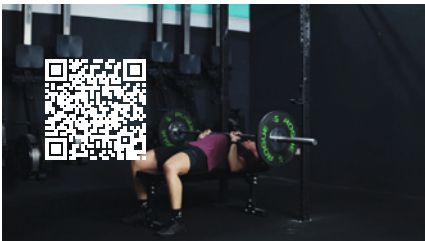
MOVEMENTS

how to -

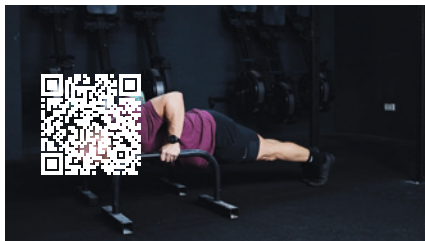
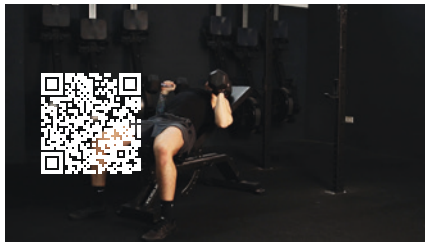
WARMUP



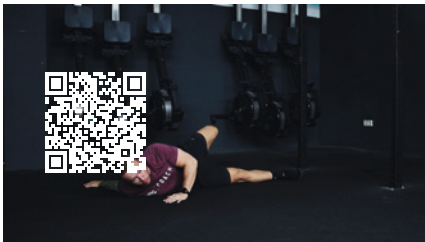
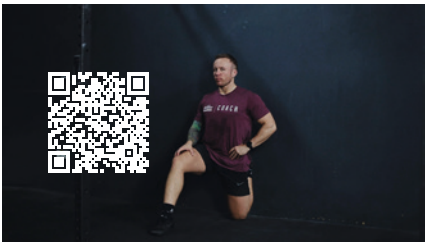
Strength
Volume



Strength
Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

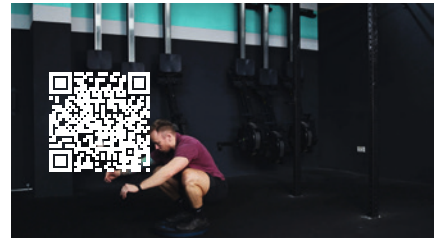
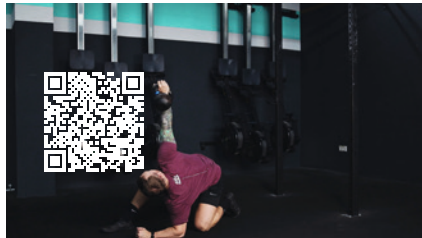
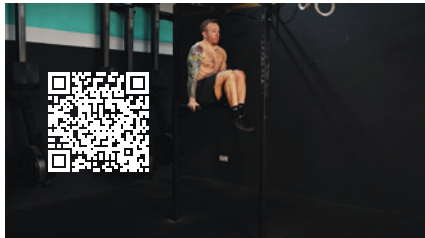
Überfahren



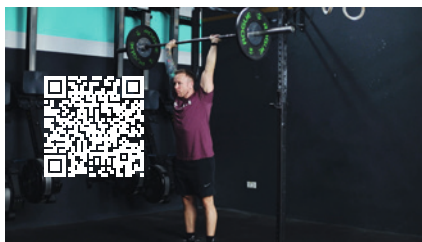
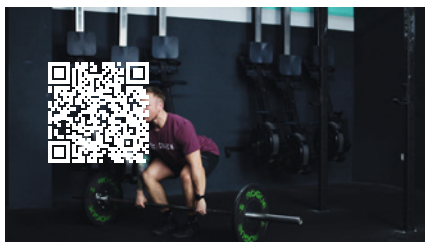
MOVEMENTS

how to -

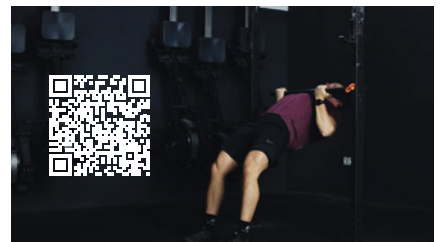
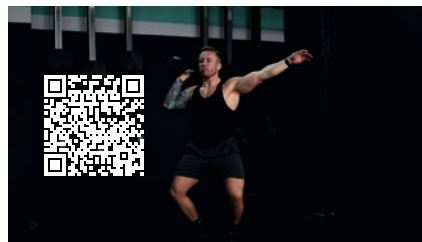
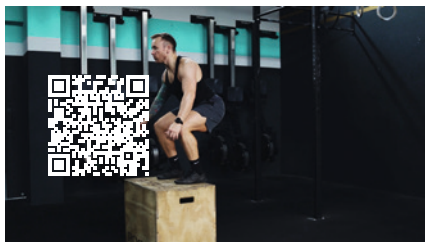
WARMUP



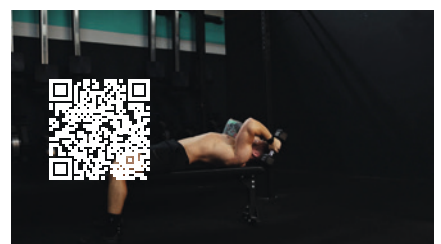
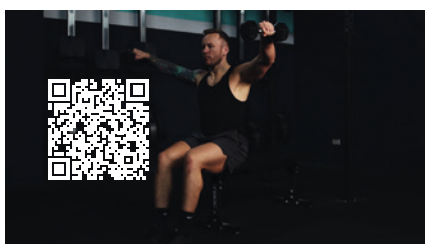
Strength Volume



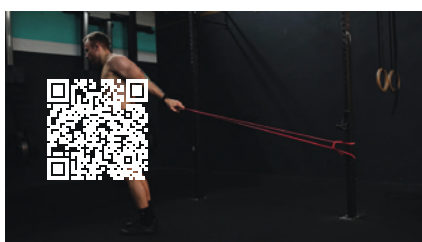
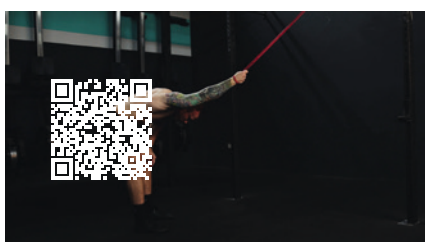
Strength Balance



Strength Accessory



COOLDOWN



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



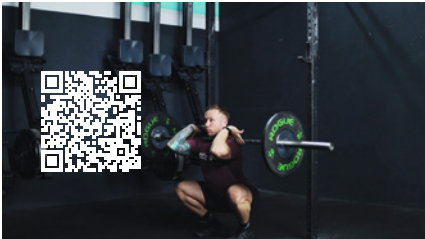
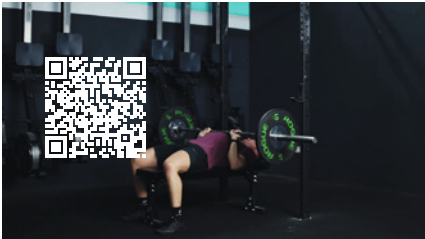
MOVEMENTS

how to -

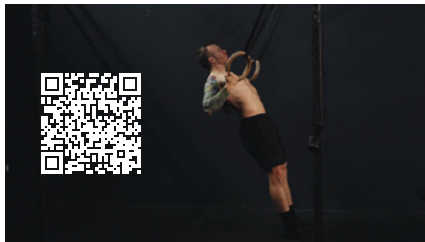
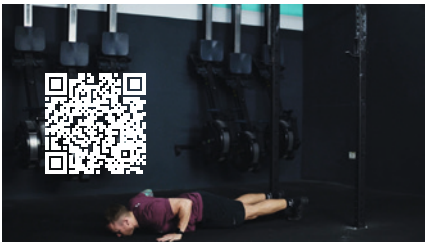
WARMUP



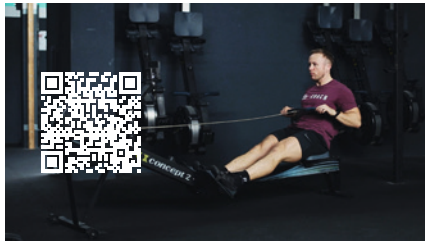
Strength
Volume



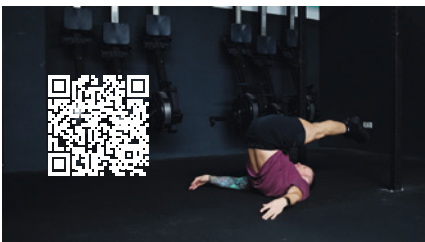
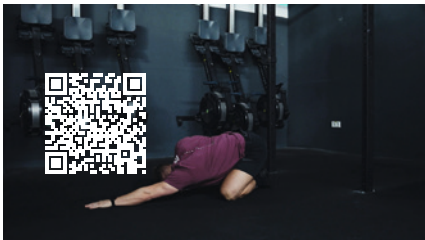
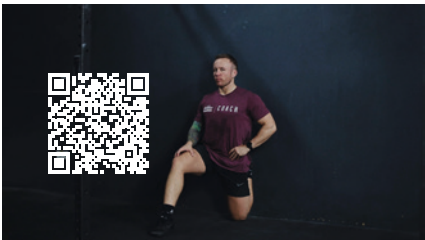
Strength
Balance



Strength
Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

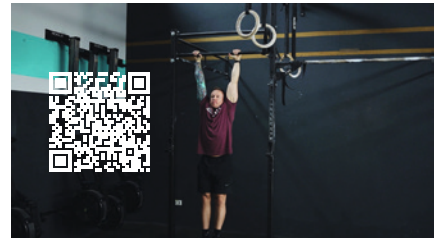
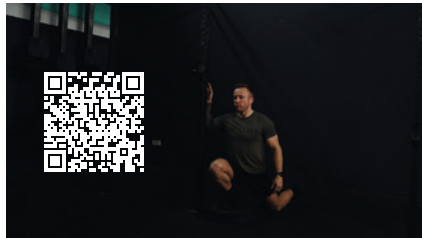
Überfahren



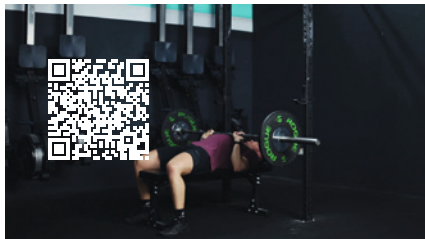
MOVEMENTS

how to -

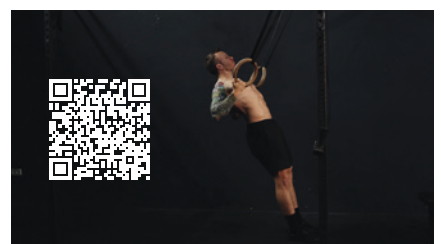
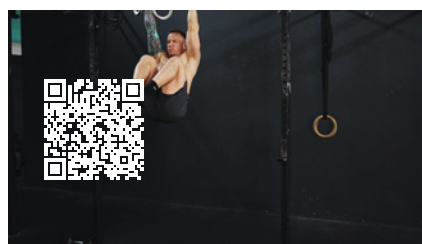
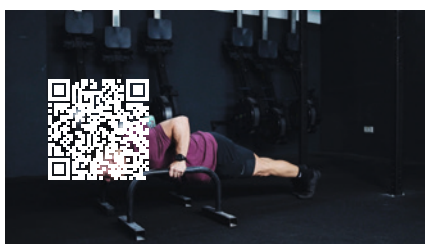
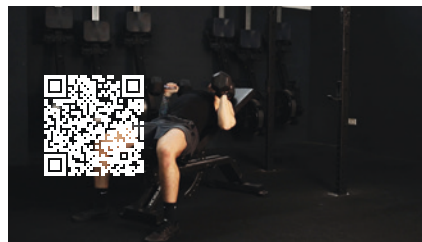
WARMUP



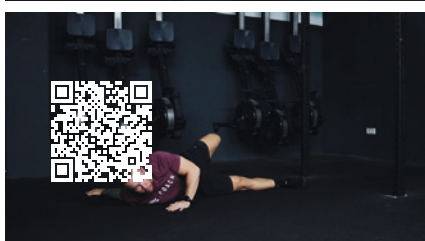
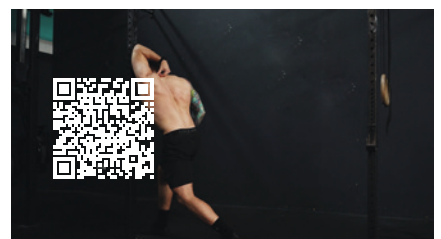
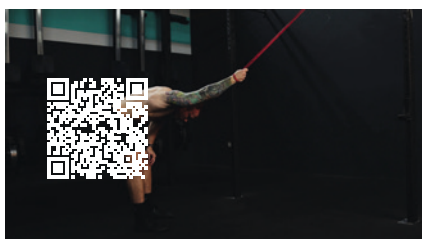
Strength Volume



Strength Accessory



COOLDOWN



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

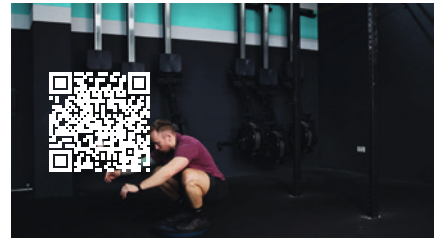
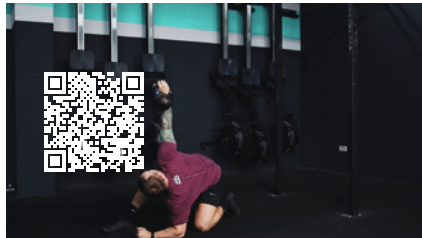
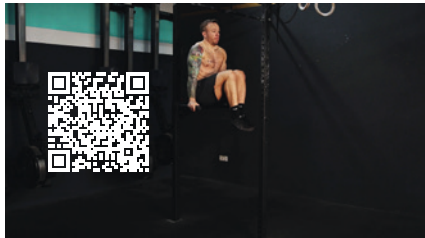
Überfahren



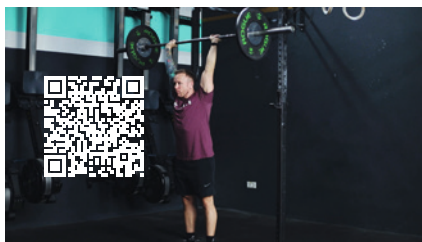
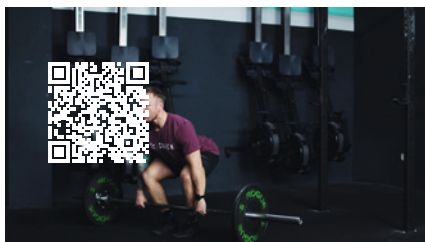
MOVEMENTS

how to -

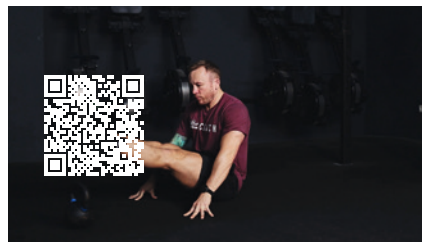
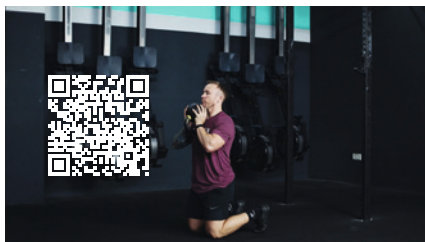
WARMUP



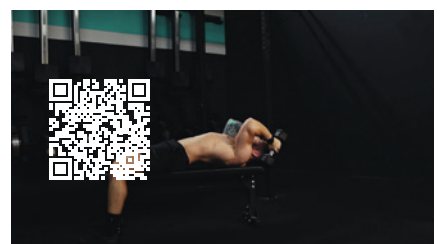
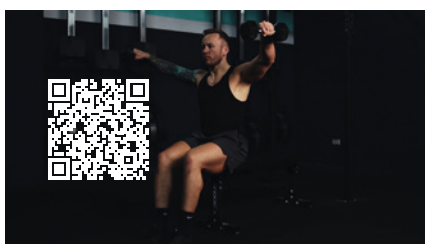
Strength Volume



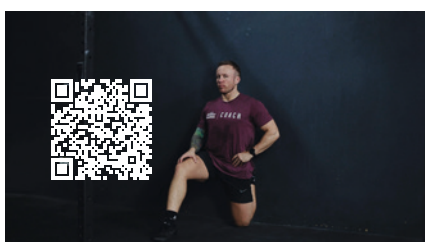
Strength Balance



Strength Accessory



COOLDOWN



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: 12 Pushups 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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

Überfahren



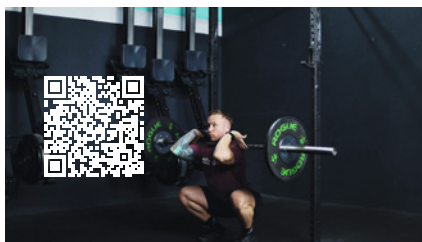
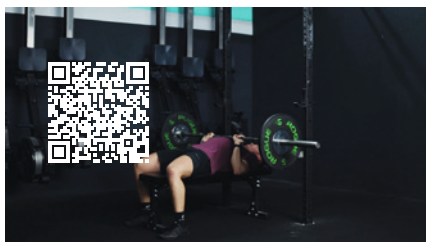
MOVEMENTS

how to -

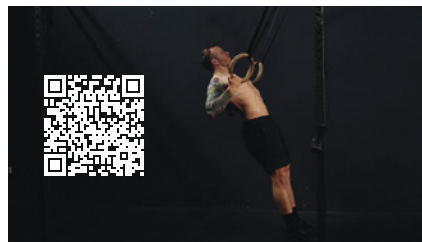
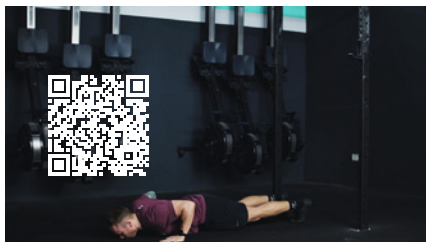
WARMUP



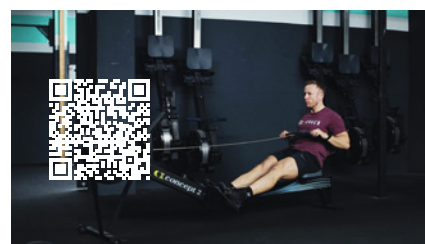
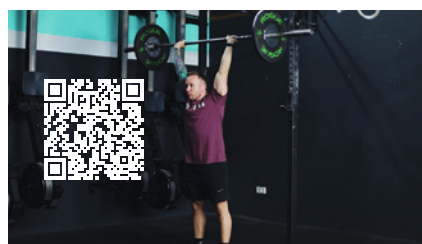
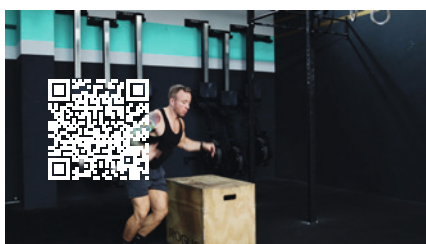
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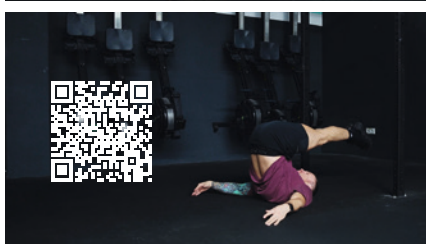
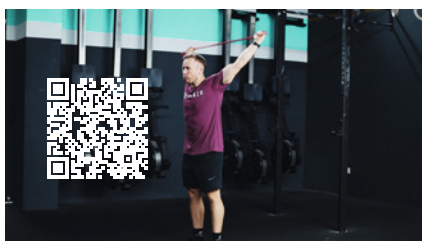
Strength Balance



Strength Accessory



COOLDOWN



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

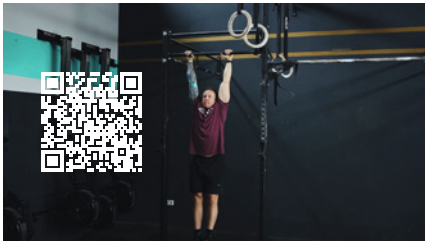
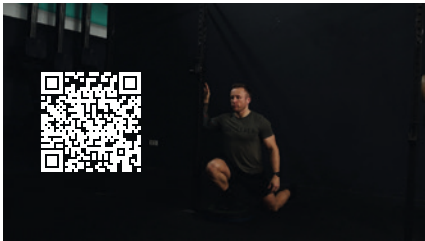
Überfahren



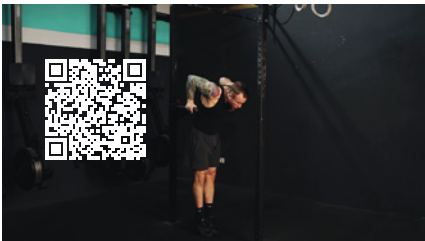
MOVEMENTS

how to -

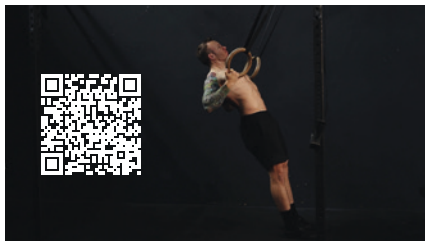
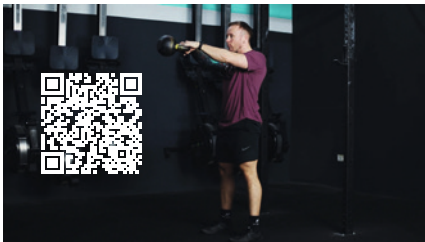
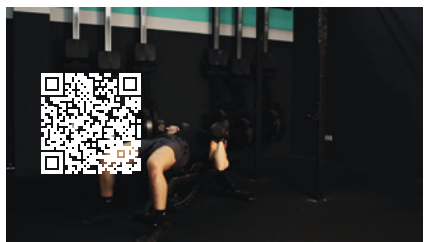
WARMUP



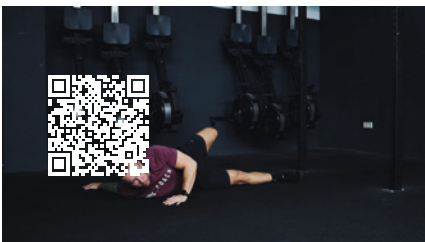
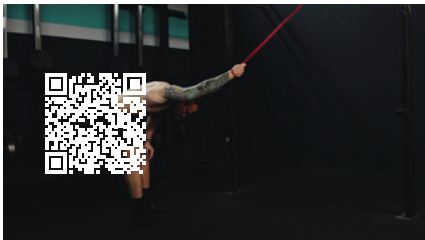
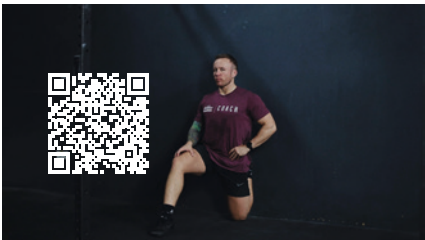
Strength
Volume



Strength
Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

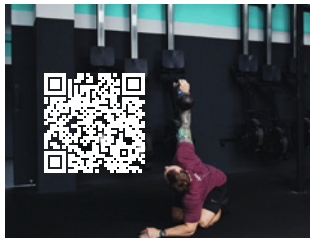
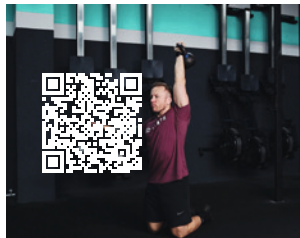
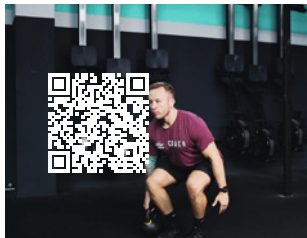
Überfahren



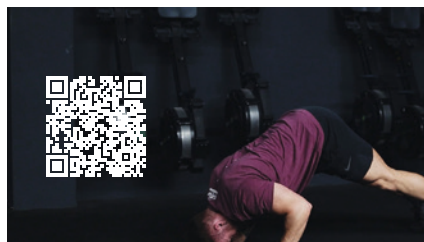
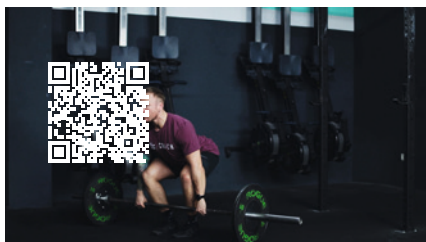
MOVEMENTS

how to -

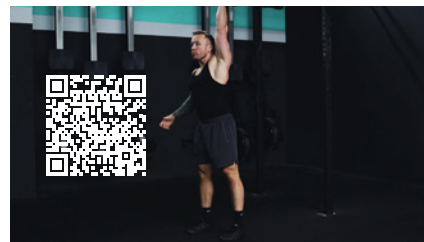
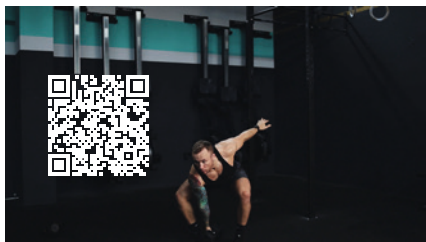
WARMUP



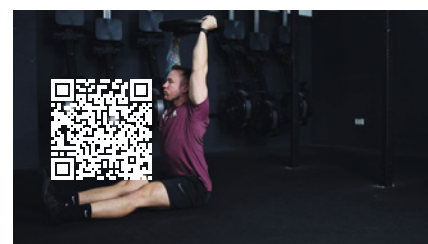
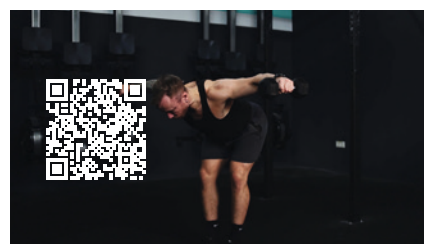
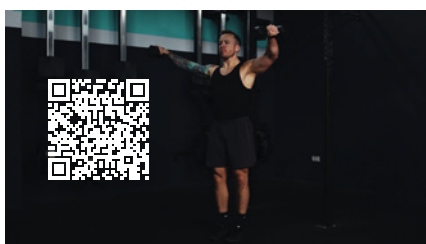
Strength Volume



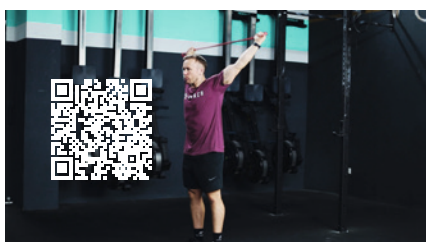
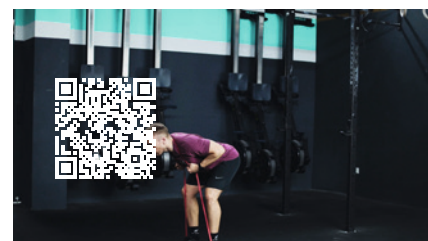
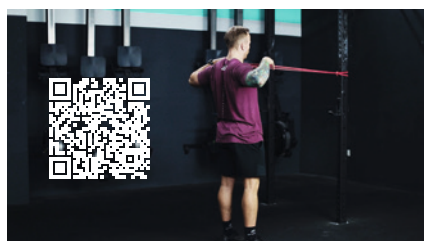
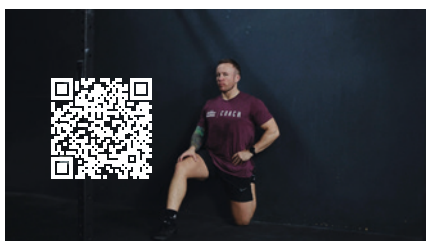
Power Conditioning



Strength Accessory



COOLDOWN



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

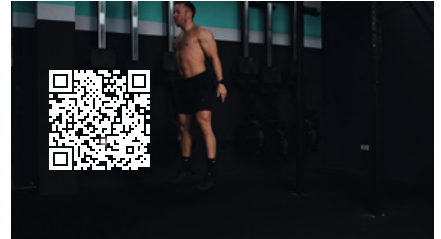
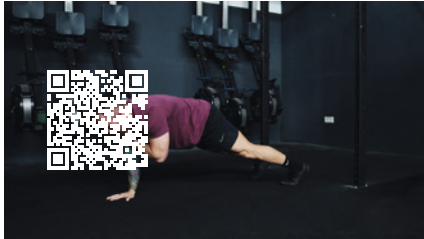
Überfahren



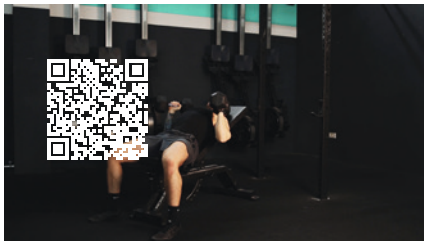
MOVEMENTS

how to -

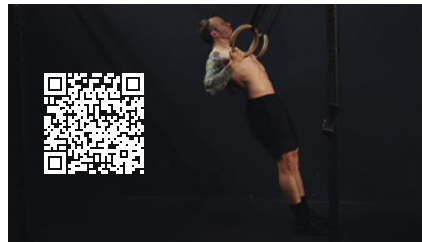
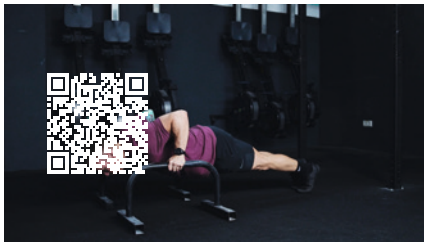
WARMUP



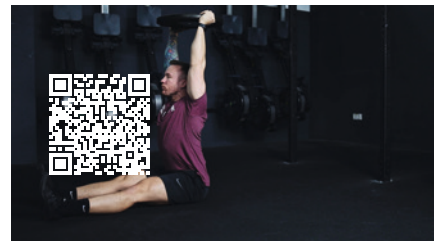
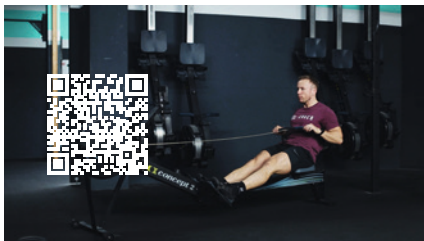
Strength Volume



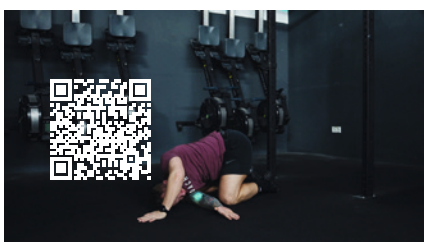
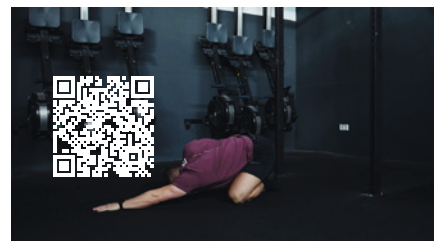
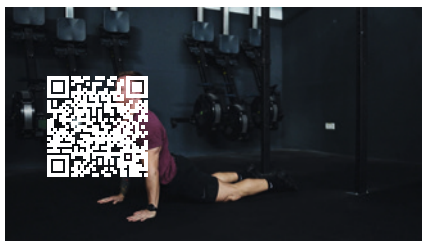
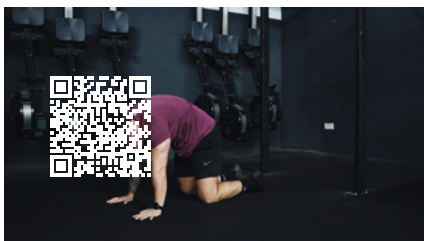
Strength Balance



Stamina Conditioning



COOLDOWN



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% 2ORM 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

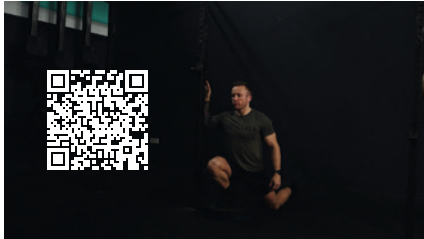
Überfahren



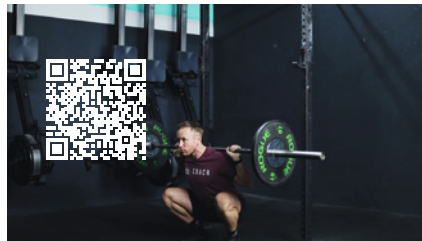
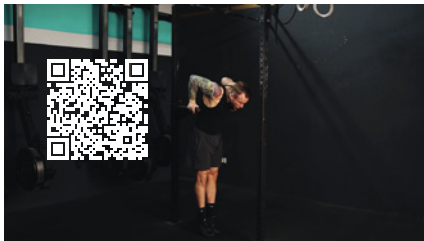
MOVEMENTS

how to -

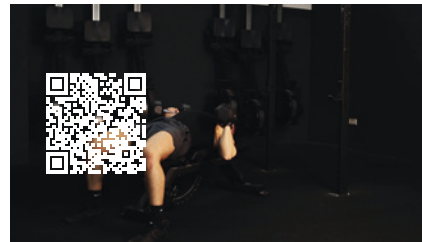
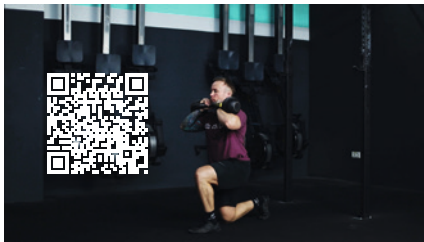
WARMUP



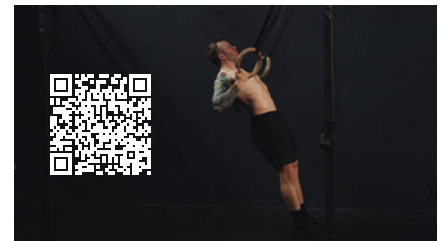
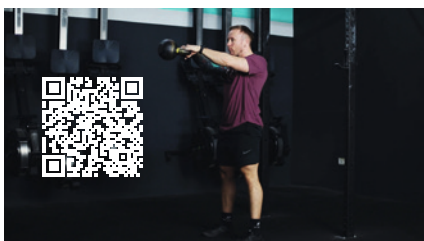
Strength Volume



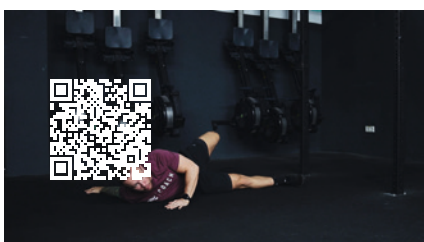
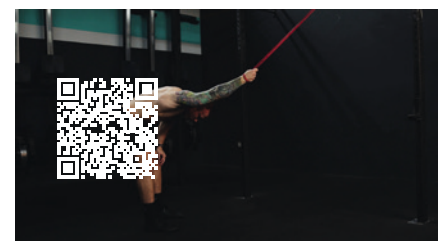
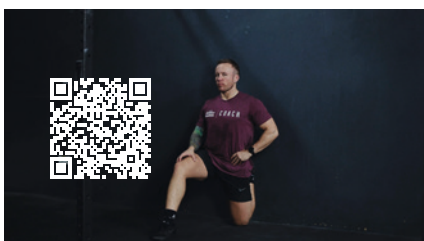
Strength Balance



Strength Accessory



COOLDOWN



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

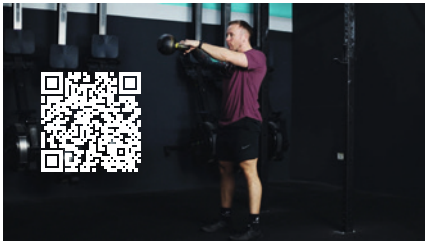
Überfahren



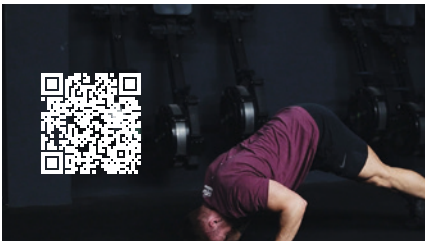
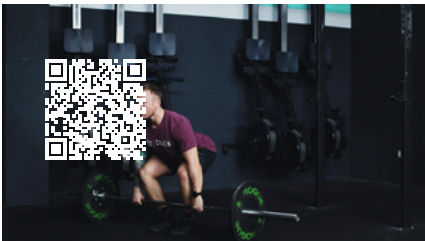
MOVEMENTS

how to -

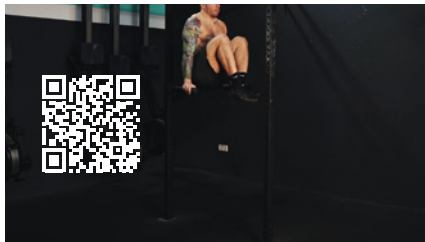
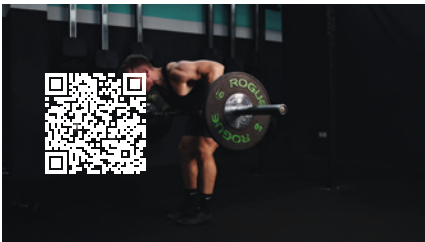
WARMUP



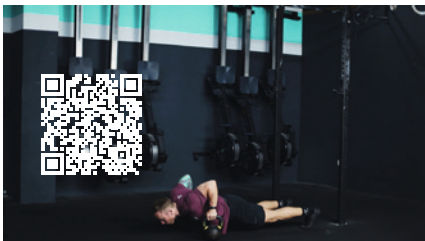
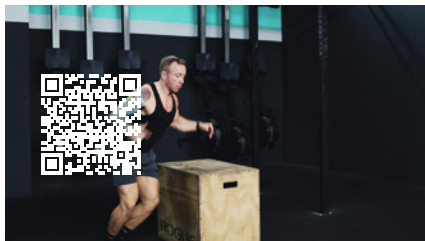
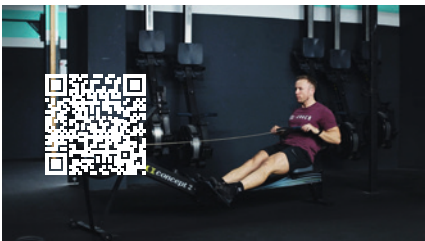
Strength
Volume



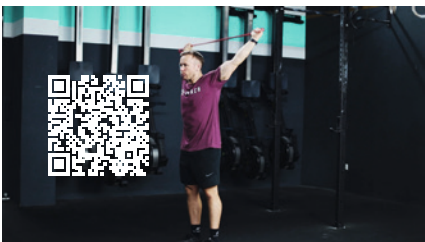
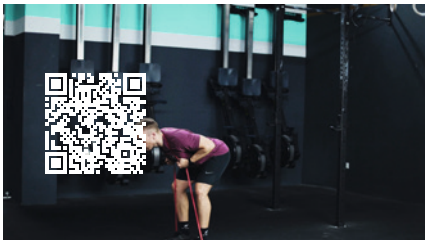
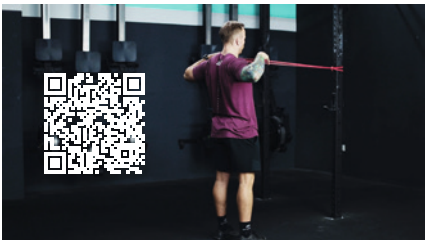
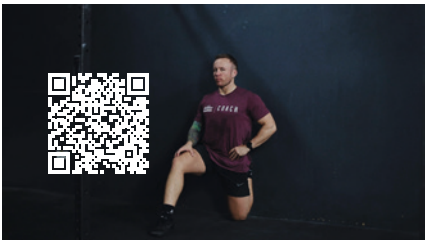
Strength
Accessory



Power
Conditioning



COOLDOWN



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 <i>Optional:</i> 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

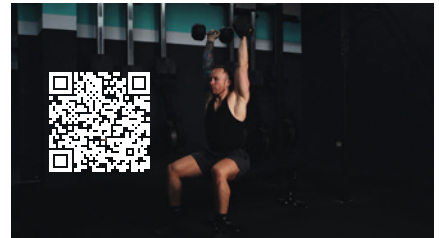
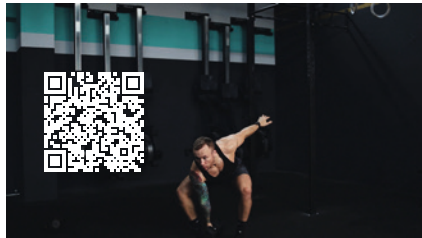
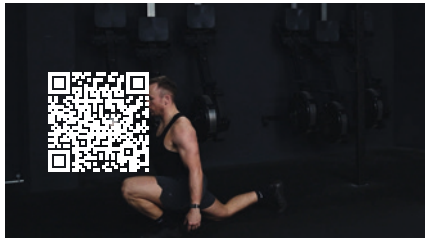
Überfahren



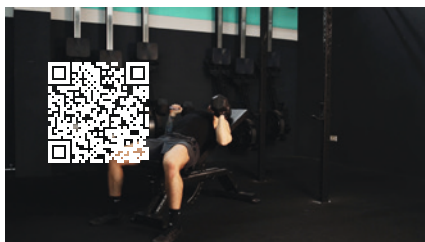
MOVEMENTS

how to -

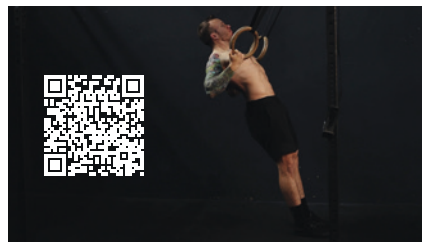
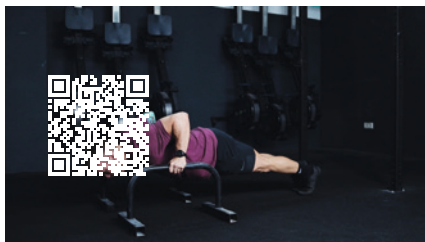
WARMUP



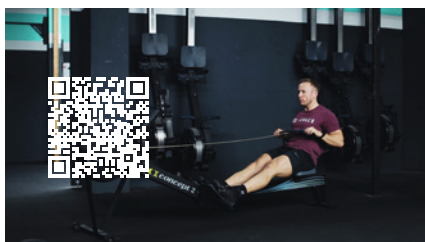
Strength Volume



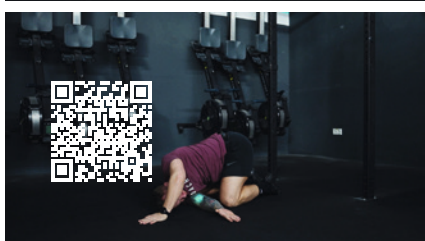
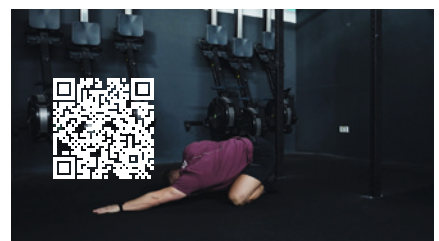
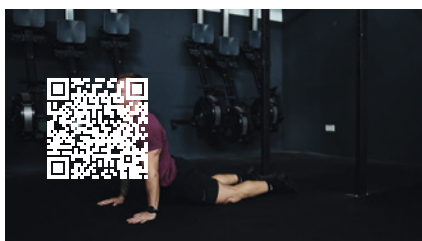
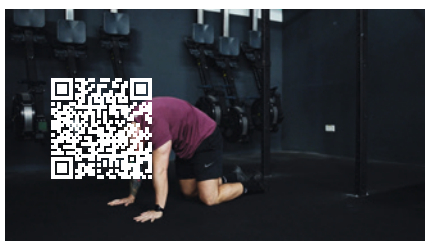
Strength Balance



Stamina Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

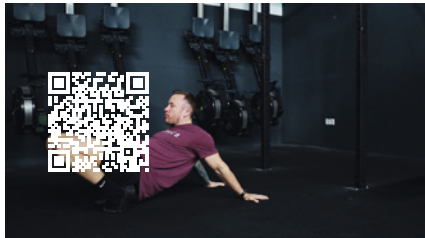
Überfahren



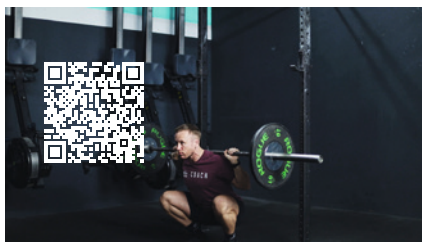
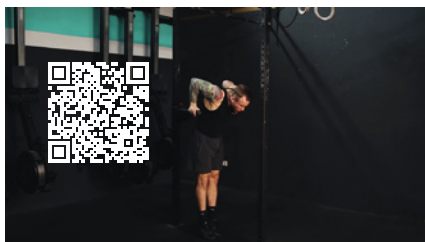
MOVEMENTS

how to -

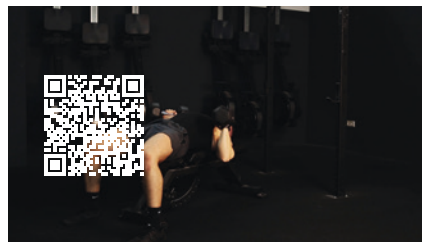
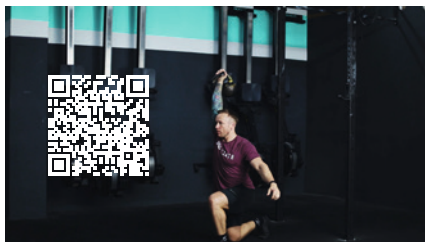
WARMUP



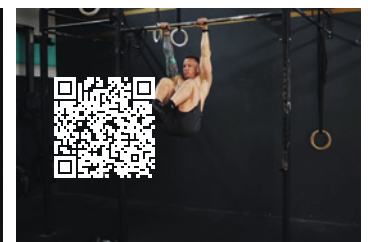
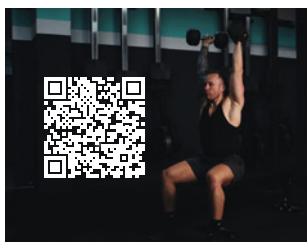
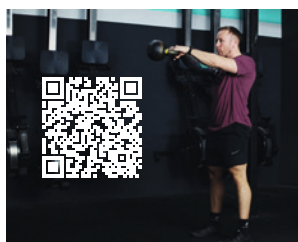
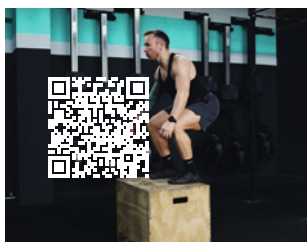
Strength Volume



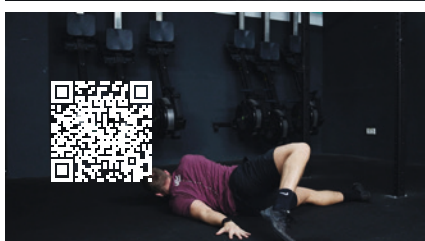
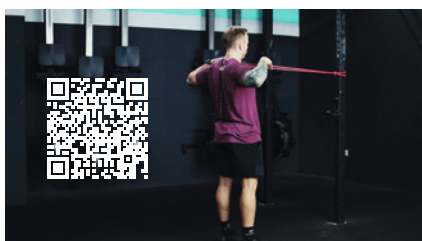
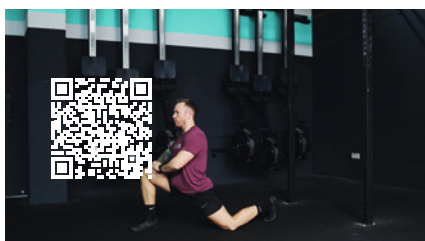
Strength Balance



Strength Accessory



COOLDOWN



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

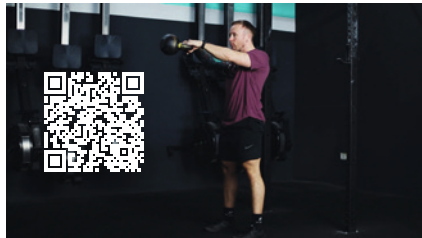
Überfahren



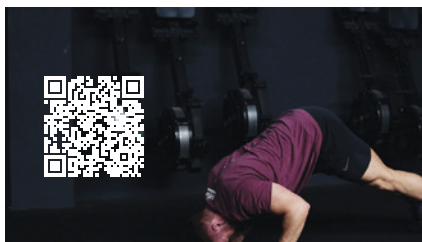
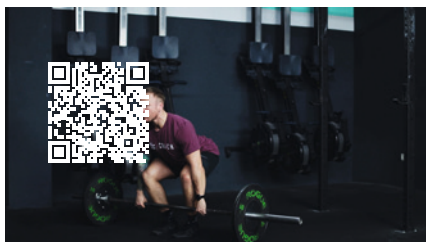
MOVEMENTS

how to -

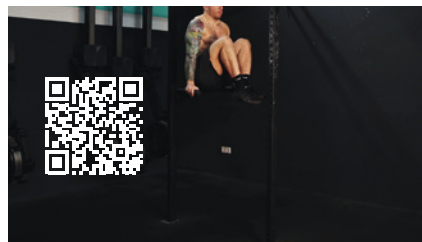
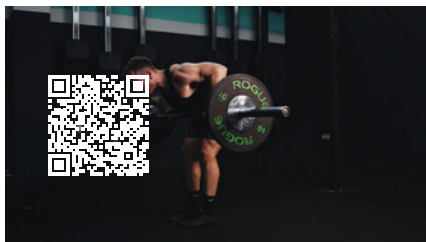
WARMUP



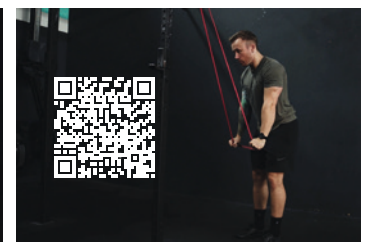
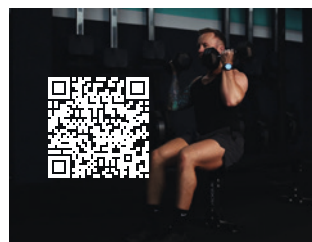
Strength Volume



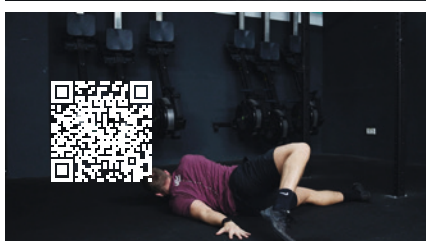
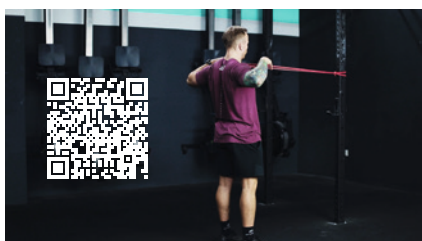
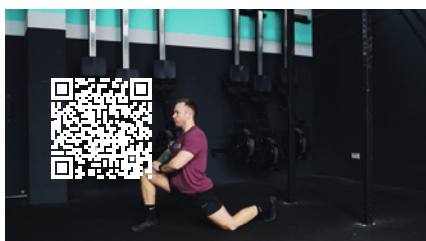
Strength Accessory



Power Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

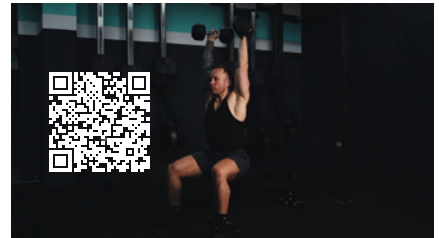
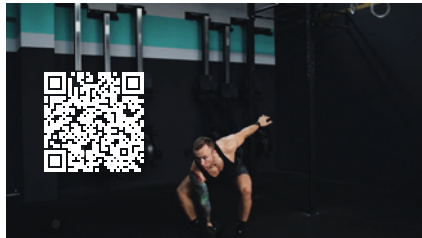
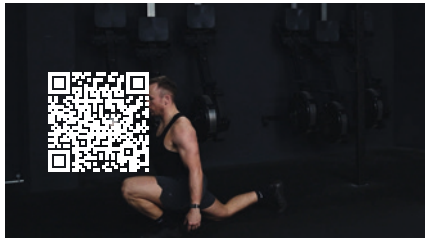
Überfahren



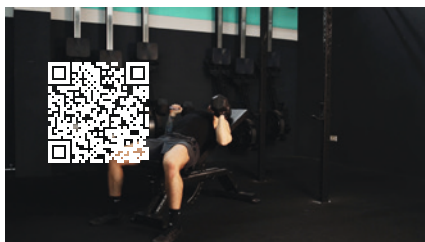
MOVEMENTS

how to -

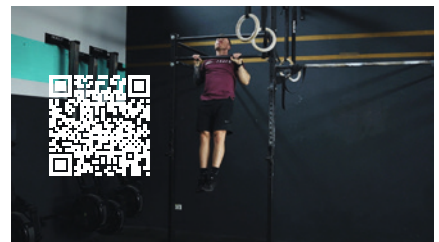
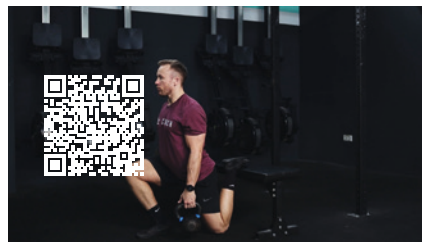
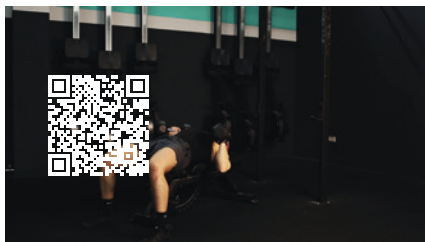
WARMUP



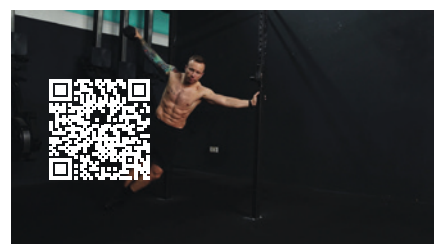
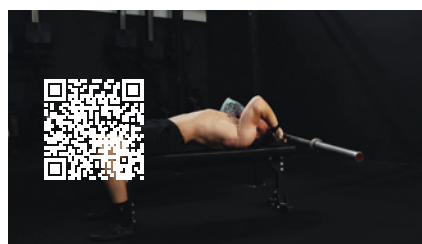
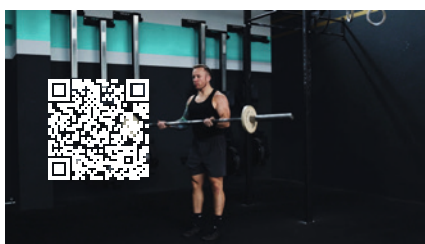
Strength Volume



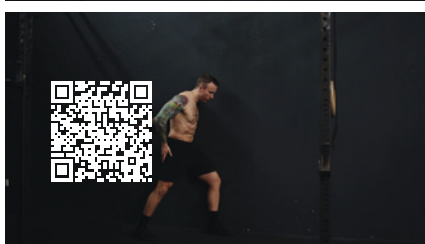
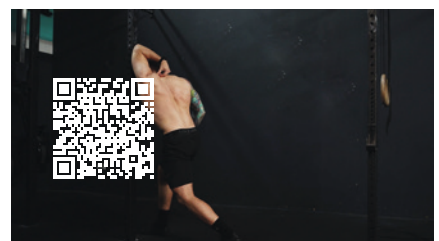
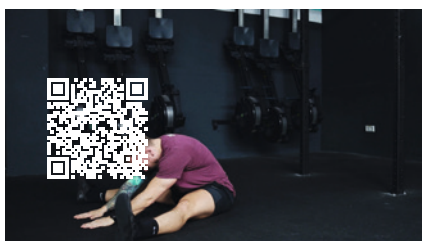
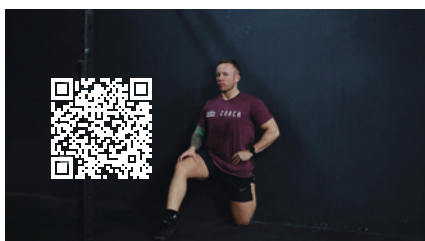
Strength Balance



Strength Accessory



COOLDOWN



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

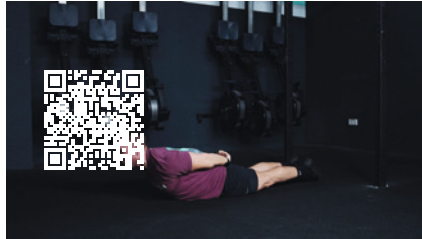
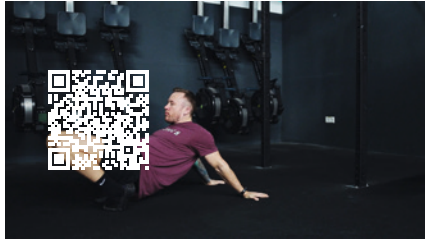
Überfahren



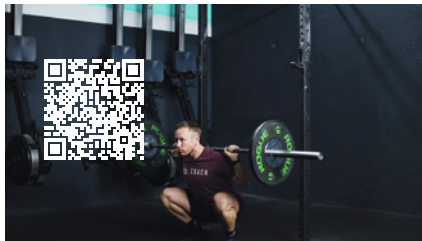
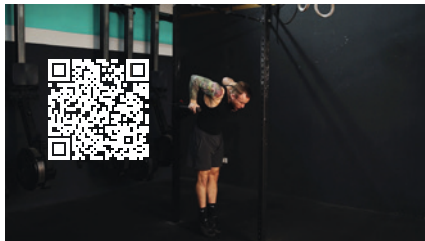
MOVEMENTS

how to -

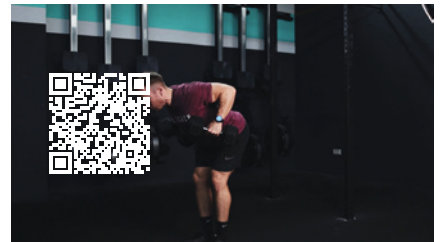
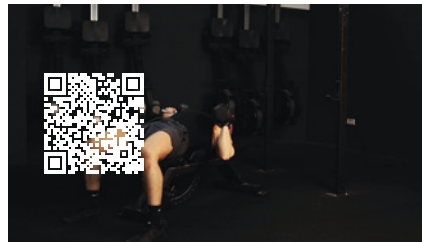
WARMUP



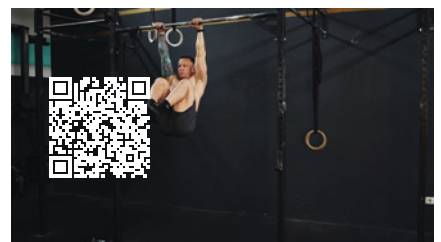
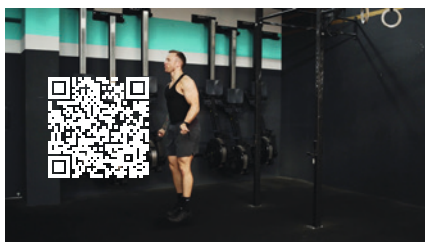
Strength Volume



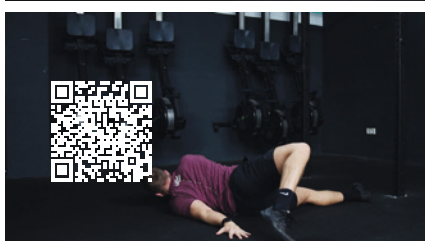
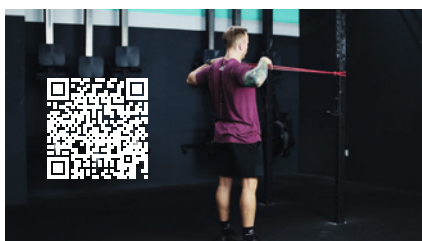
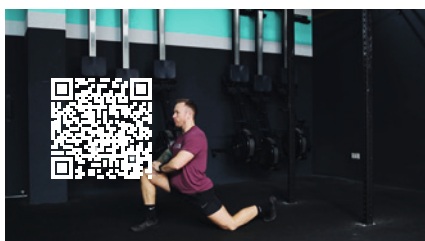
Strength Balance



Stamina Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

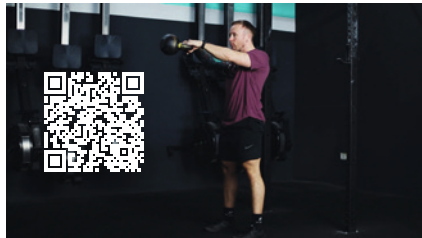
Überfahren



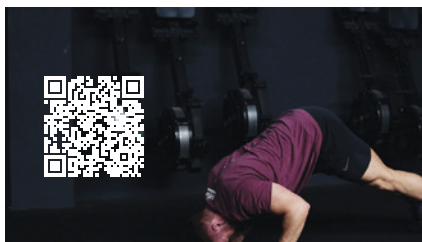
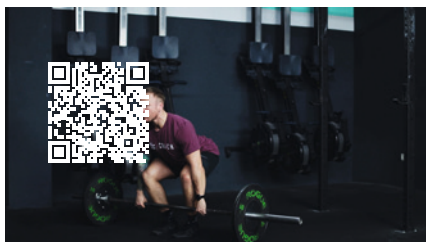
MOVEMENTS

how to -

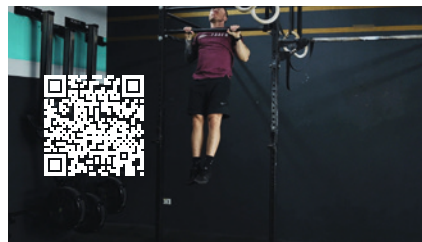
WARMUP



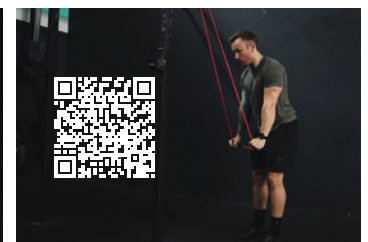
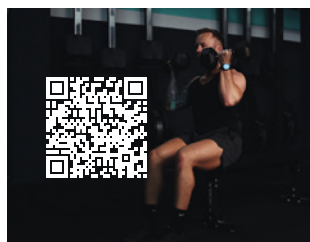
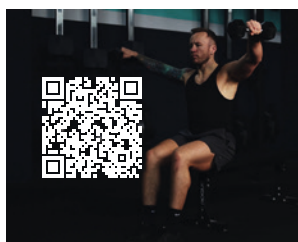
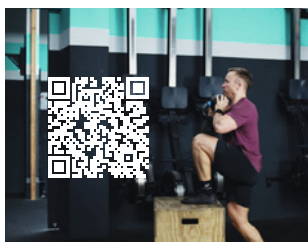
Strength Volume



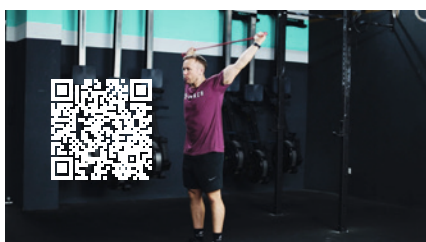
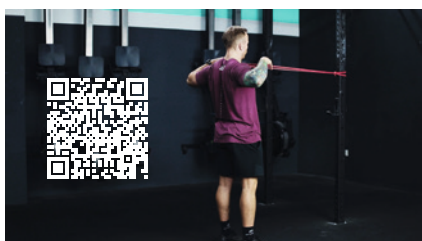
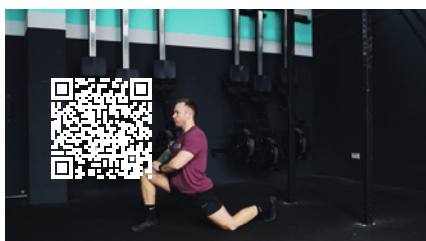
Strength Accessory



Power Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

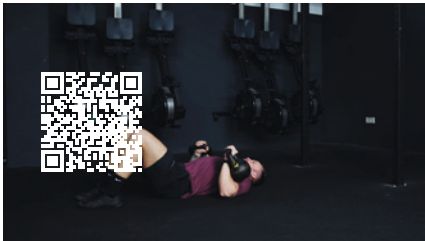
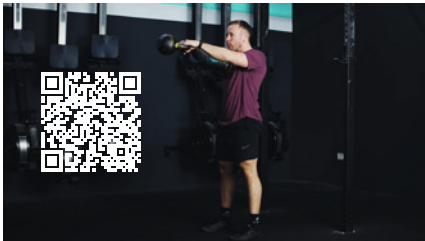
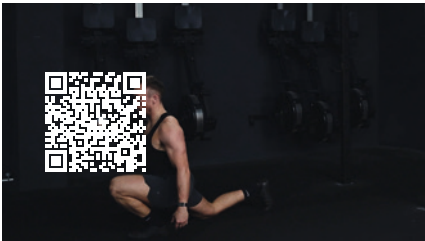
Überfahren



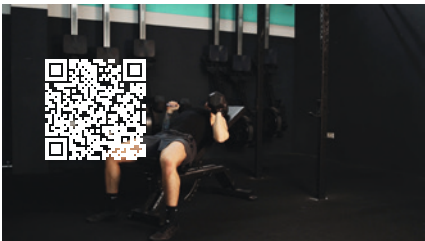
MOVEMENTS

how to -

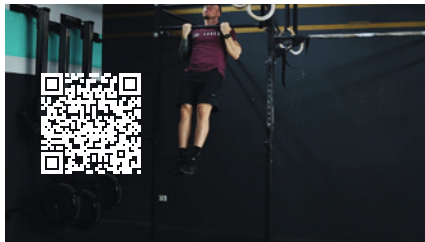
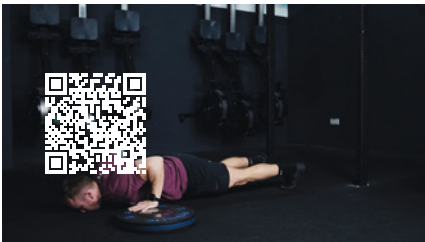
WARMUP



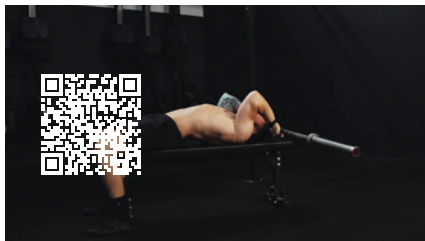
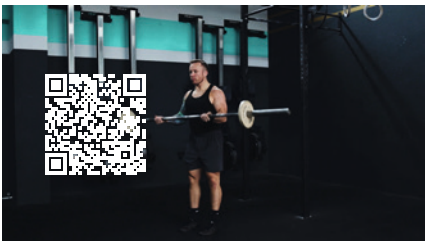
Strength
Volume



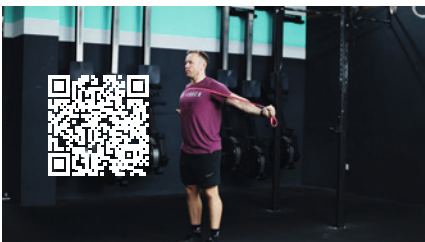
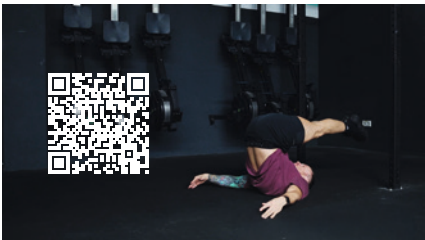
Strength
Capacity



Strength
Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

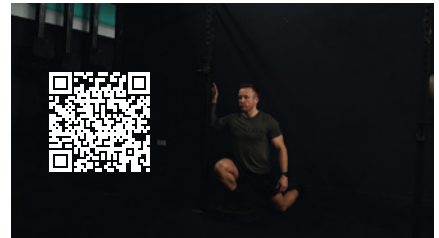
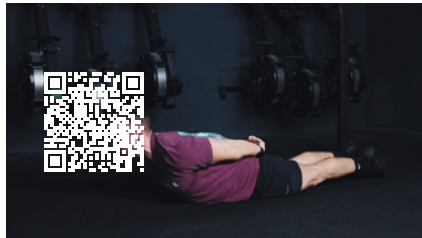
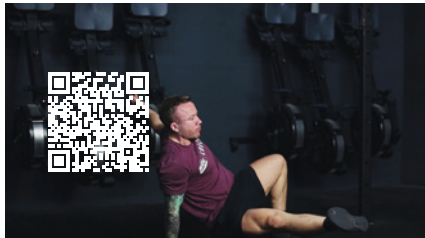
Überfahren



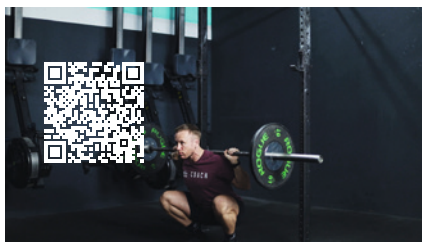
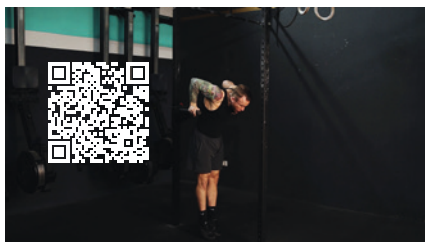
MOVEMENTS

how to -

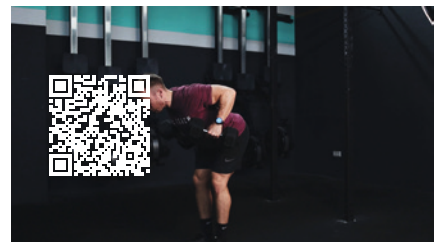
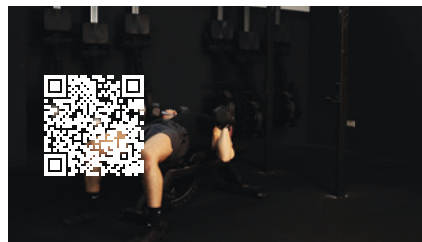
WARMUP



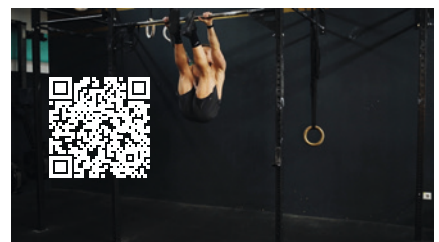
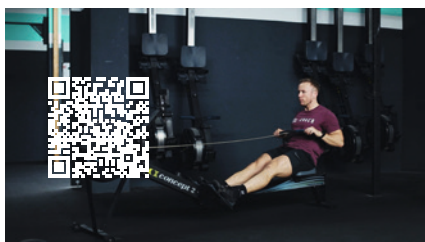
Strength Volume



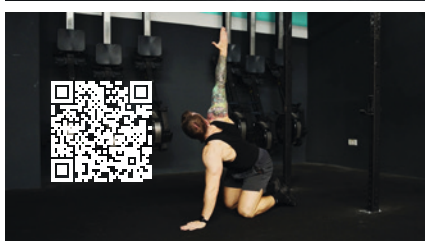
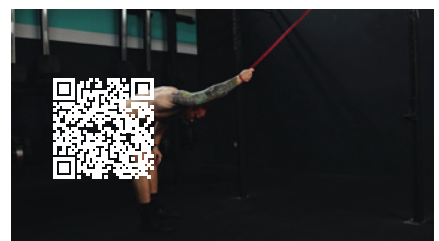
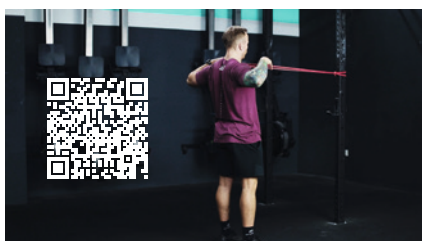
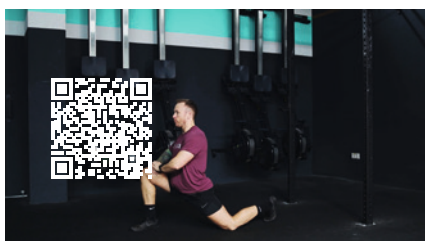
Strength Balance



Stamina Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

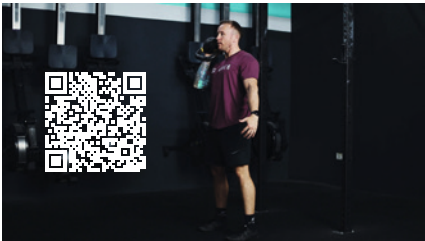
Überfahren



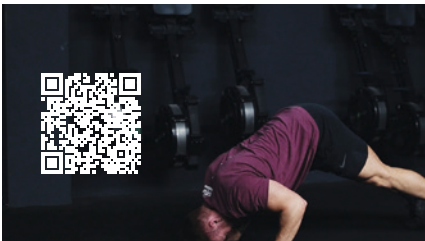
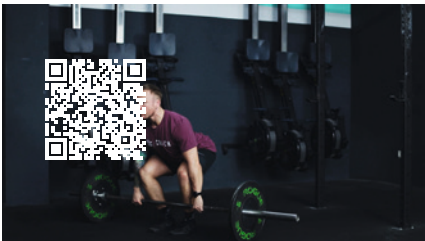
MOVEMENTS

how to -

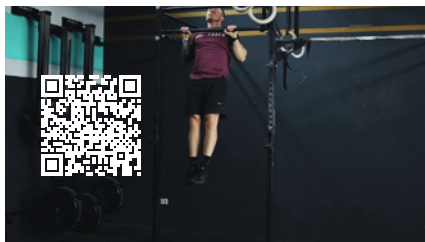
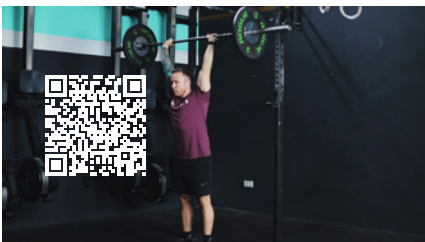
WARMUP



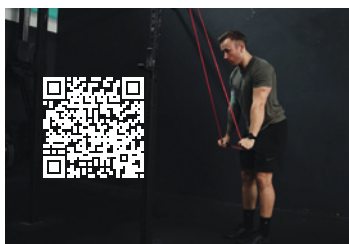
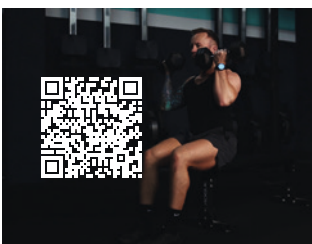
Strength
Volume



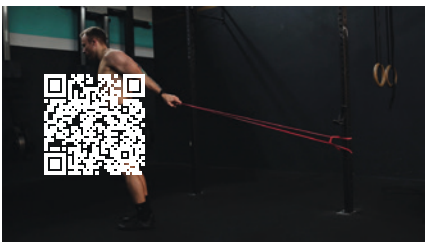
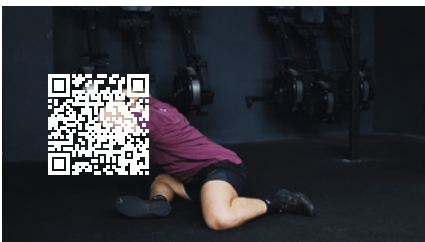
Strength
Accessory



Power
Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

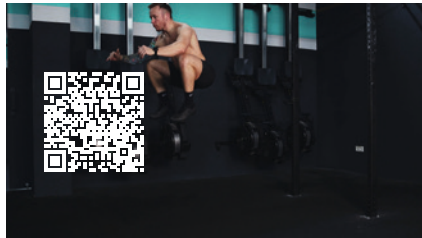
Überfahren



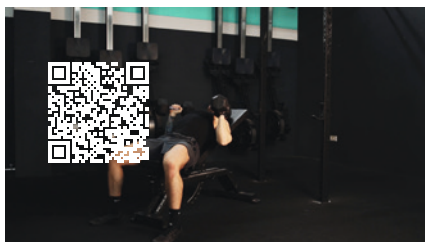
MOVEMENTS

how to -

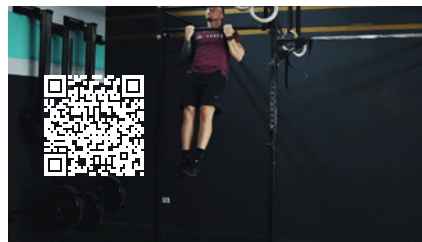
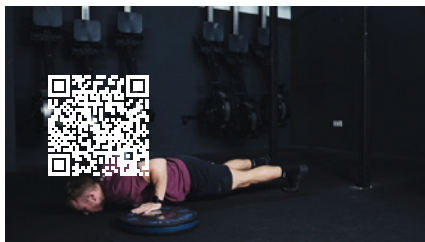
WARMUP



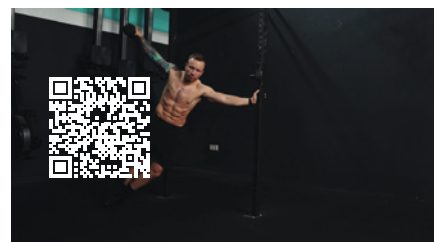
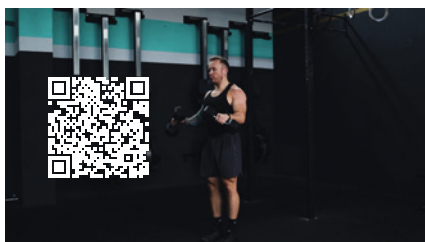
Strength Volume



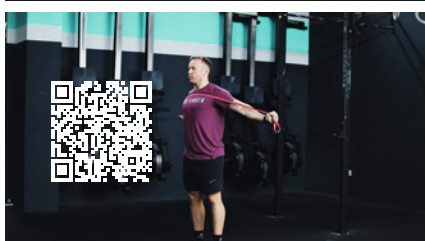
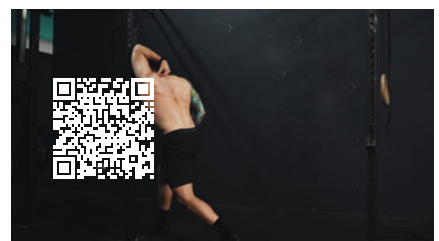
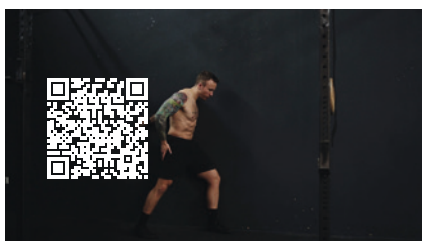
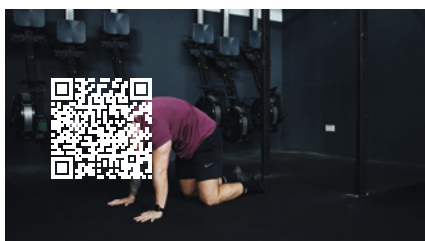
Strength Capacity



Strength Accessory



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

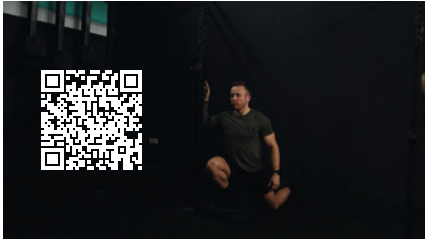
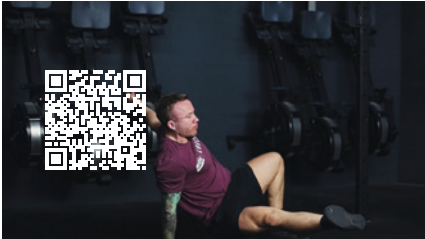
Überfahren



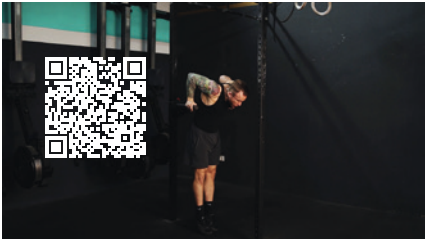
MOVEMENTS

how to -

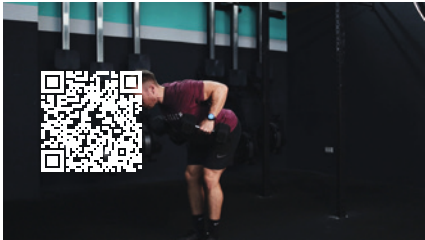
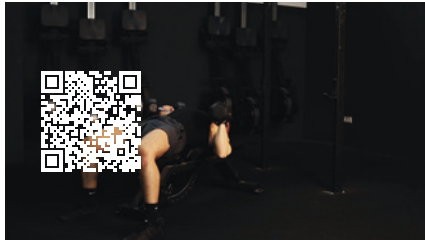
WARMUP



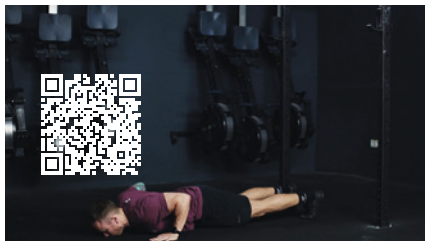
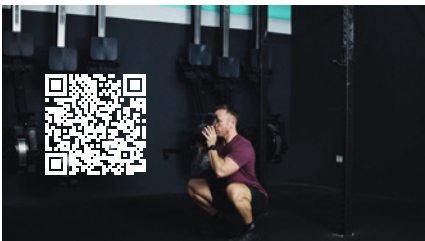
Strength
Volume



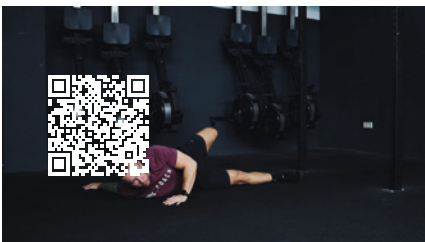
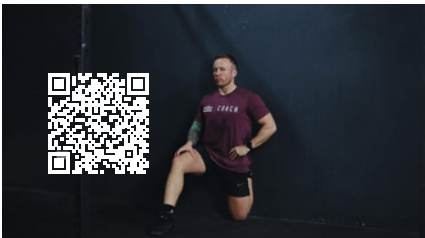
Strength
Balance



Stamina
Conditioning



COOLDOWN



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

Wie hast du dich geföhlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

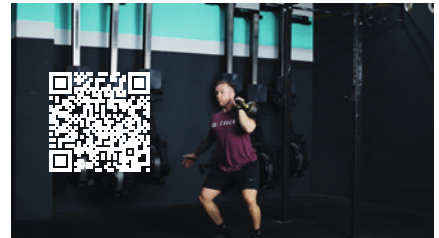
Überfahren



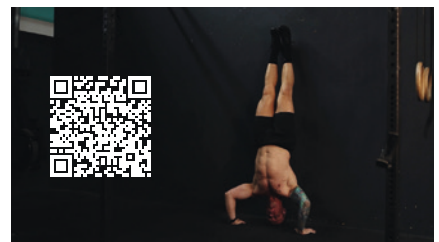
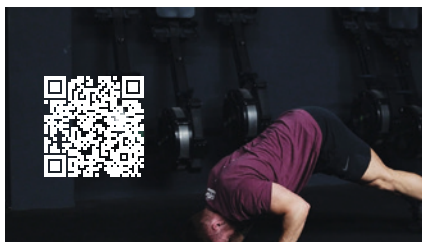
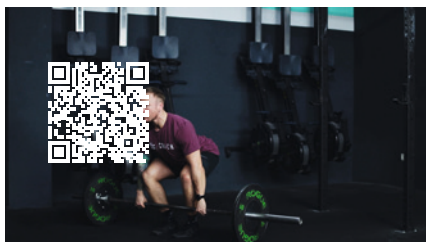
MOVEMENTS

how to -

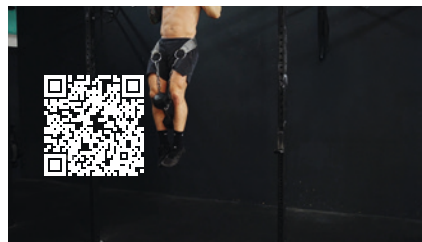
WARMUP



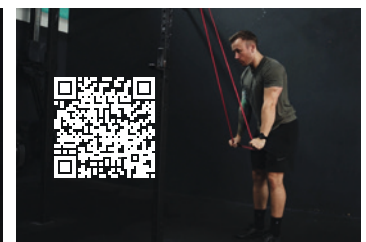
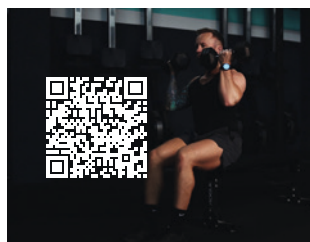
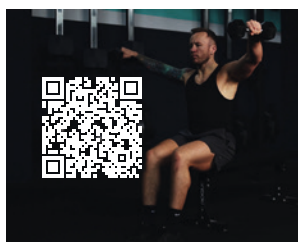
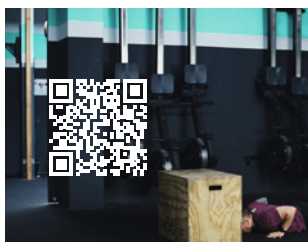
Strength Volume



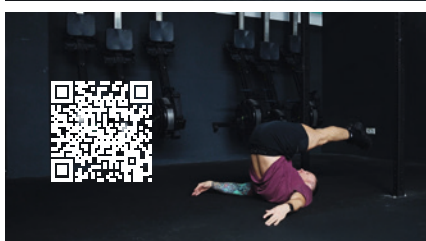
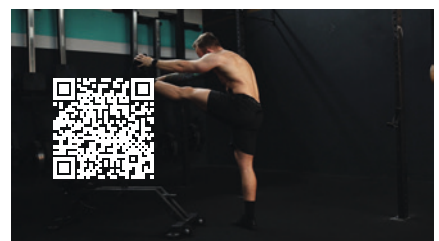
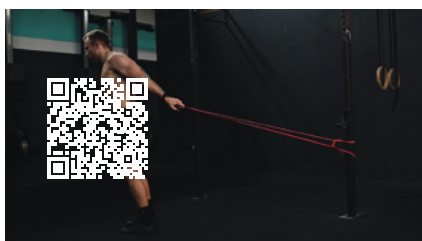
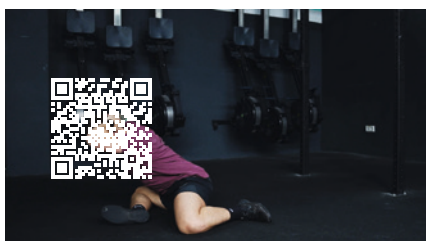
Strength Accessory



Power Conditioning



COOLDOWN



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

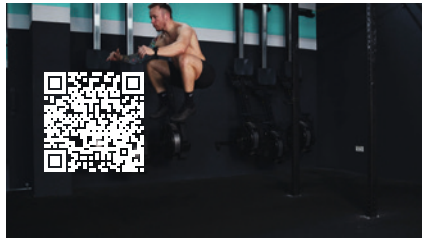
Überfahren



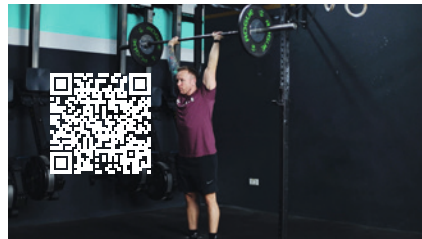
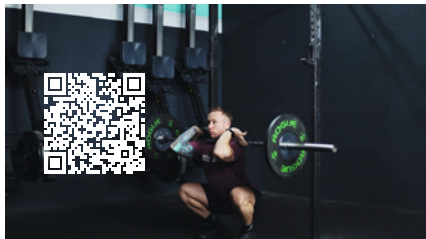
MOVEMENTS

how to -

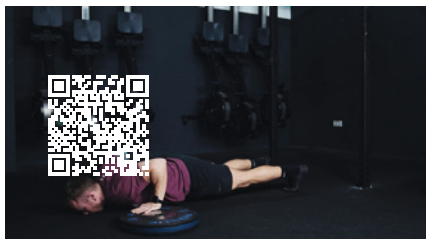
WARMUP



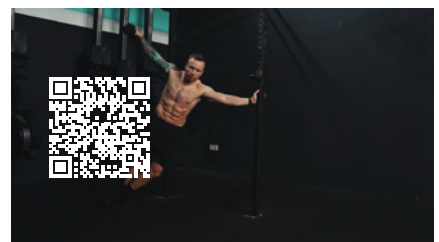
Strength Volume



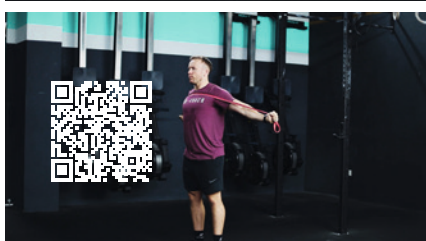
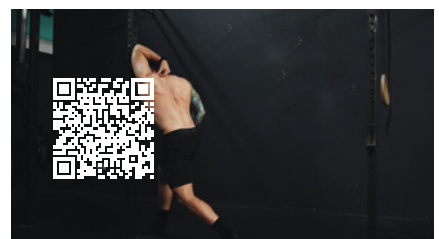
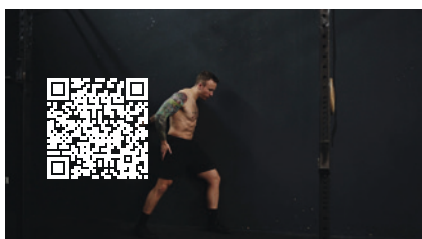
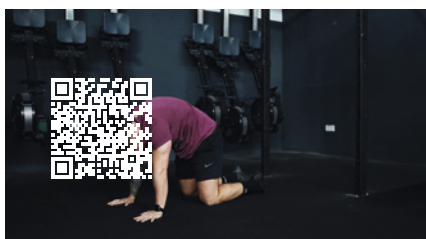
Strength Capacity



Strength Accessory



COOLDOWN



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

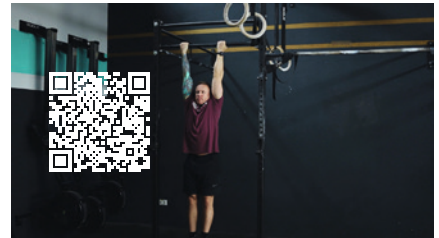
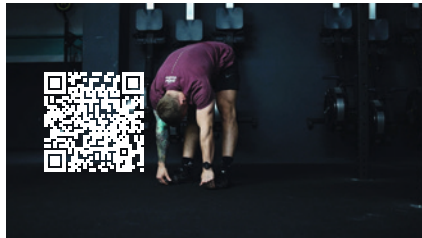
Überfahren



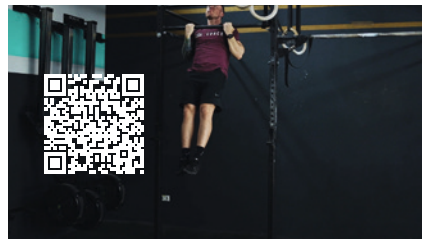
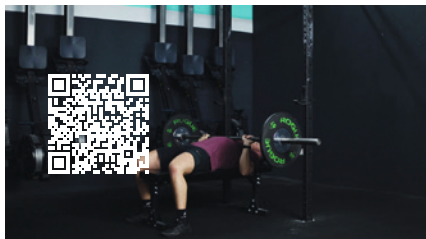
MOVEMENTS

how to -

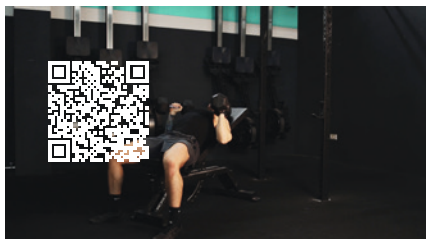
WARMUP



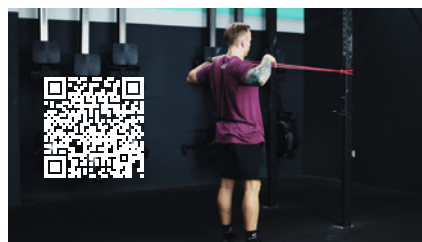
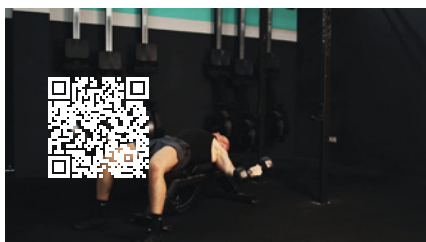
Strength Volume



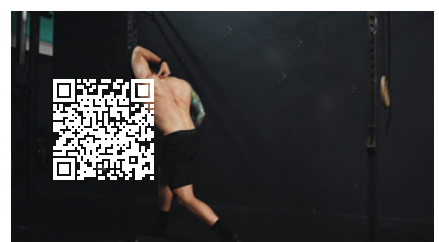
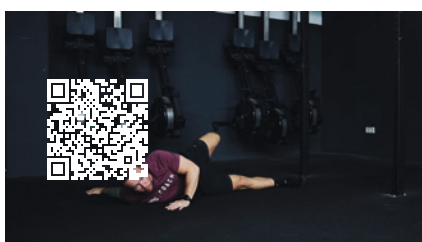
Strength Balance



Strength Accessory



COOLDOWN



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



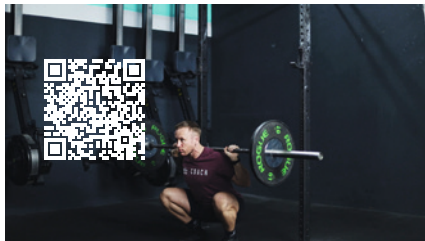
MOVEMENTS

how to -

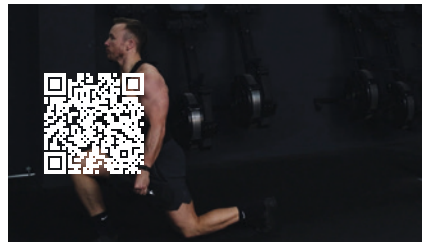
WARMUP



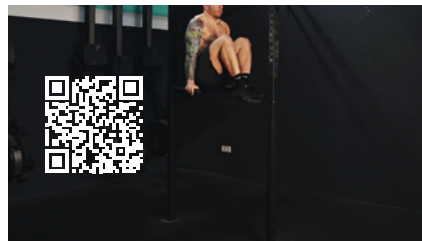
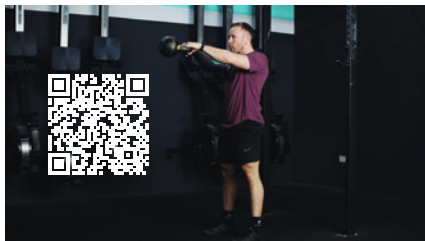
Strength Volume



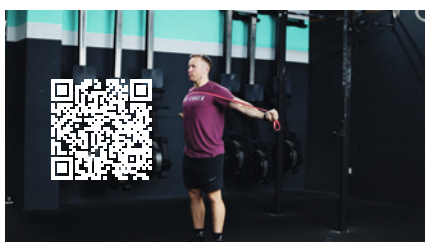
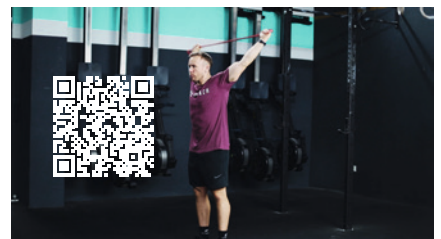
Strength Balance



Lower Body Conditioning



COOLDOWN



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

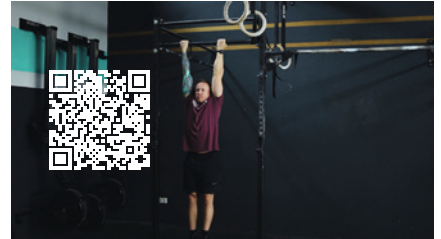
Überfahren



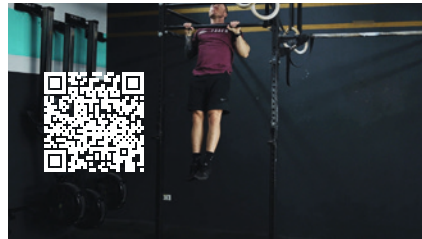
MOVEMENTS

how to -

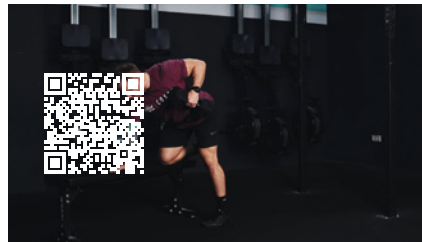
WARMUP



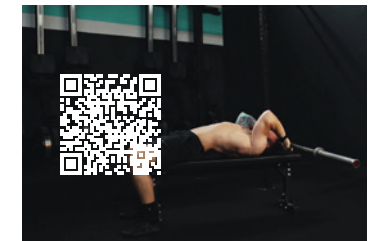
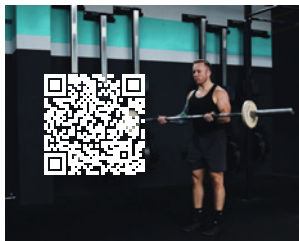
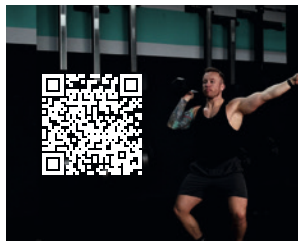
Strength Volume



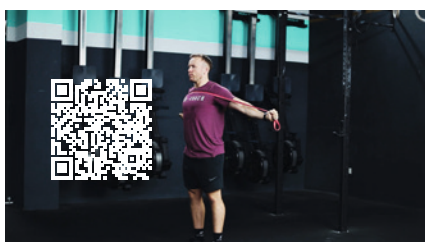
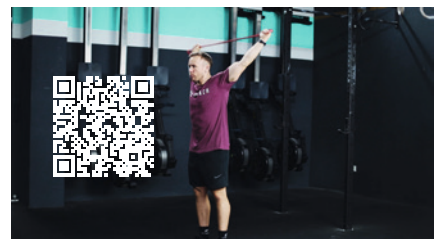
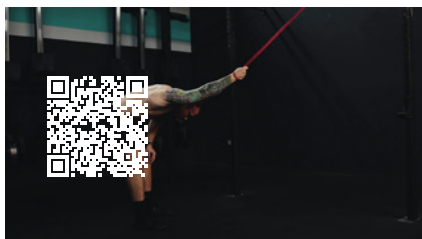
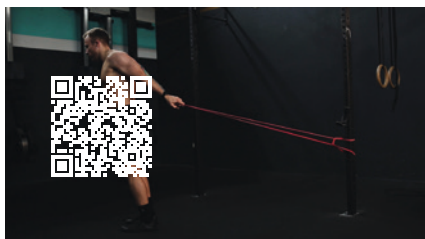
Strength Balance



Strength Conditioning



COOLDOWN



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



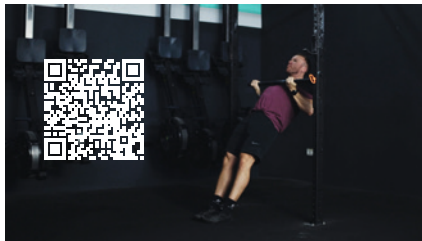
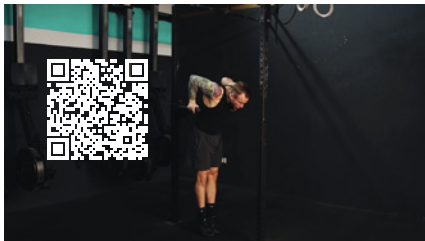
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how to -

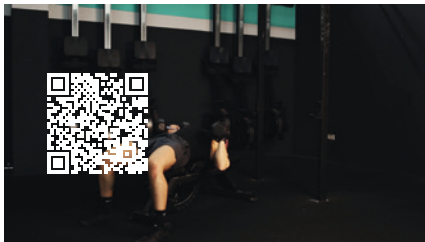
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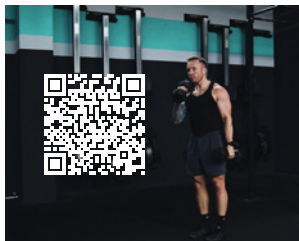
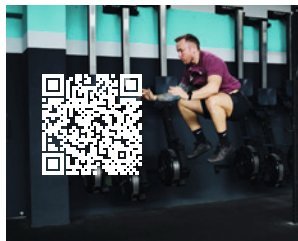
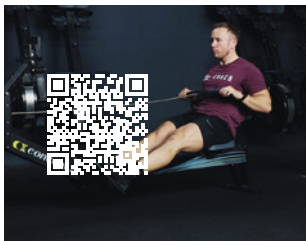
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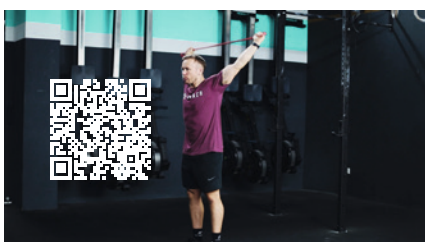
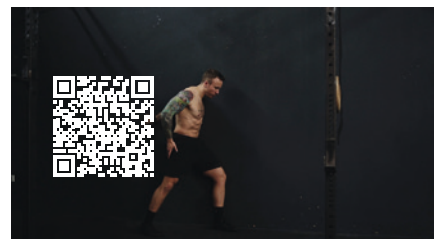
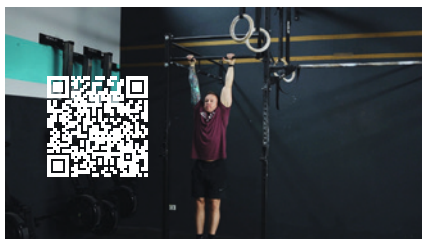
Strength Balance



Pump Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

Überfahren



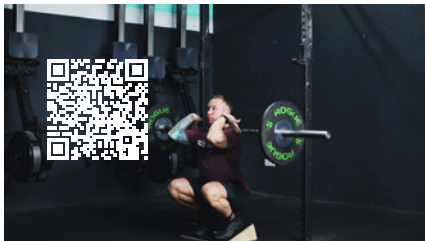
MOVEMENTS

how to -

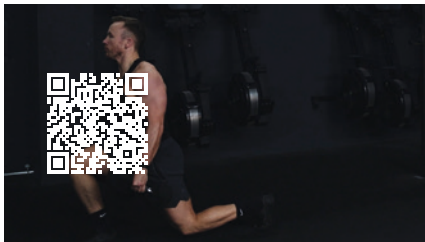
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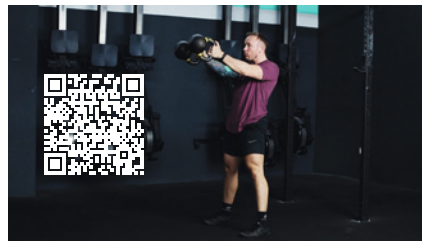
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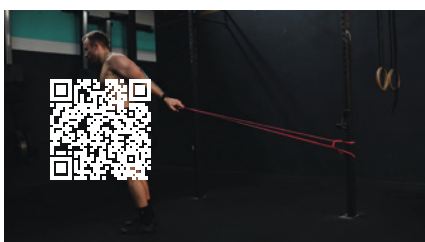
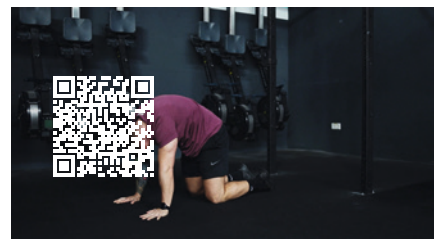
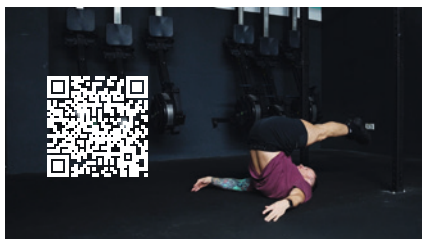
Strength Balance



Pump Conditioning



COOLDOWN



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

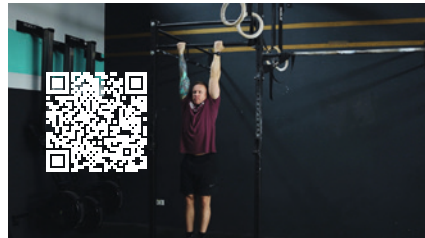
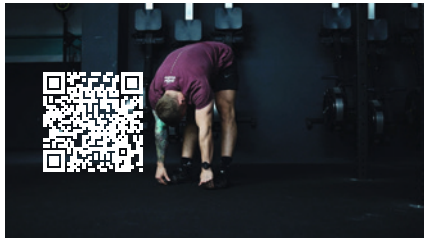
Überfahren



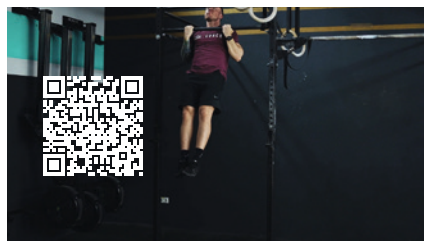
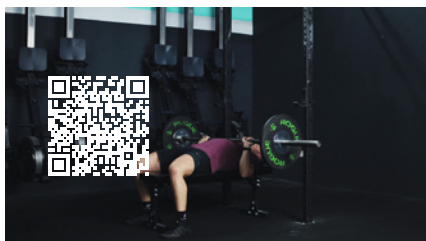
MOVEMENTS

how to -

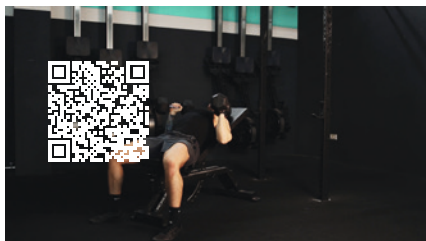
WARMUP



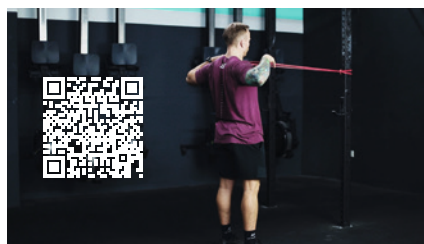
Strength Volume



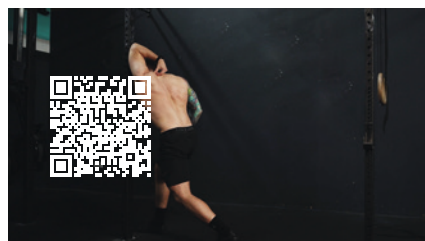
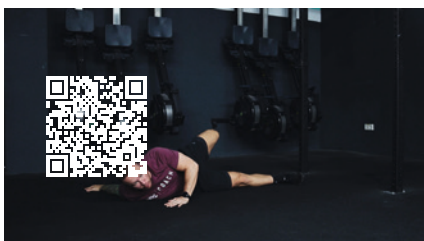
Strength Balance



Strength Accessory



COOLDOWN



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



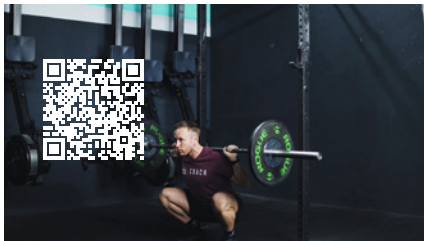
MOVEMENTS

how to -

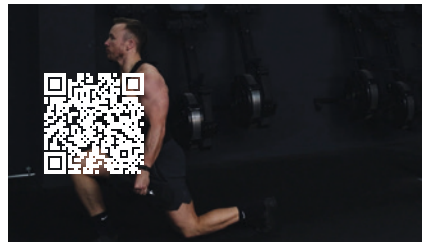
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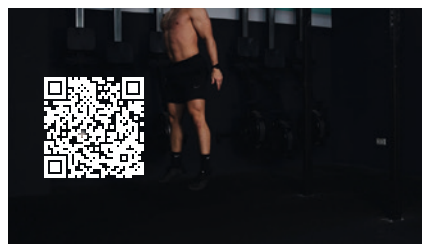
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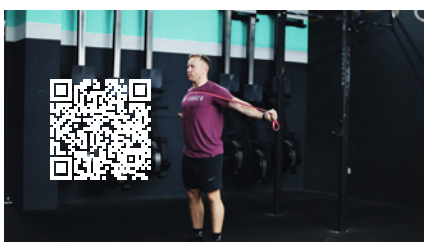
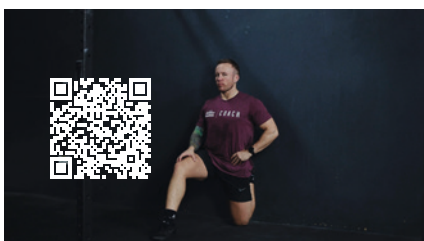
Strength Balance



Lower Body Conditioning



COOLDOWN



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

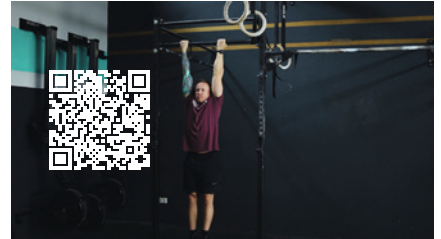
Überfahren



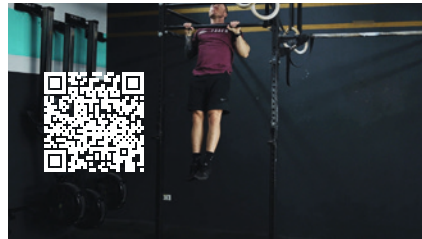
MOVEMENTS

how to -

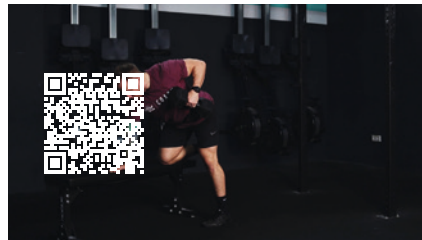
WARMUP



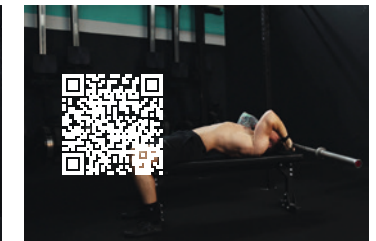
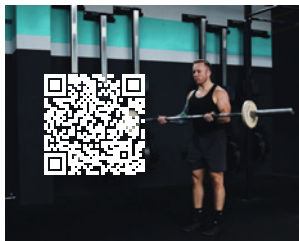
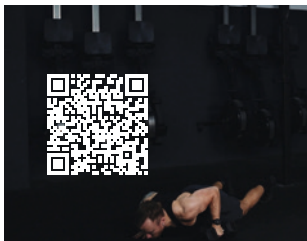
Strength Volume



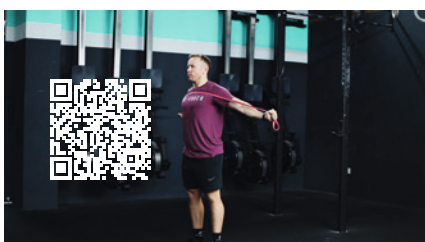
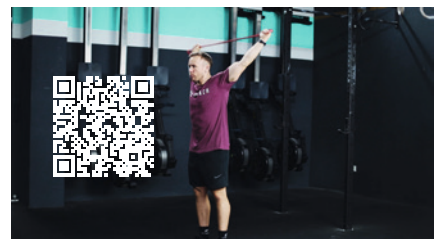
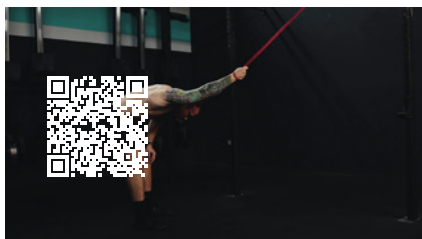
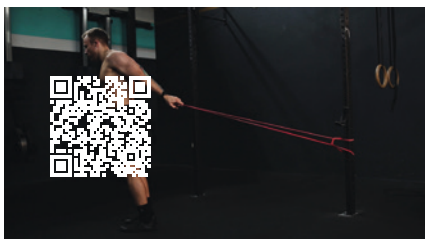
Strength Balance



Strength Conditioning



COOLDOWN



notes

WARMUP 2:00 Easy Cardio 3 Rounds 10/Side Half Kneeling Kettlebell Press 5/Side Half Kneeling Windmill 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

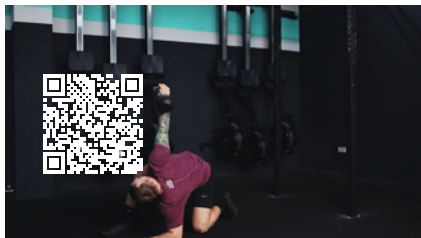
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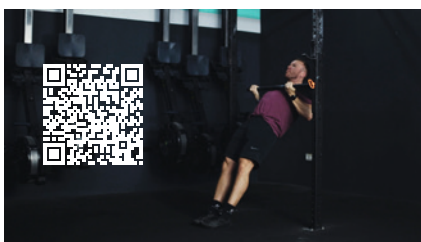
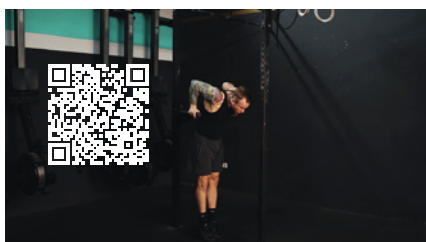
MOVEMENTS

how to -

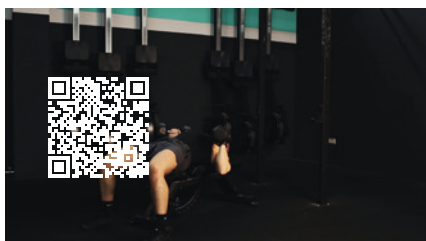
WARMUP



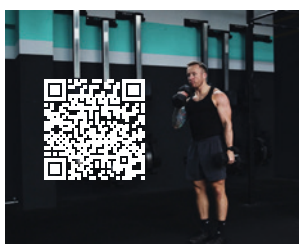
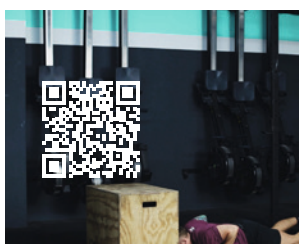
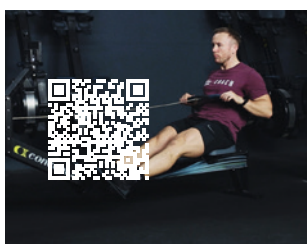
Strength Volume



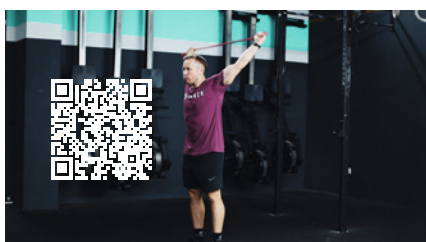
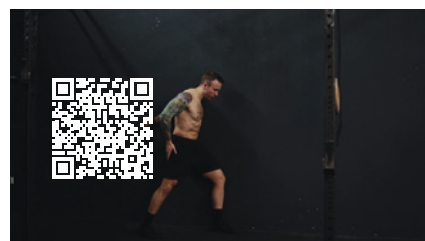
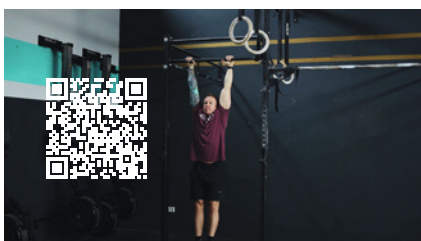
Strength Balance



Pump Conditioning



COOLDOWN



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



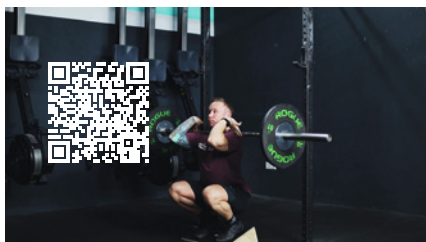
MOVEMENTS

how to -

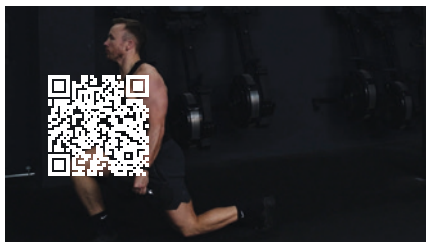
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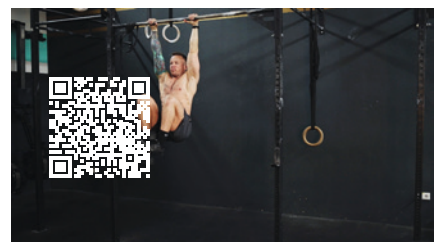
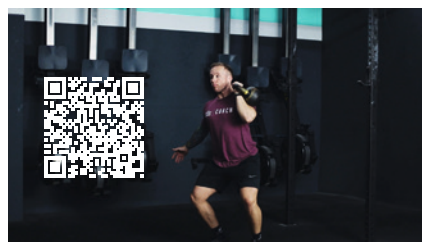
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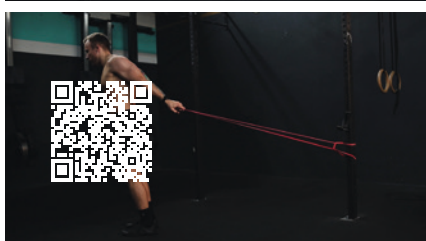
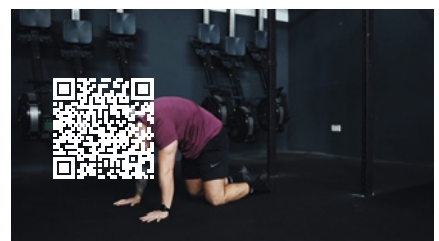
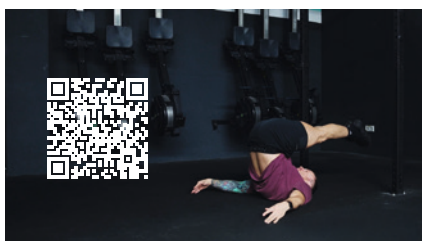
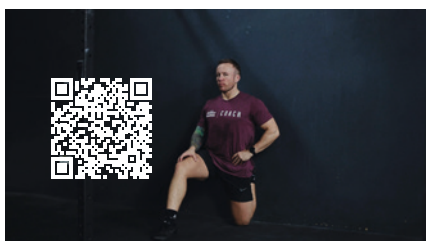
Strength Balance



Pump Conditioning



COOLDOWN



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

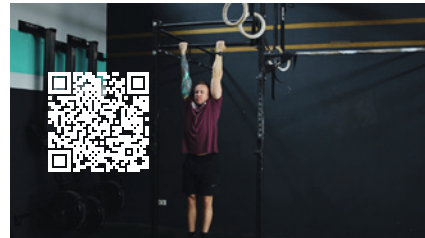
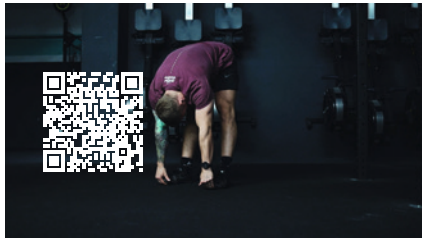
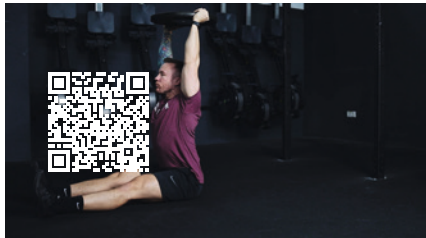
Überfahren



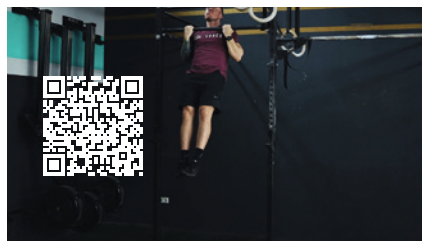
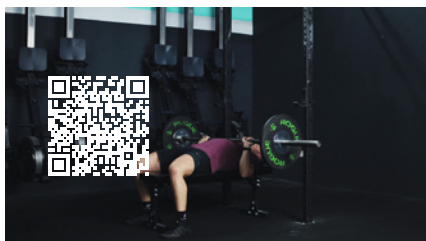
MOVEMENTS

how to -

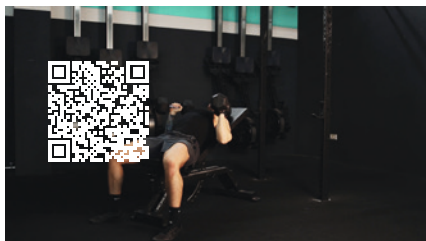
WARMUP



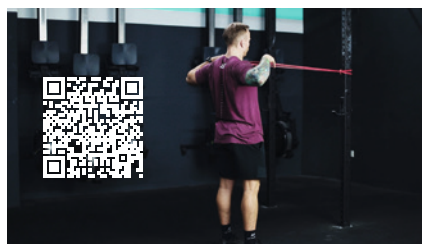
Strength Volume



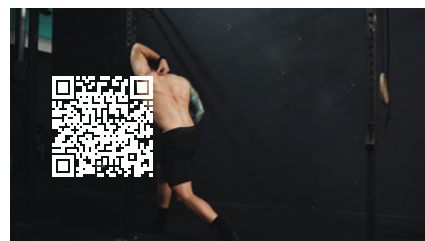
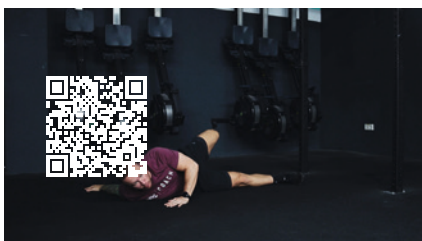
Strength Balance



Strength Accessory



COOLDOWN



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



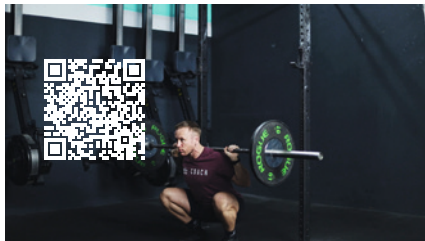
MOVEMENTS

how to -

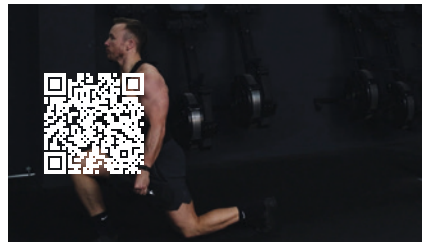
WARMUP



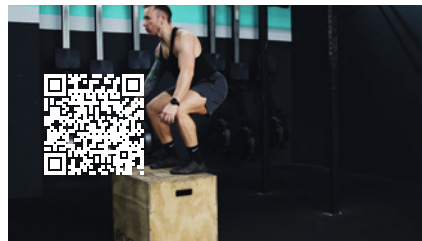
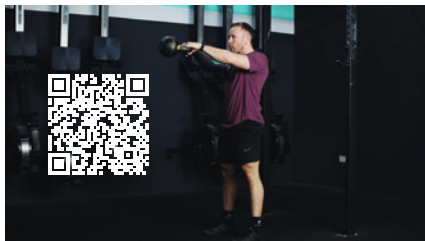
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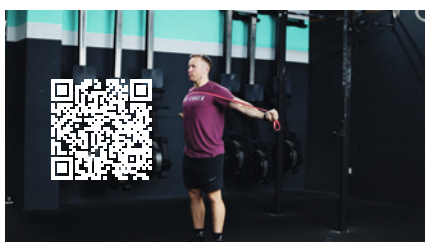
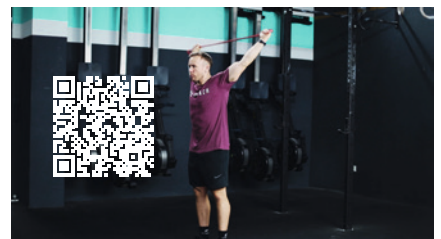
Strength Balance



Lower Body Conditioning



COOLDOWN



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

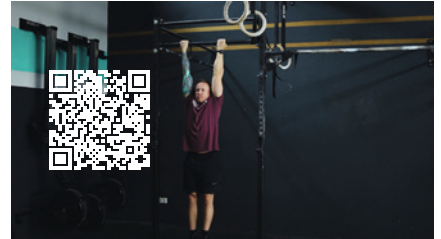
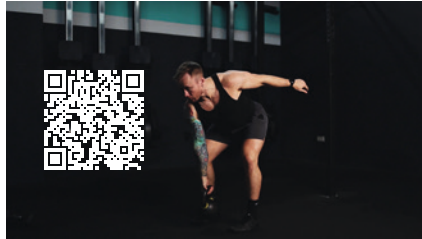
Überfahren



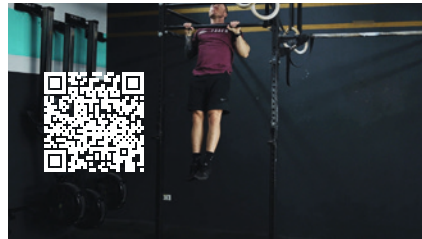
MOVEMENTS

how to -

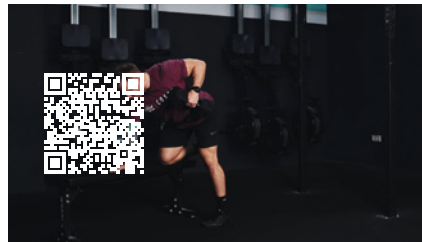
WARMUP



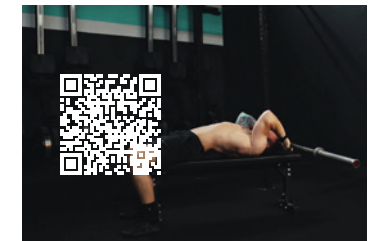
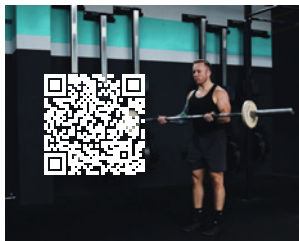
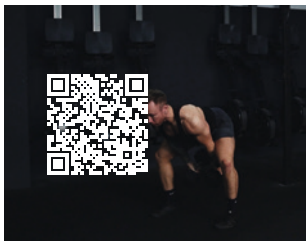
Strength Volume



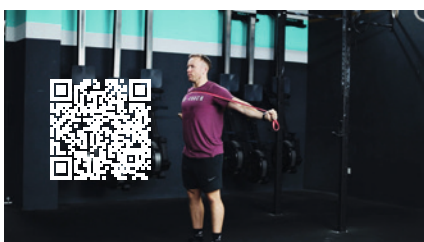
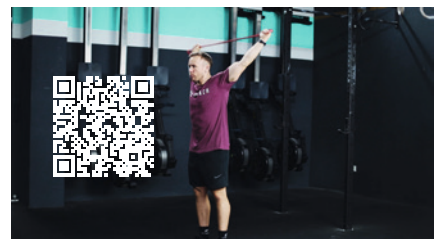
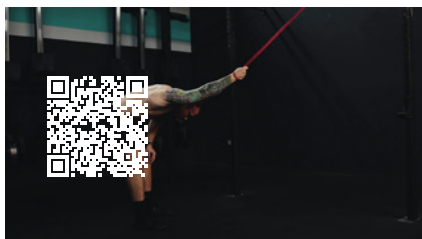
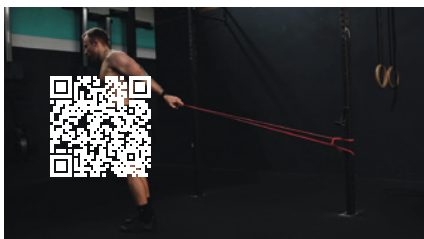
Strength Balance



Strength Conditioning



COOLDOWN



notes

WARMUP 2:00 Easy Cardio 3 Rounds 10/Side Half Kneeling Kettlebell Press 5/Side Half Kneeling Windmill 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

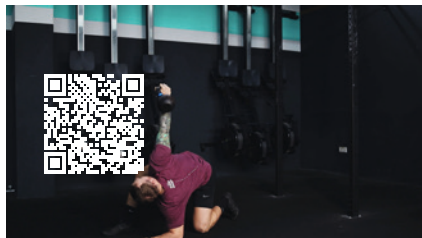
Überfahren



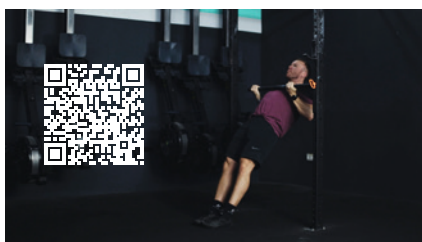
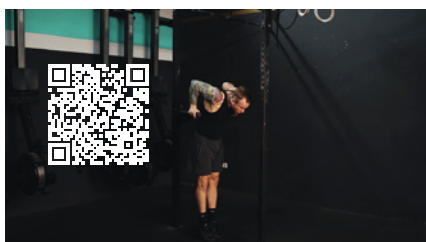
MOVEMENTS

how to -

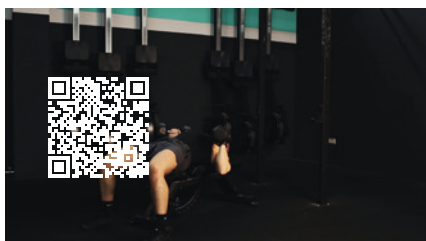
WARMUP



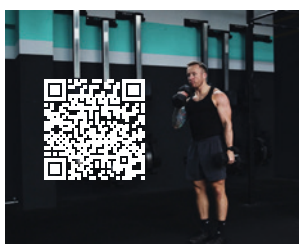
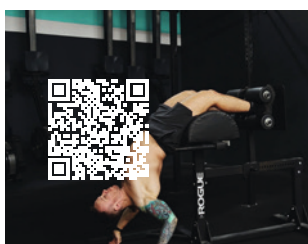
Strength Volume



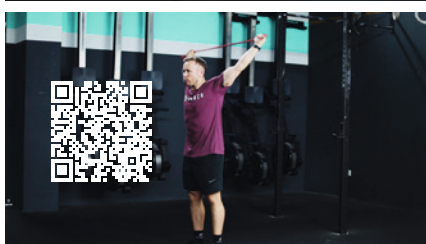
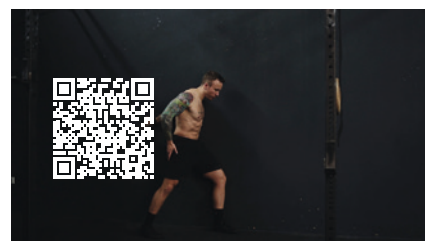
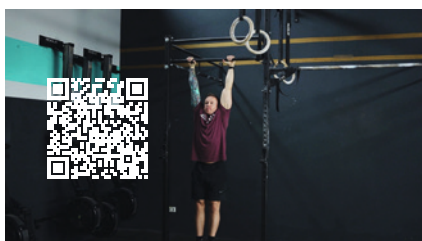
Strength Balance



Pump Conditioning



COOLDOWN



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



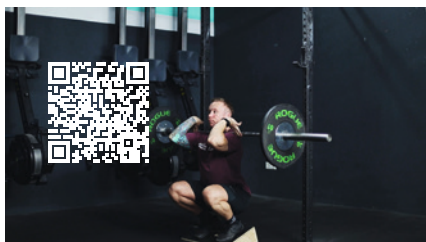
MOVEMENTS

how to -

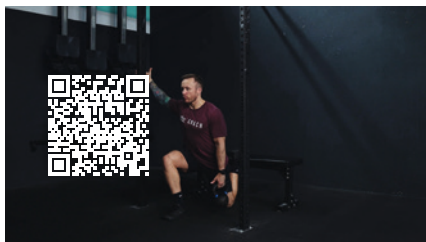
WARMUP



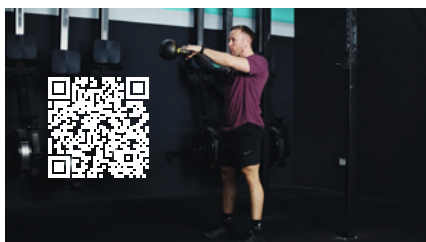
Squat Pump



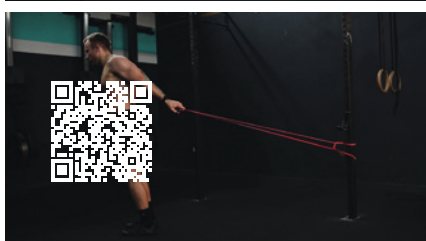
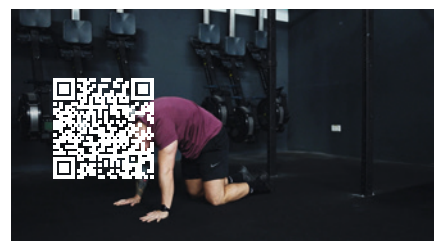
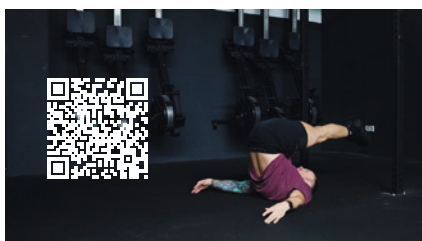
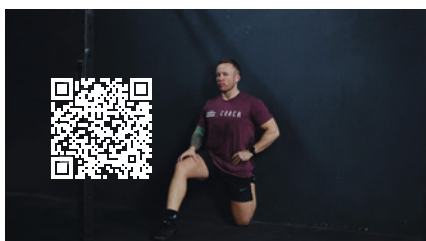
Strength Balance



Pump Conditioning



COOLDOWN



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: Continuous 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



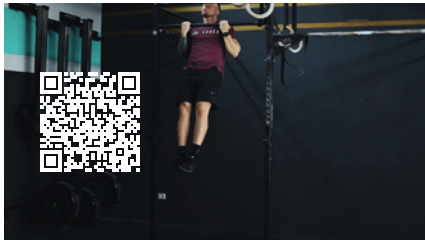
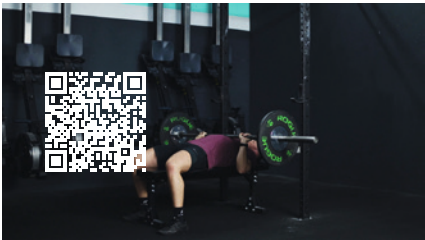
MOVEMENTS

how to -

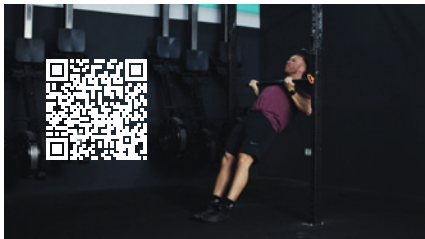
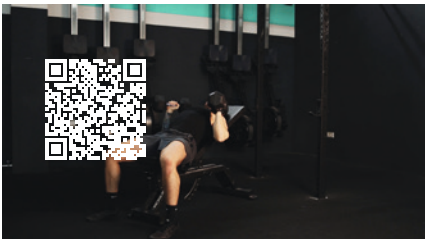
WARMUP



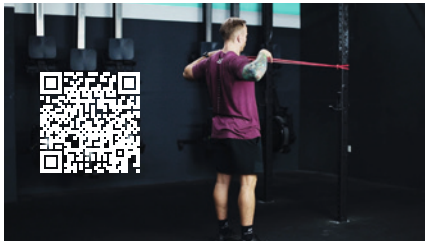
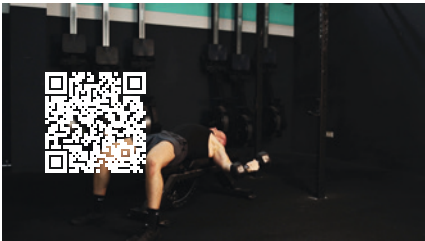
Strength
Volume



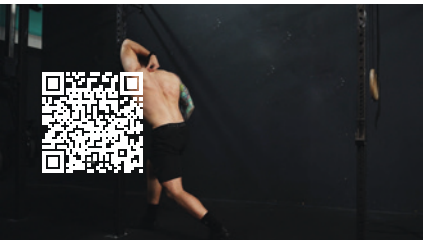
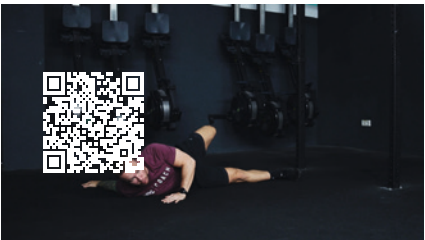
Strength
Balance



Strength
Accessory



COOLDOWN



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 2ORM Back Squat 3x10 @ 2ORM	
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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

Überfahren



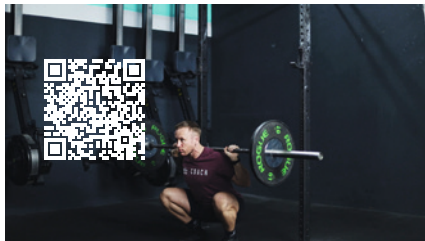
MOVEMENTS

how to -

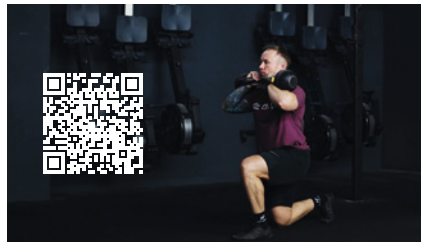
WARMUP



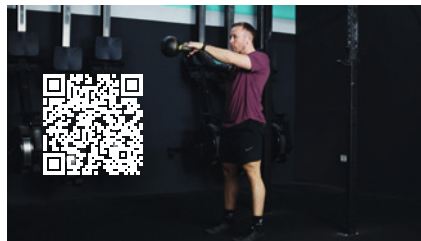
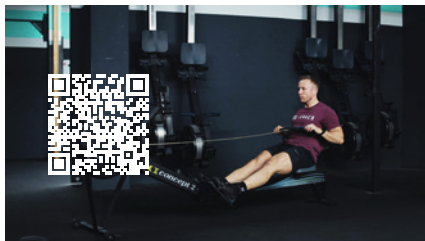
Strength Volume



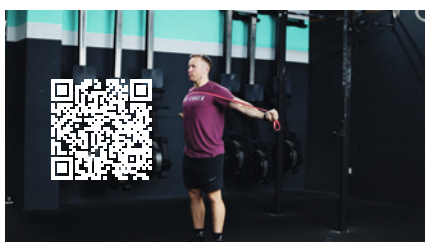
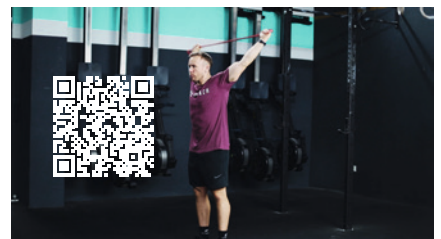
Strength Balance



Lower Body Conditioning



COOLDOWN



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

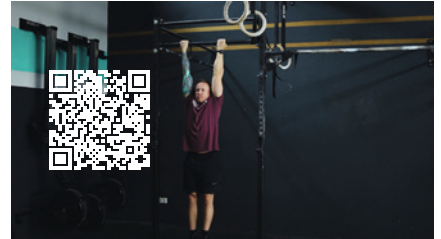
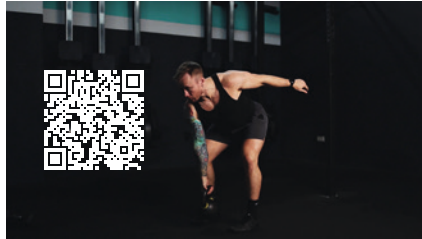
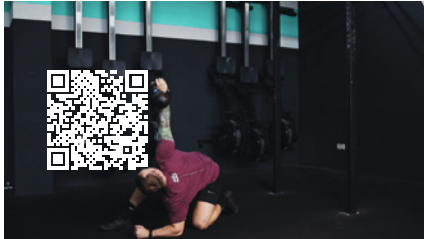
Überfahren



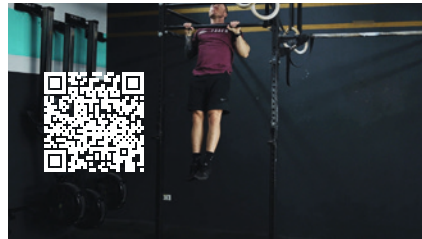
MOVEMENTS

how to -

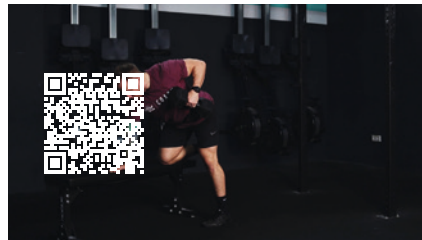
WARMUP



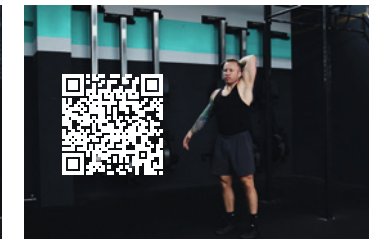
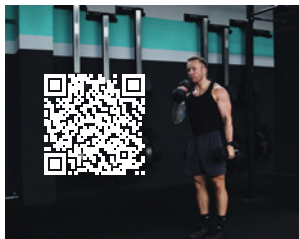
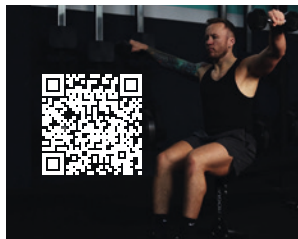
Strength Volume



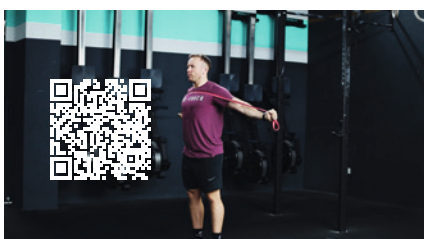
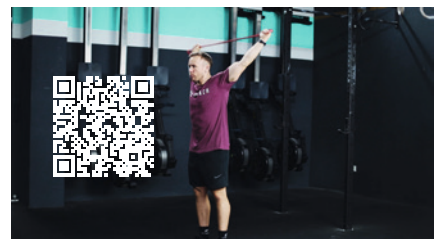
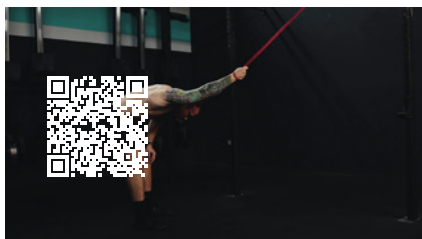
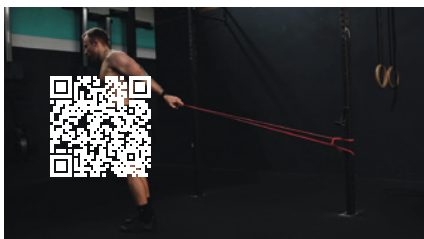
Strength Balance



Strength Conditioning



COOLDOWN



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

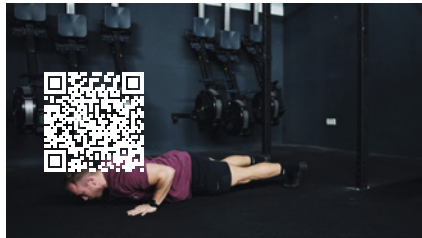
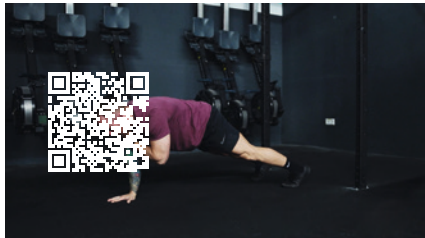
Überfahren



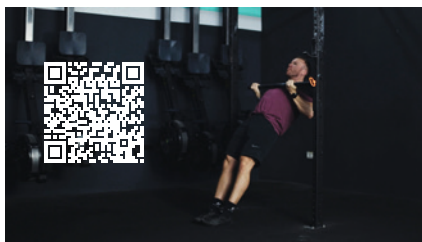
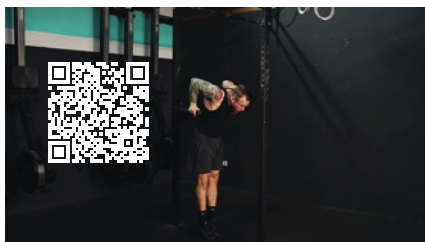
MOVEMENTS

how to -

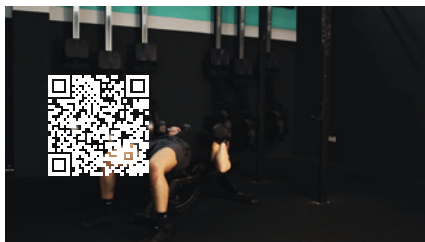
WARMUP



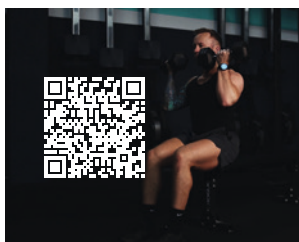
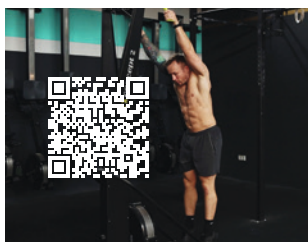
Strength Volume



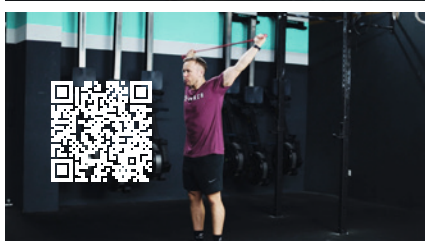
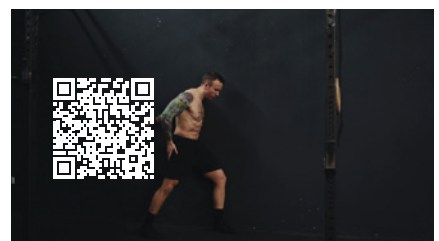
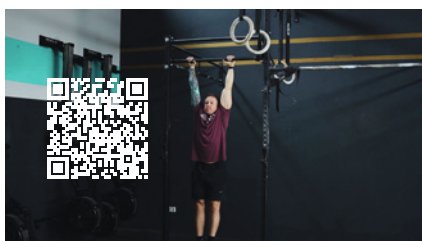
Strength Balance



Pump Conditioning



COOLDOWN



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



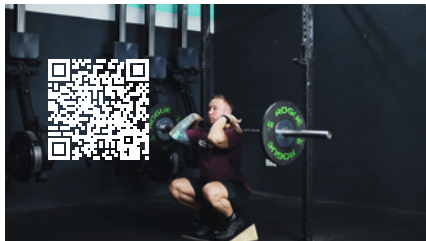
MOVEMENTS

how to -

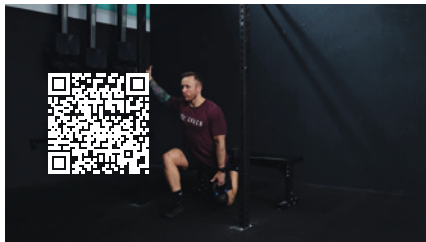
WARMUP



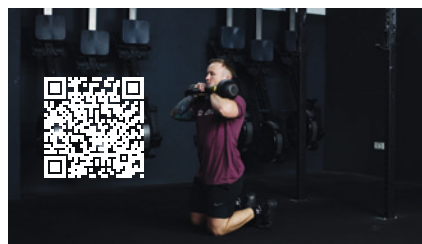
Squat Pump



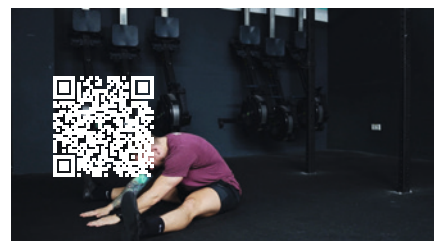
Strength Balance



Pump Conditioning



COOLDOWN



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 17-20 Supinated 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: Continuous 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

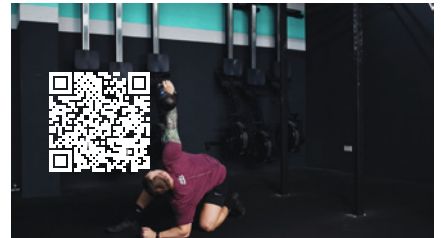
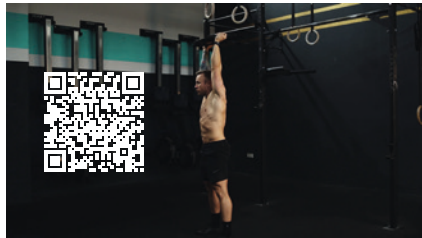
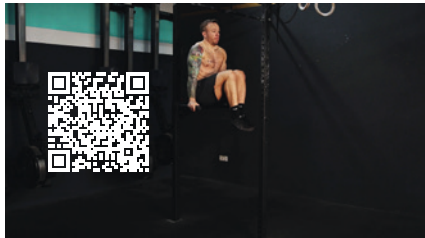
Überfahren



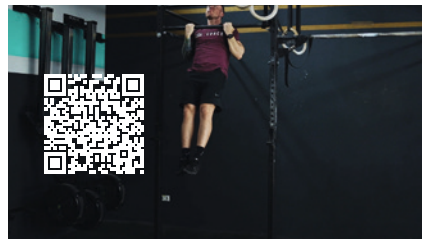
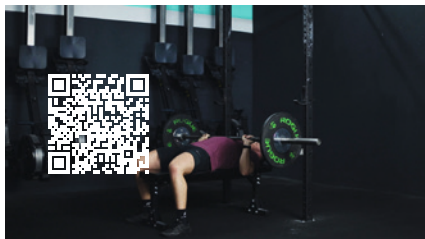
MOVEMENTS

how to -

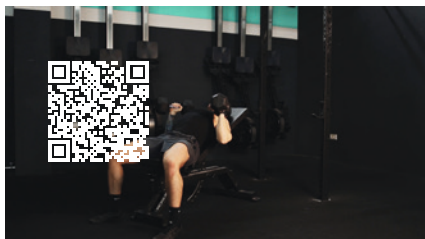
WARMUP



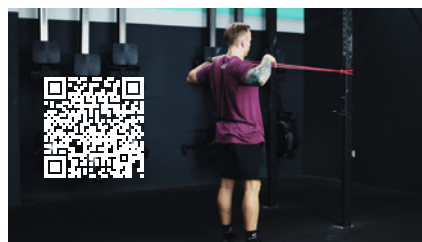
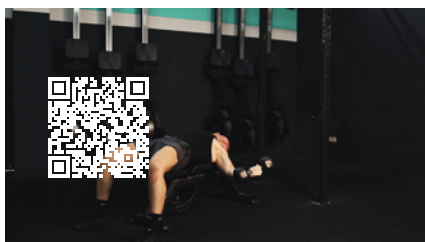
Strength Volume



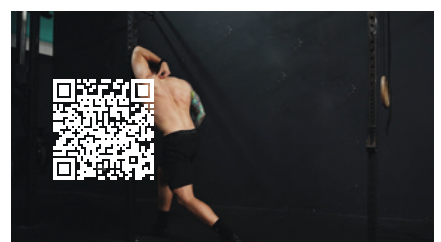
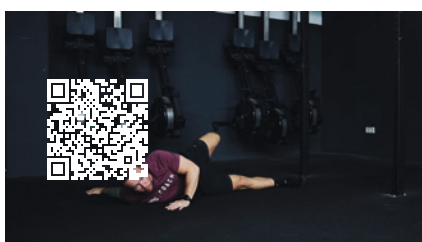
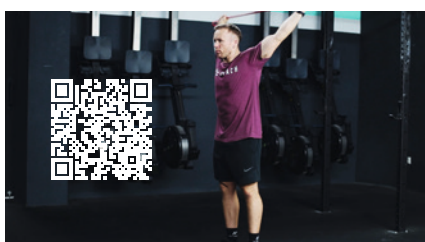
Strength Balance



Strength Accessory



COOLDOWN



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

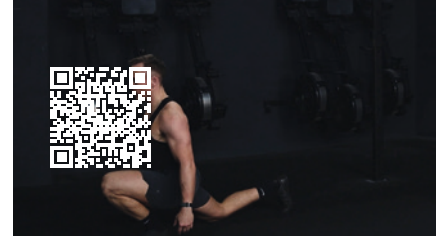
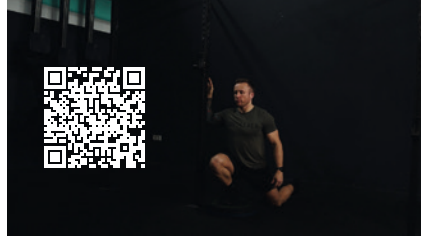
Überfahren



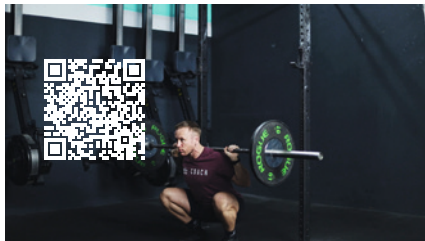
MOVEMENTS

how to -

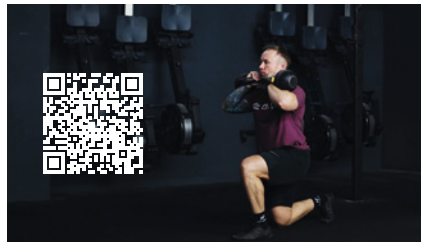
WARMUP



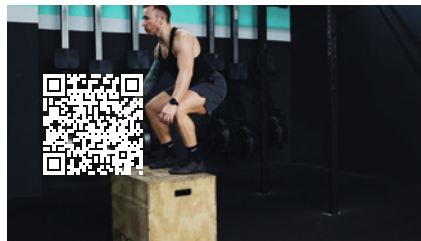
Strength Volume



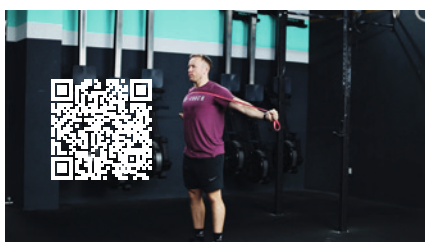
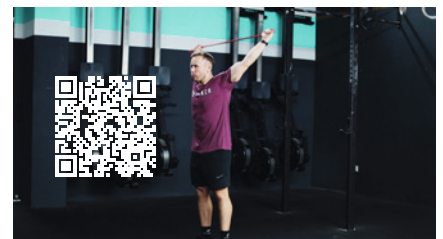
Strength Balance



Lower Body Conditioning



COOLDOWN



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

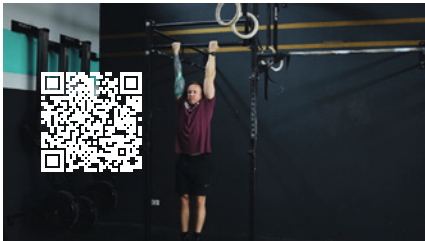
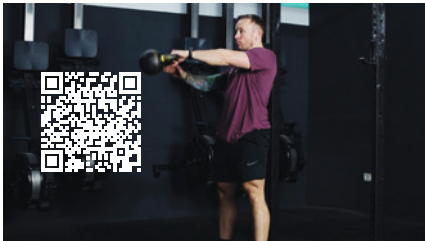
Überfahren



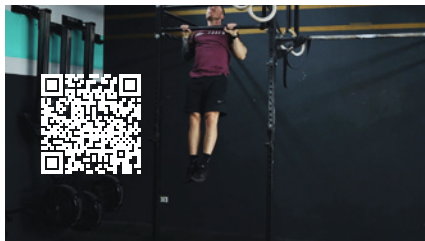
MOVEMENTS

how to -

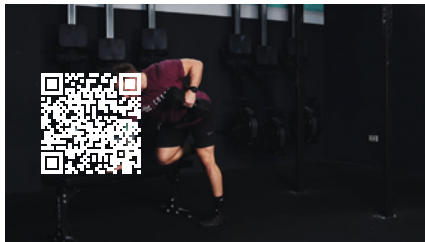
WARMUP



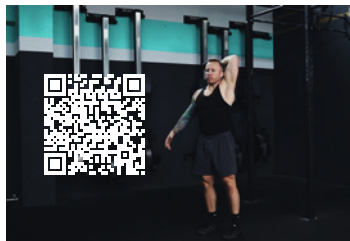
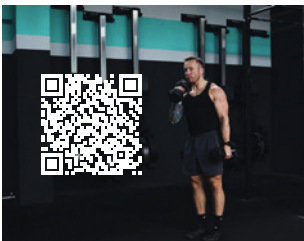
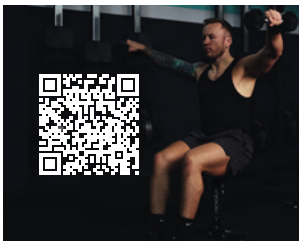
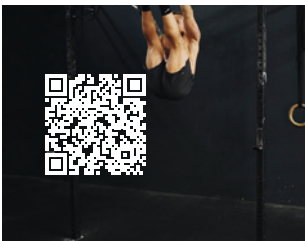
Strength
Volume



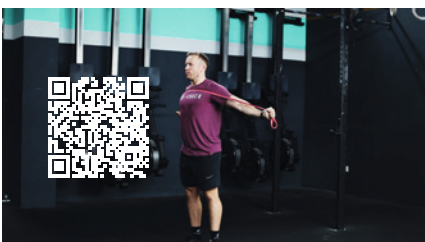
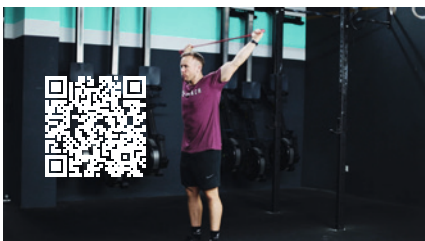
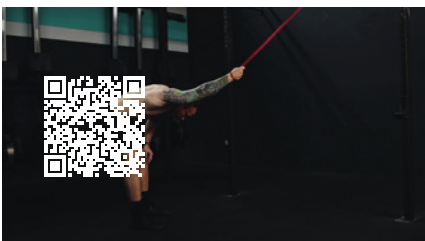
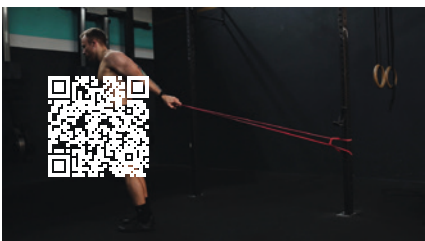
Strength
Balance



Strength
Conditioning



COOLDOWN



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

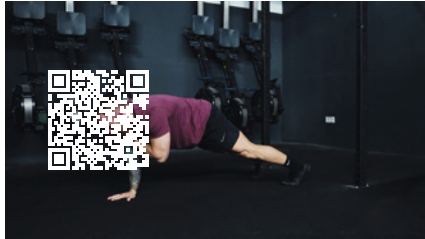
Überfahren



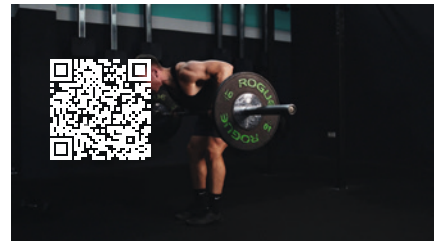
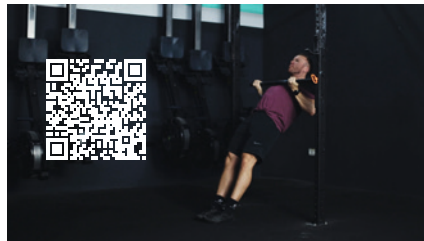
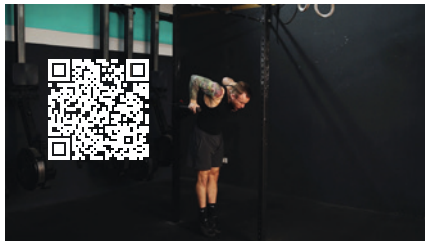
MOVEMENTS

how to -

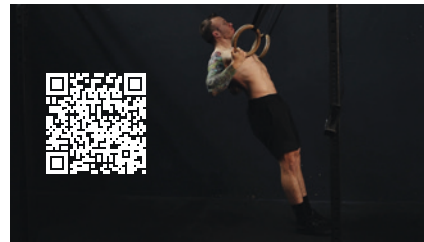
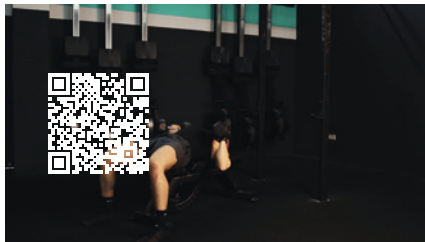
WARMUP



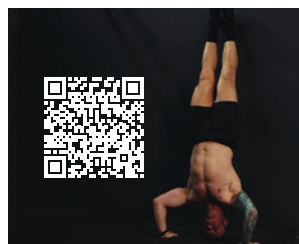
Strength Volume



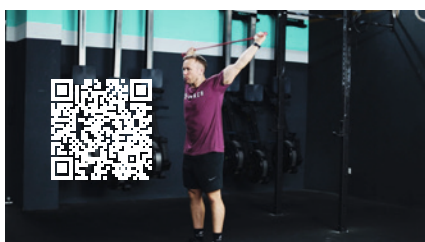
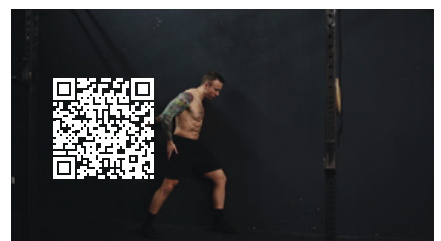
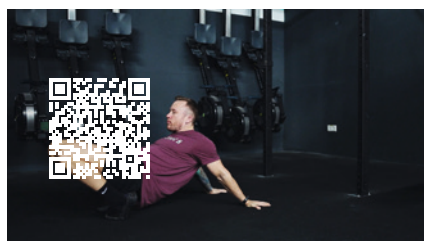
Strength Balance



Pump Conditioning



COOLDOWN



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



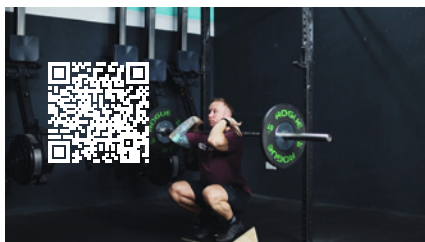
MOVEMENTS

how to -

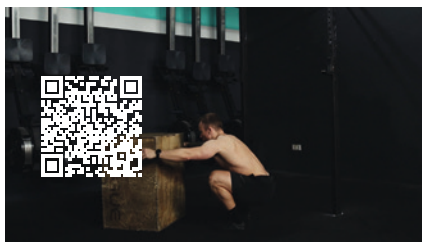
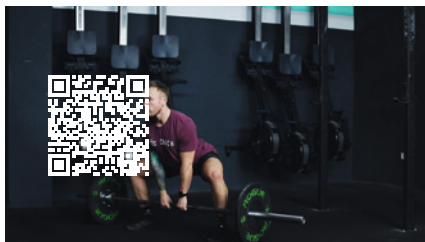
WARMUP



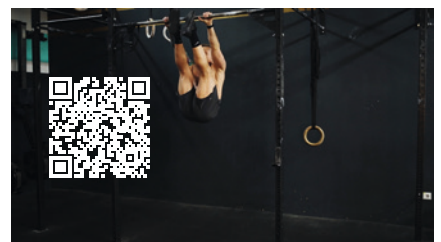
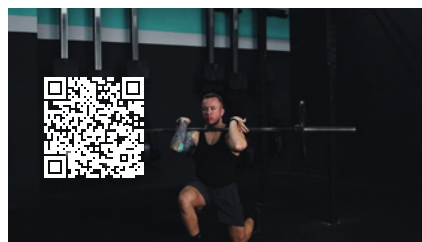
Squat Pump



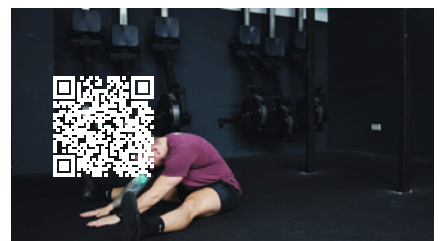
Strength Balance



Pump Conditioning



COOLDOWN



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: Continuous 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

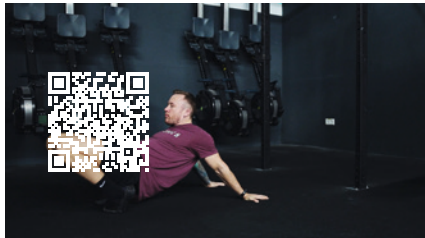
Überfahren



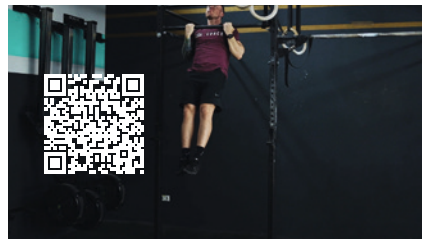
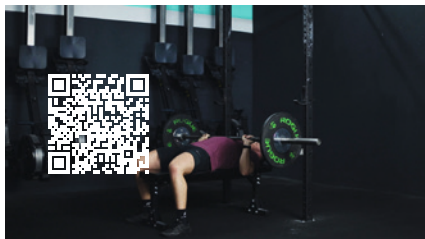
MOVEMENTS

how to -

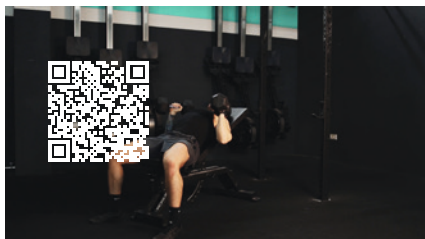
WARMUP



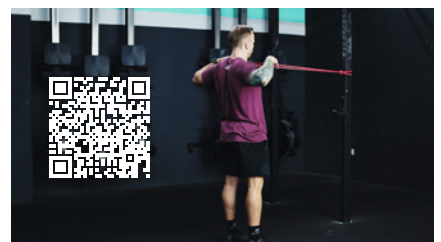
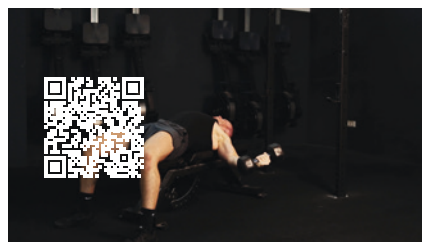
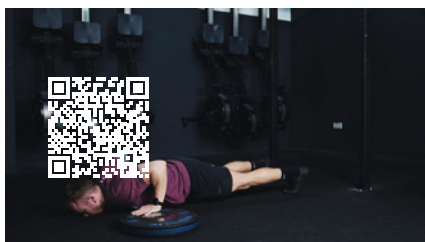
Strength Volume



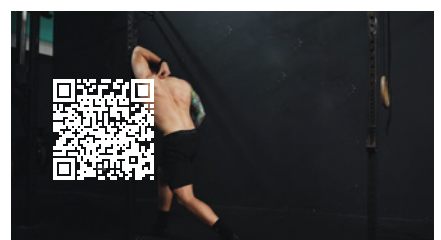
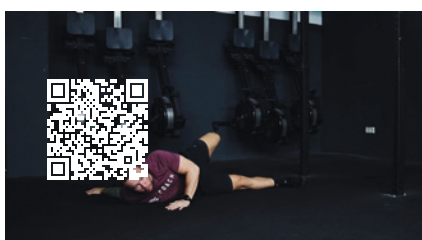
Strength Balance



Strength Accessory



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

Überfahren



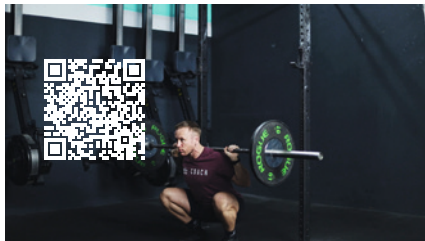
MOVEMENTS

how to -

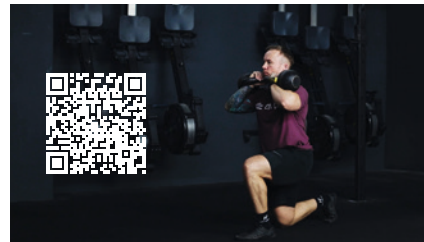
WARMUP



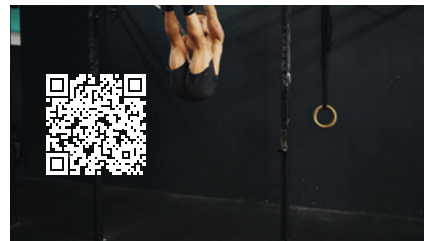
Strength Volume



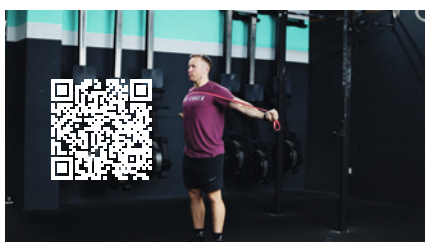
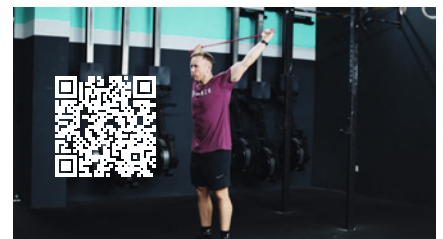
Strength Balance



Lower Body Conditioning



COOLDOWN



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

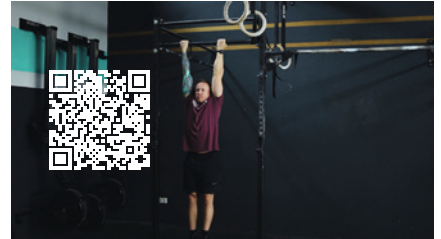
Überfahren



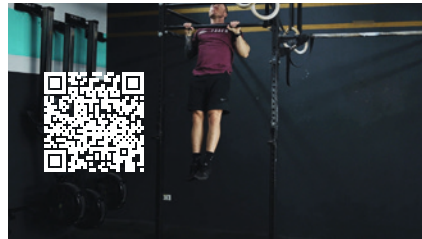
MOVEMENTS

how to -

WARMUP



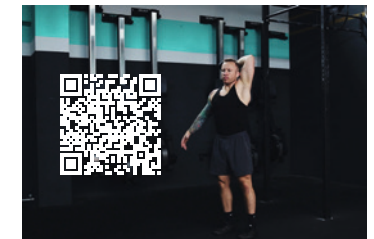
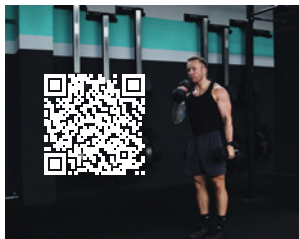
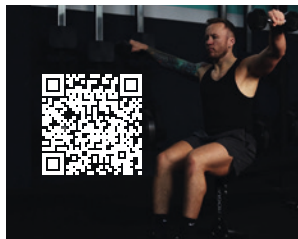
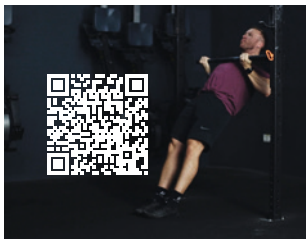
Strength Volume



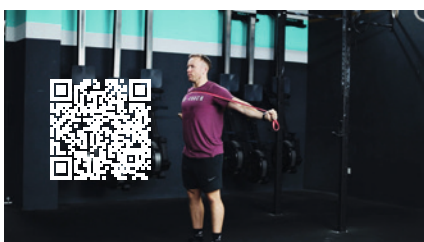
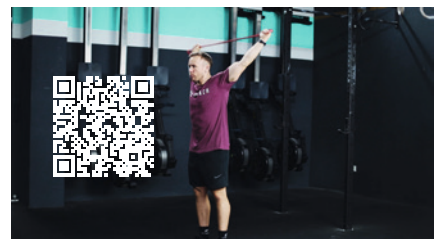
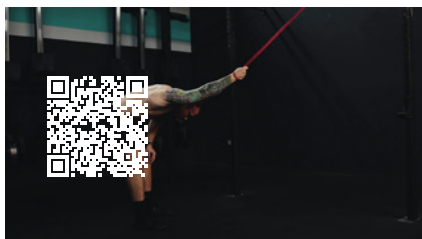
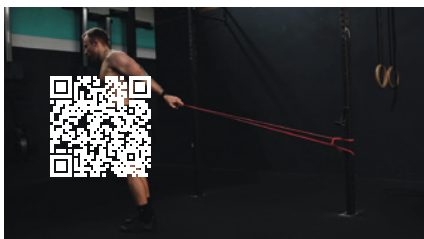
Strength Balance



Strength Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

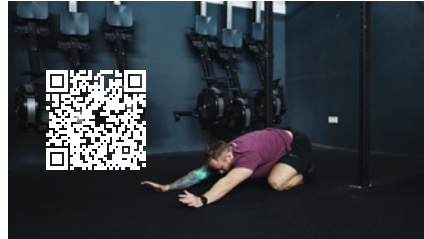
Überfahren



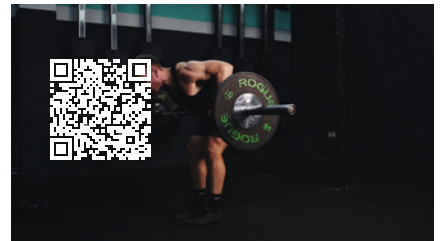
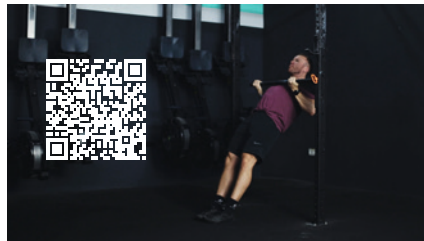
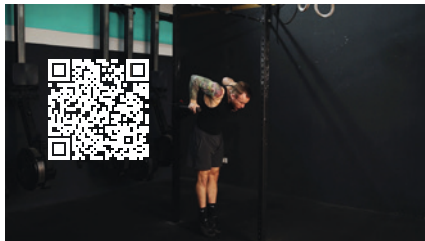
MOVEMENTS

how to -

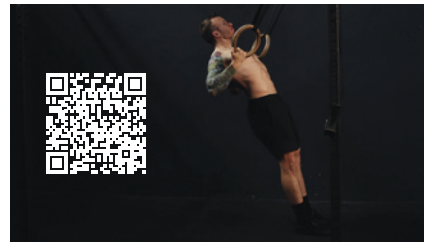
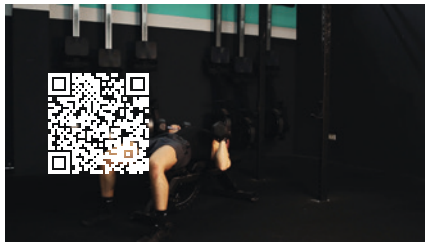
WARMUP



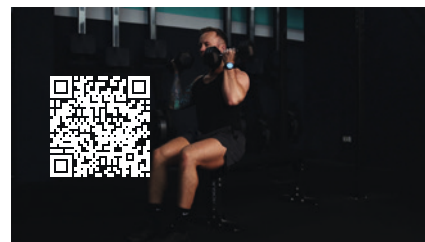
Strength Volume



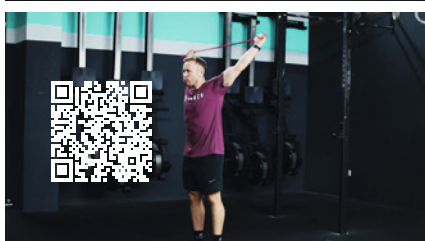
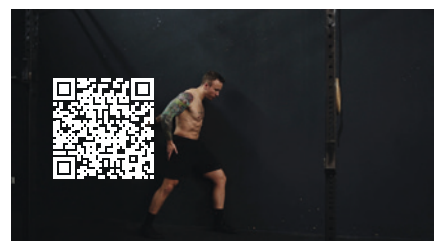
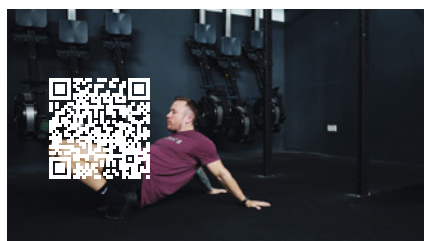
Strength Balance



Pump Conditioning



COOLDOWN



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



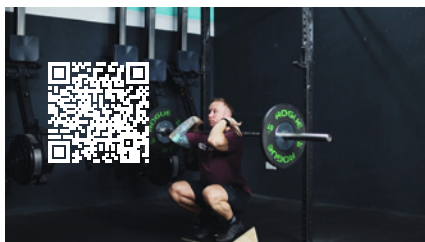
MOVEMENTS

how to -

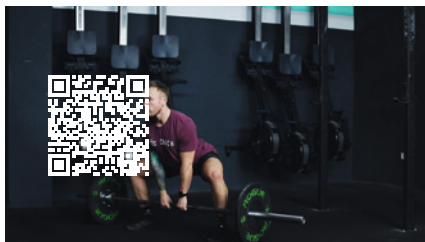
WARMUP



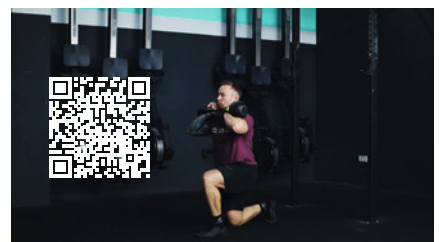
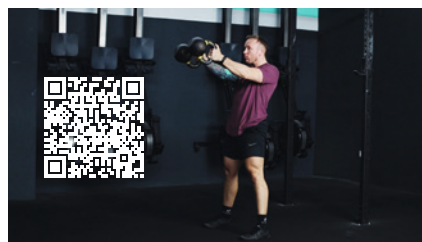
Squat Pump



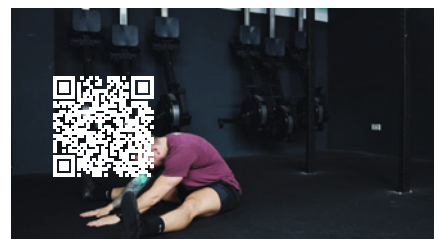
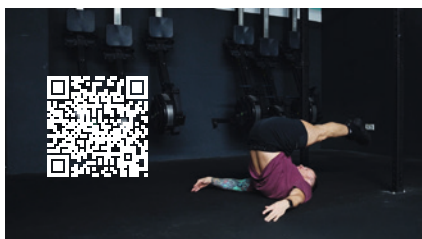
Strength Balance



Pump Conditioning



COOLDOWN



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 <i>Gleiche Last wie letzte Woche</i> 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

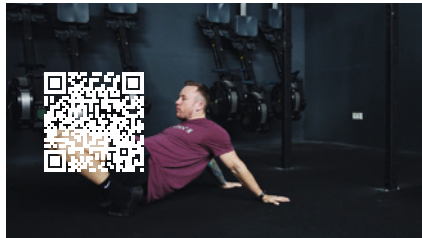
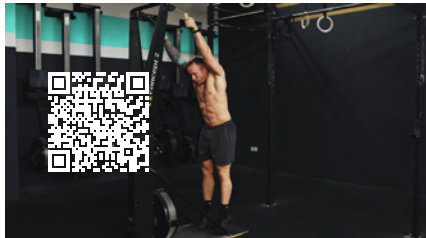
Überfahren



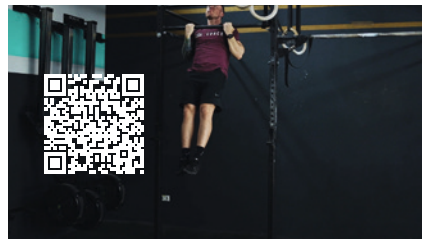
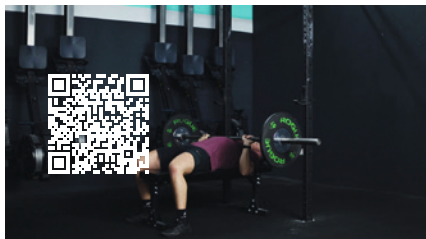
MOVEMENTS

how to -

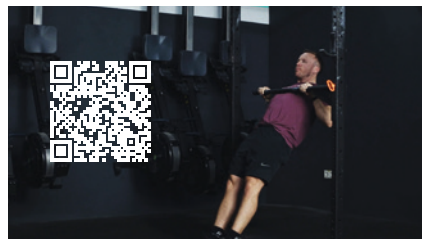
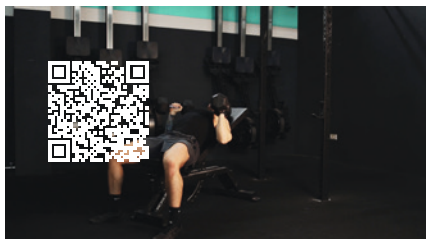
WARMUP



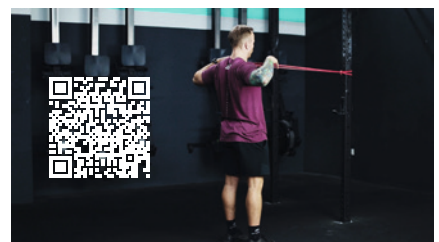
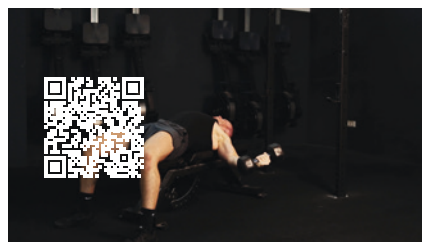
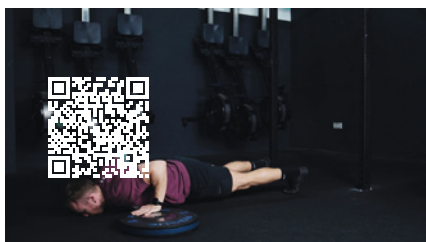
Strength Volume



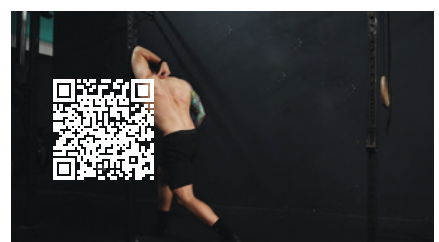
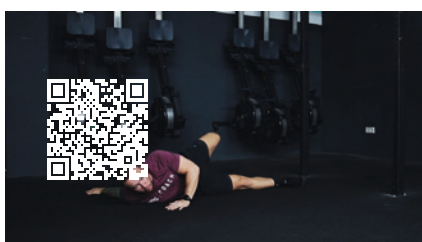
Strength Balance



Strength Accessory



COOLDOWN



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



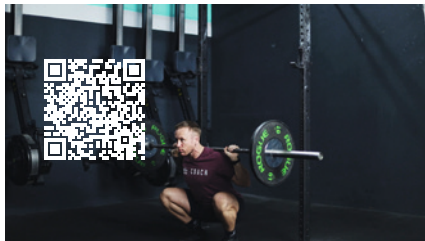
MOVEMENTS

how to -

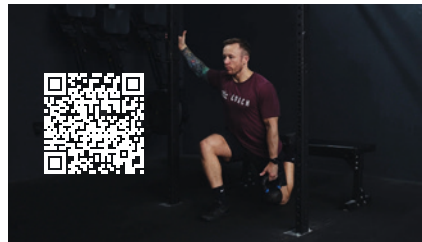
WARMUP



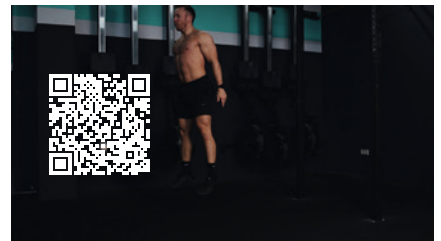
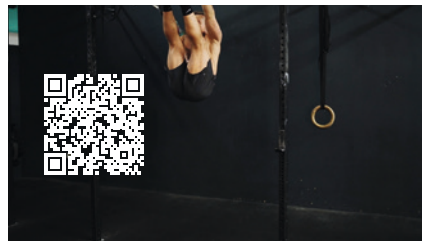
Strength Volume



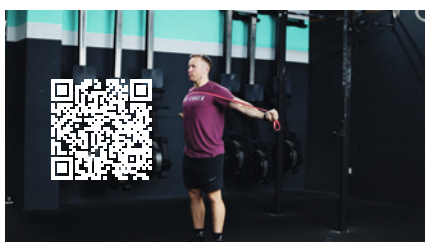
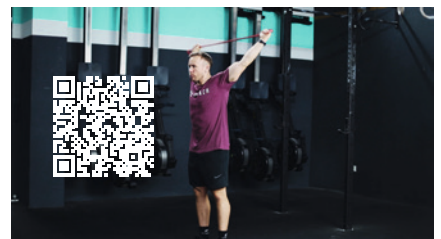
Strength Balance



Lower Body Conditioning



COOLDOWN



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

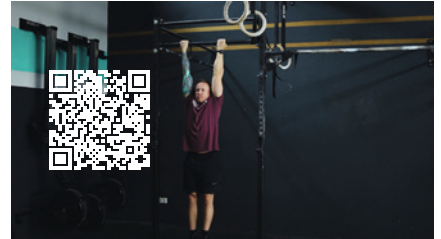
Überfahren



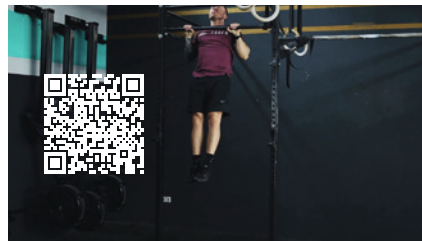
MOVEMENTS

how to -

WARMUP



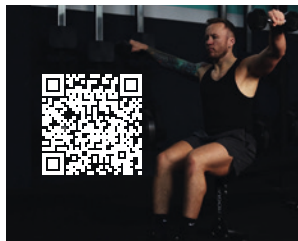
Strength Volume



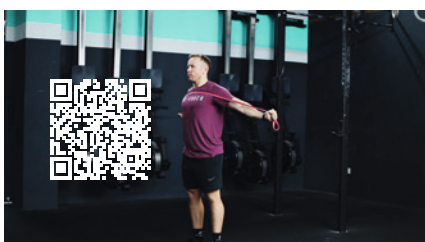
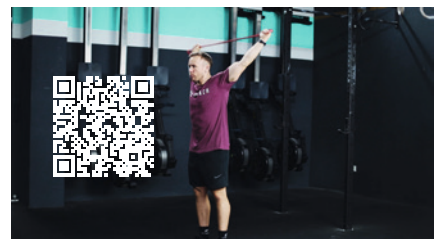
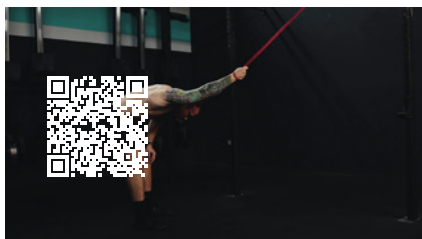
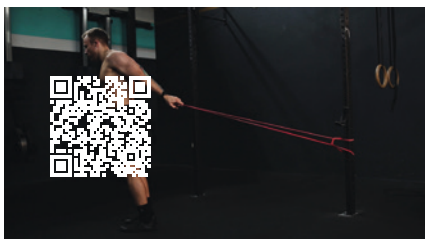
Strength Balance



Strength Conditioning



COOLDOWN



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

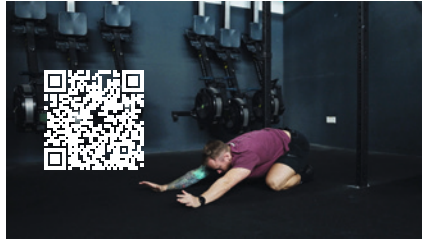
Überfahren



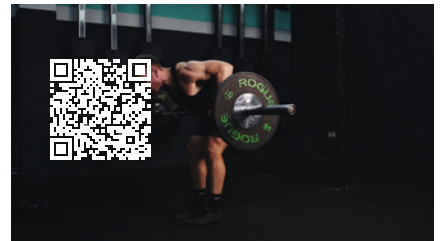
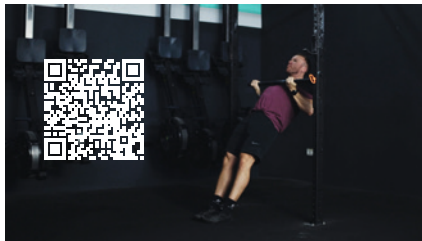
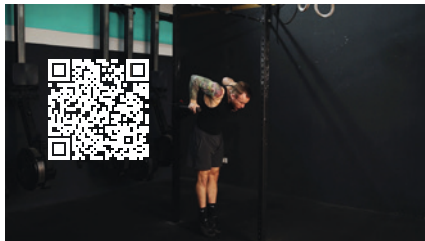
MOVEMENTS

how to -

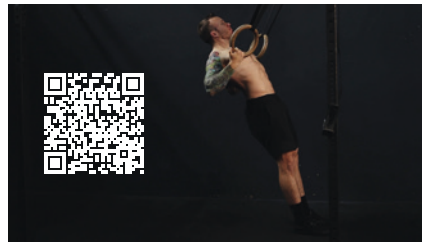
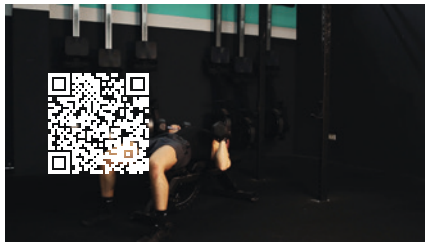
WARMUP



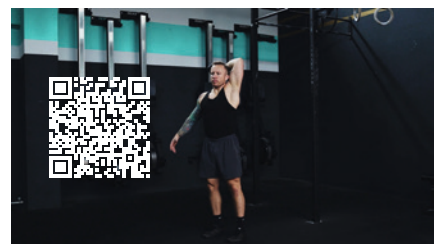
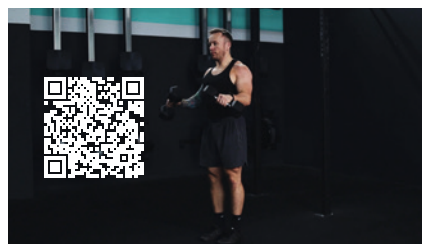
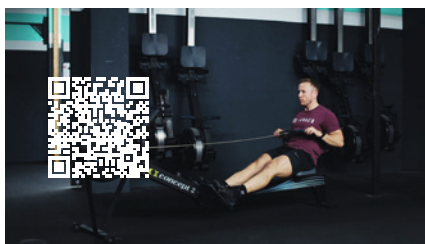
Strength Volume



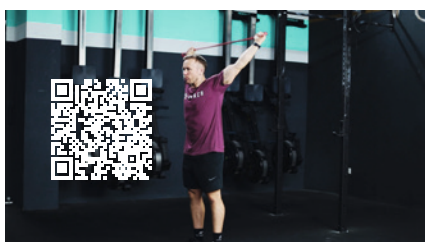
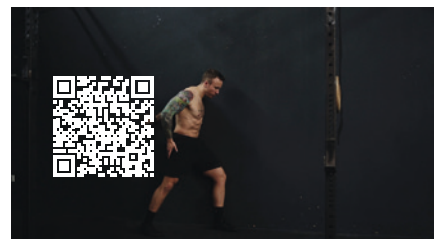
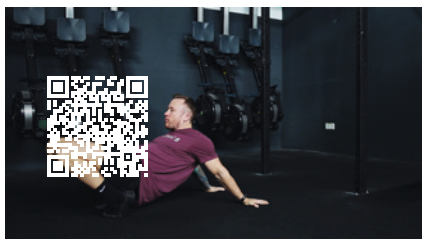
Strength Balance



Pump Conditioning



COOLDOWN



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

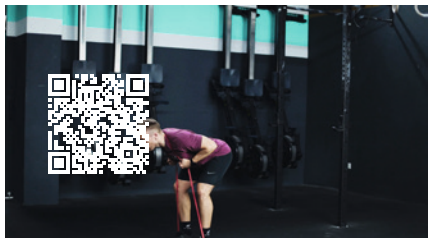
Überfahren



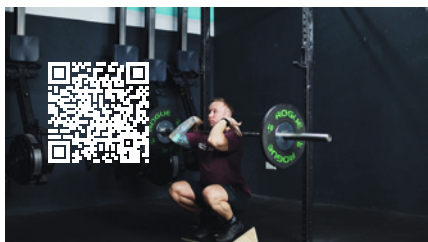
MOVEMENTS

how to -

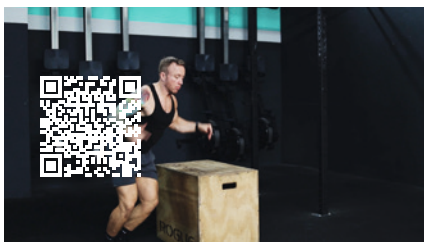
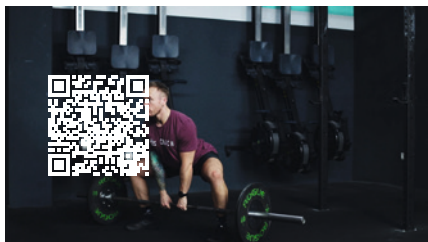
WARMUP



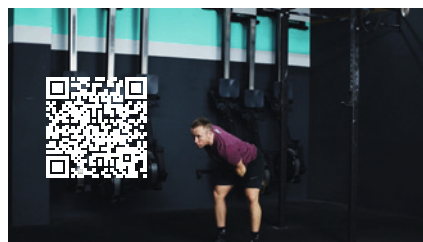
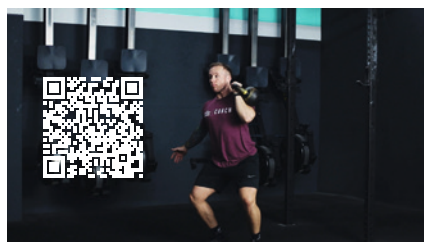
Squat Pump



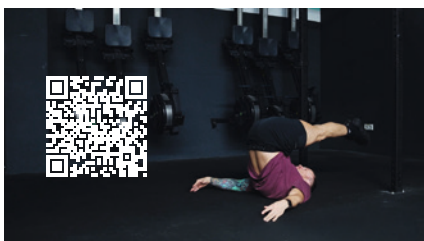
Strength Balance



Pump Conditioning



COOLDOWN



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 <i>Gleiche Last wie letzte Woche</i> 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

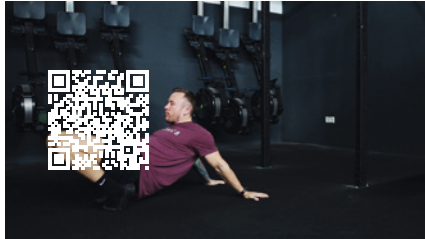
Überfahren



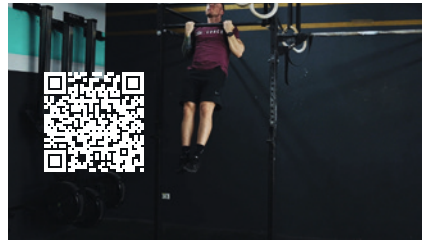
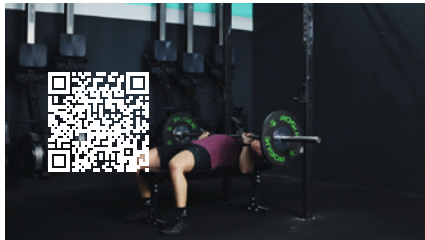
MOVEMENTS

how to -

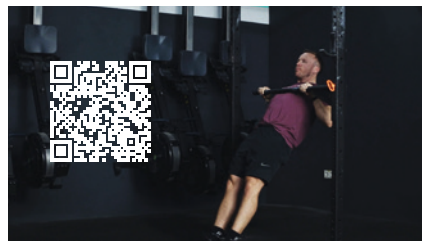
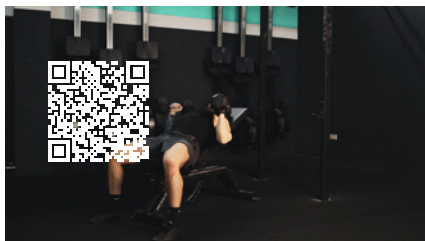
WARMUP



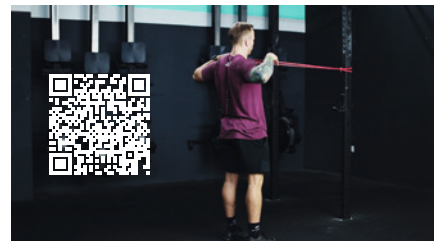
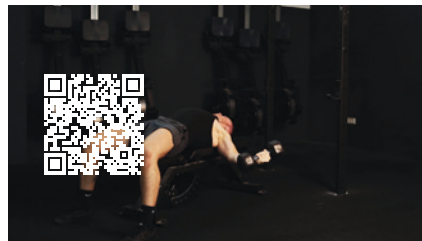
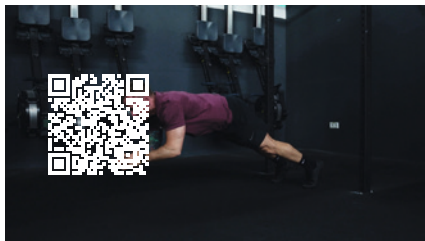
Strength Volume



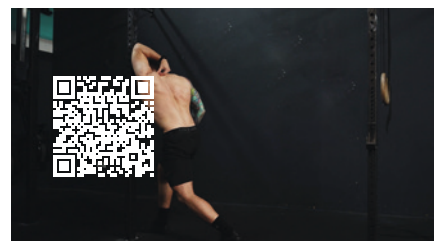
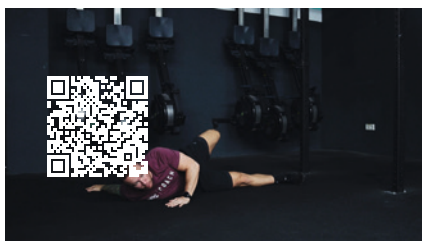
Strength Balance



Strength Accessory



COOLDOWN



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

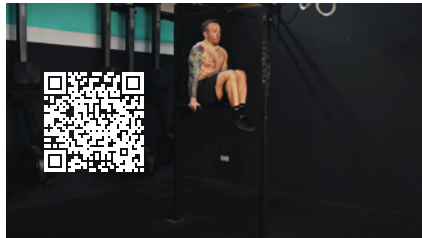
Überfahren



MOVEMENTS

how to -

WARMUP



Strength Volume



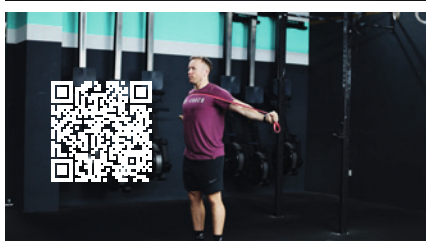
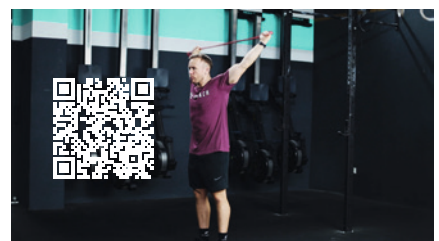
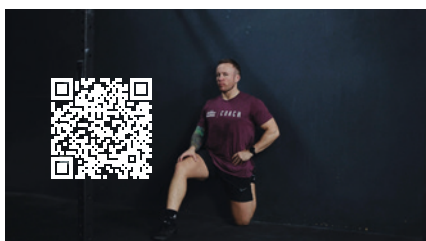
Strength Balance



Lower Body Conditioning



COOLDOWN



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

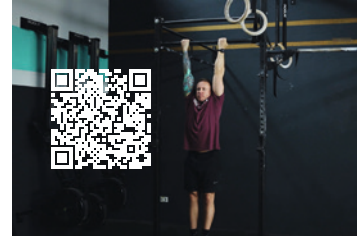
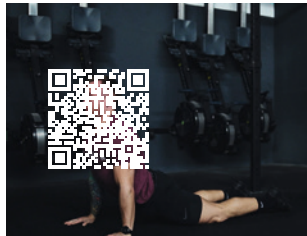
Überfahren



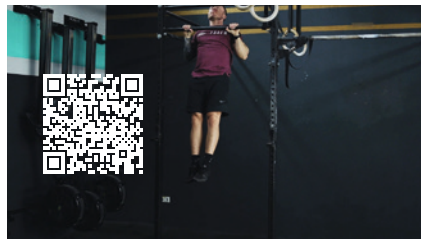
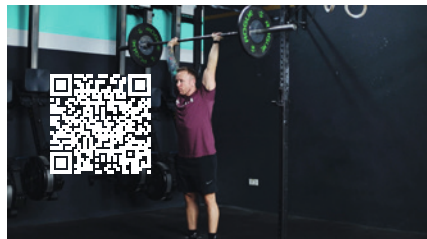
MOVEMENTS

how to -

WARMUP



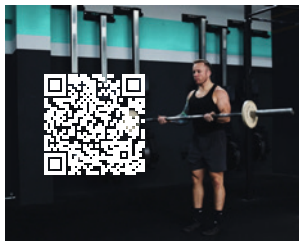
Strength Volume



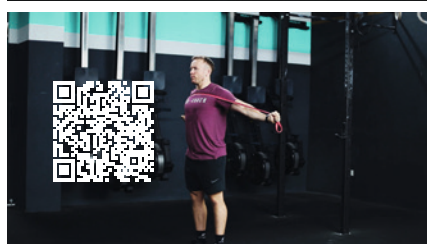
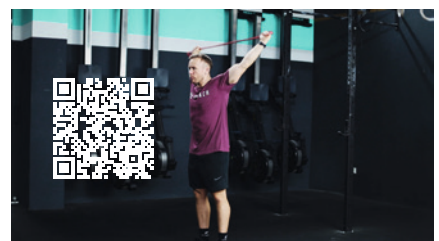
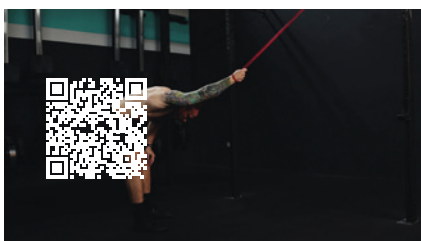
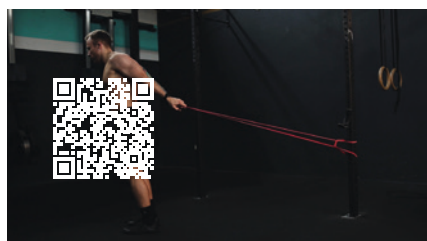
Strength Balance



Strength Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal

Erschöpft

Tot

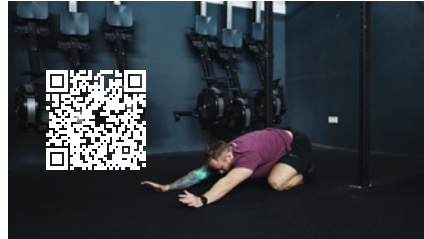
Überfahren



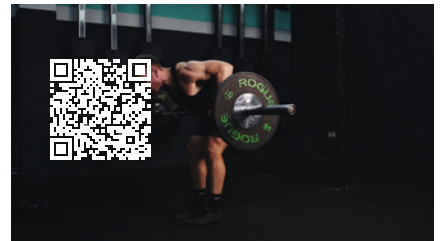
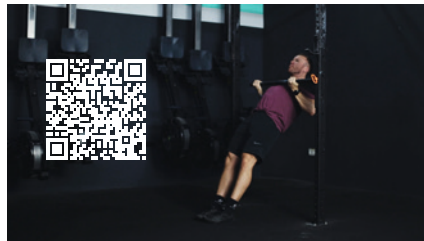
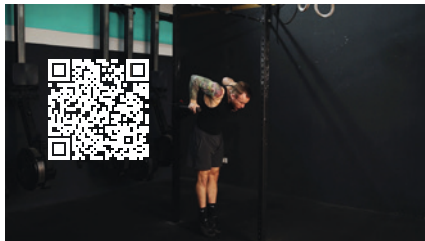
MOVEMENTS

how to -

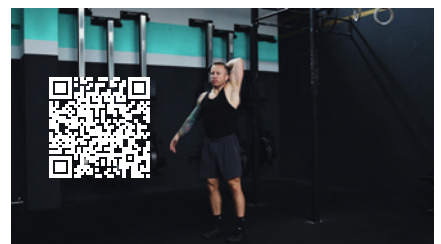
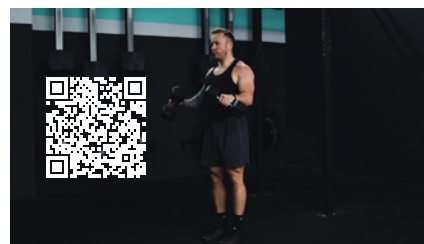
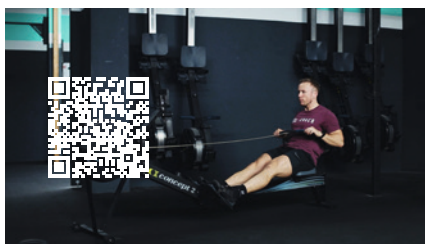
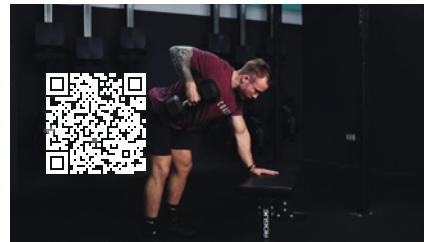
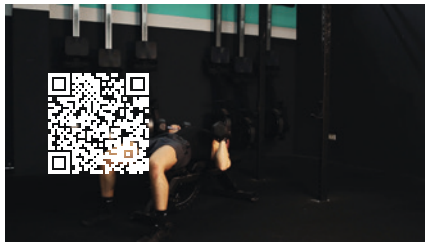
WARMUP



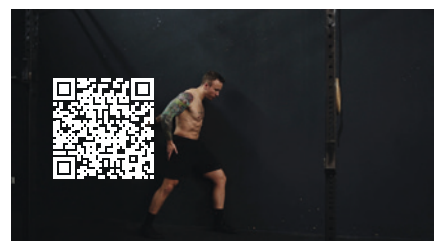
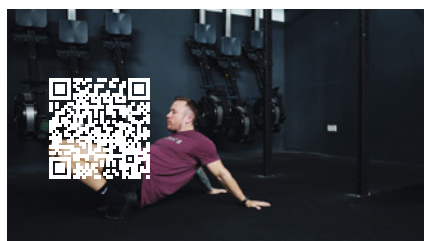
Strength Volume



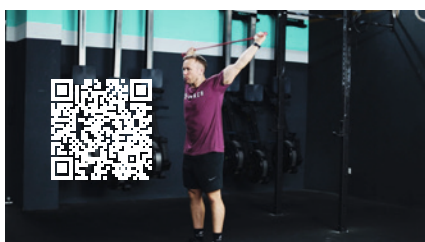
Strength Balance



Pump Conditioning



COOLDOWN



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

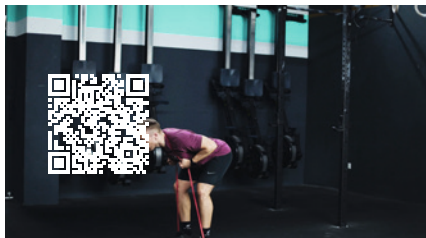
Überfahren



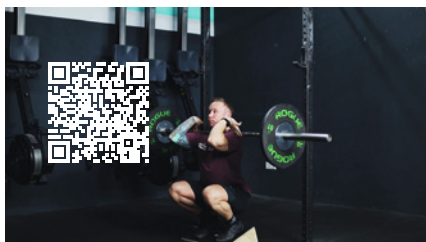
MOVEMENTS

how to -

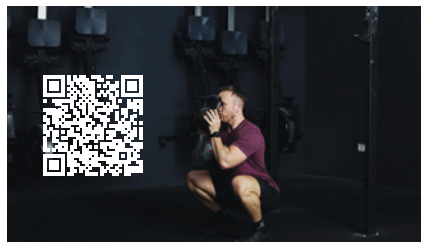
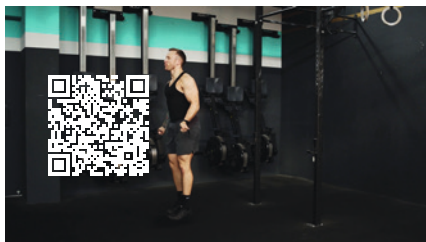
WARMUP



Squat Pump



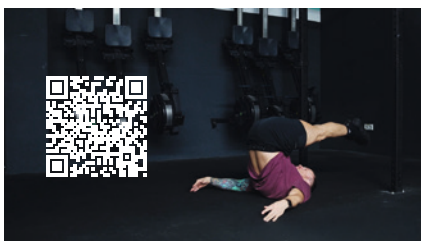
Strength Balance



Pump Conditioning



COOLDOWN



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 <i>Gleiche Last wie letzte Woche</i> 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

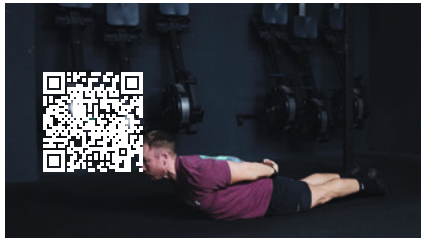
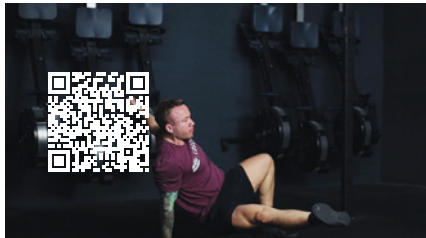
Überfahren



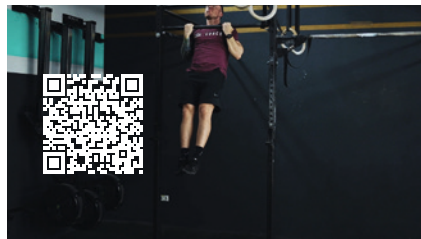
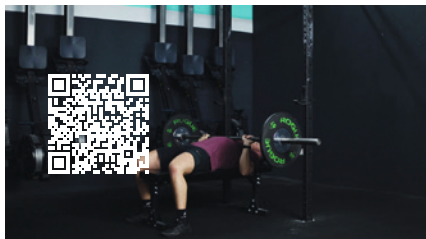
MOVEMENTS

how to -

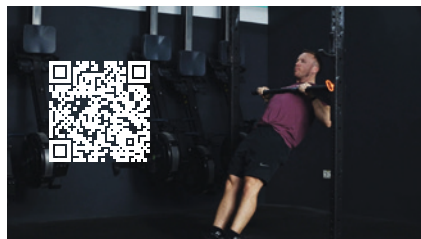
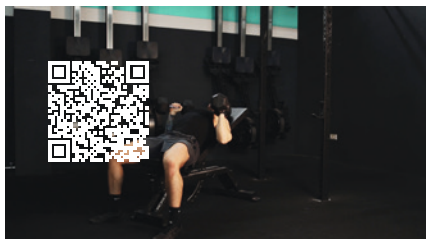
WARMUP



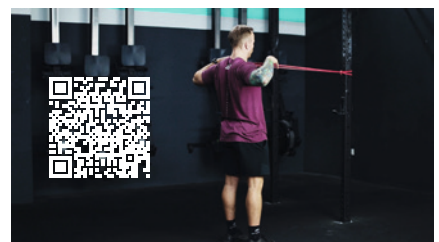
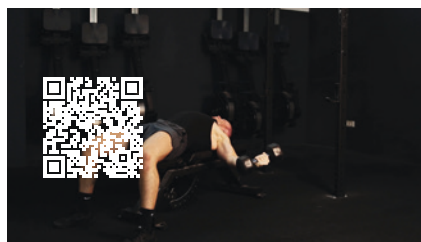
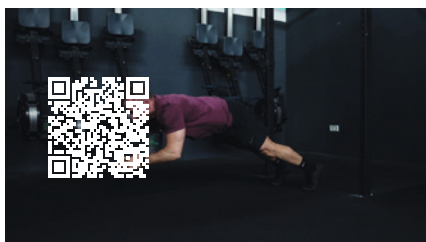
Strength Volume



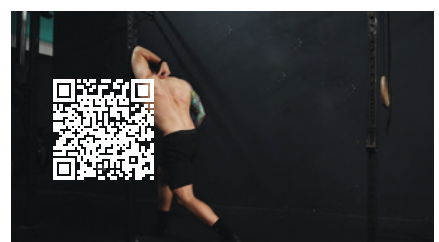
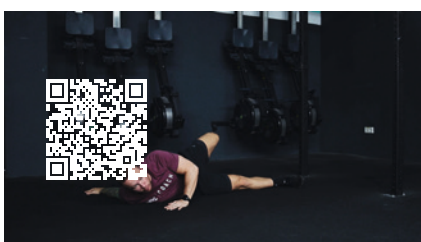
Strength Balance



Strength Accessory



COOLDOWN



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 -

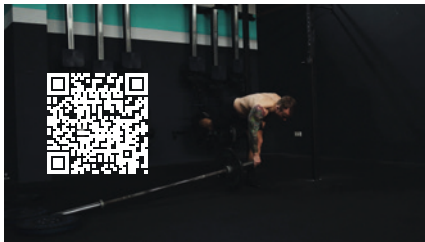
WARMUP



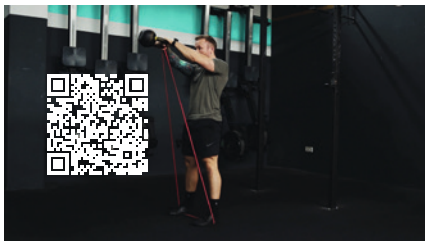
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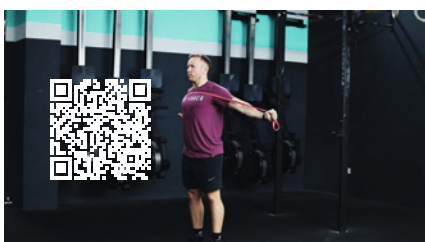
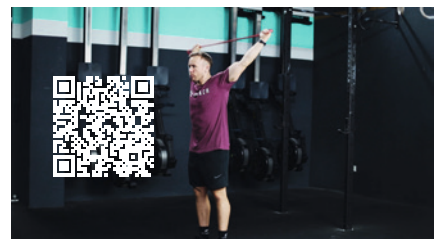
Strength Balance



Lower Body Conditioning



COOLDOWN



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

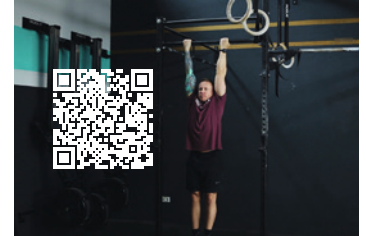
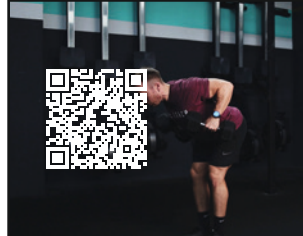
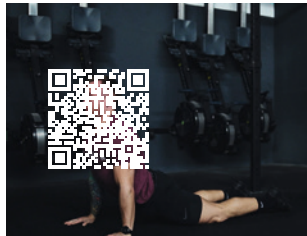
Überfahren



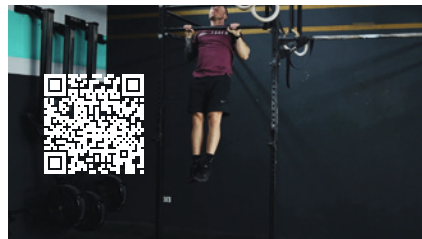
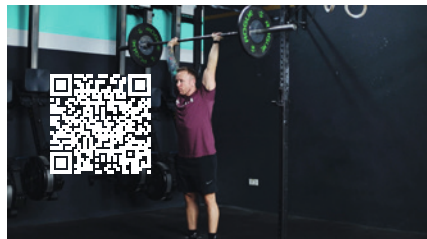
MOVEMENTS

how to -

WARMUP



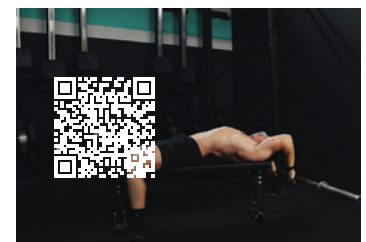
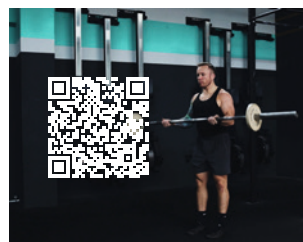
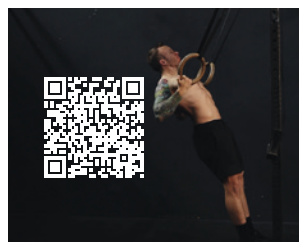
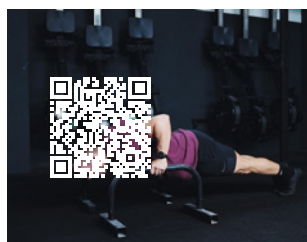
Strength Volume



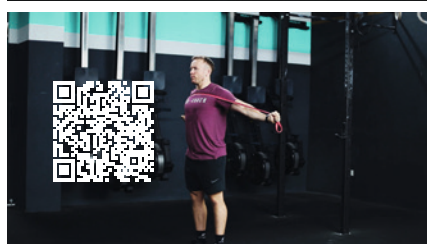
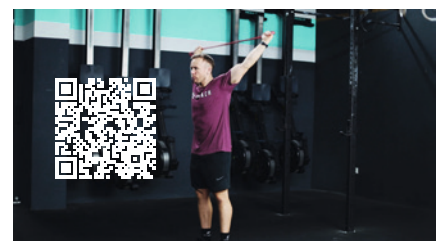
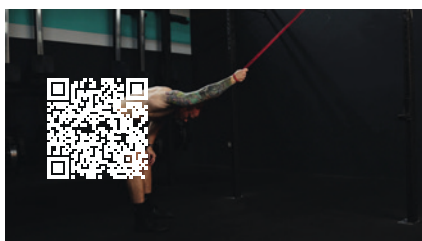
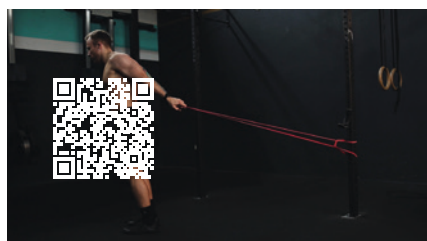
Strength Balance



Strength Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

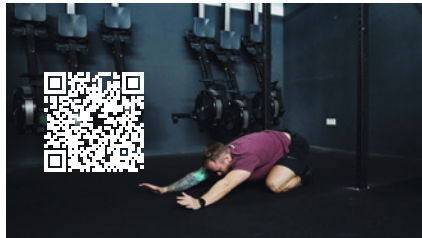
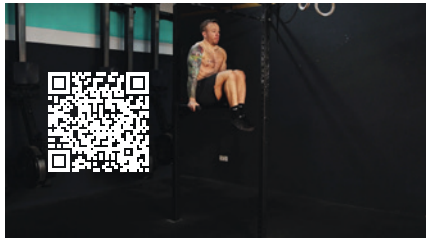
Überfahren



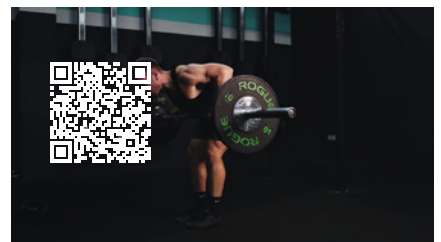
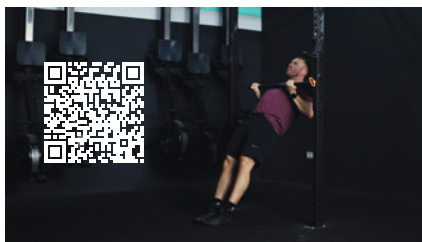
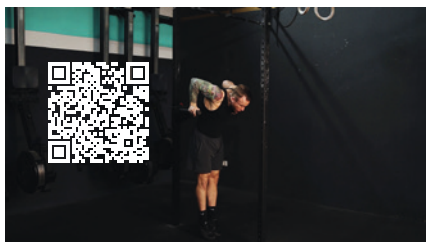
MOVEMENTS

how to -

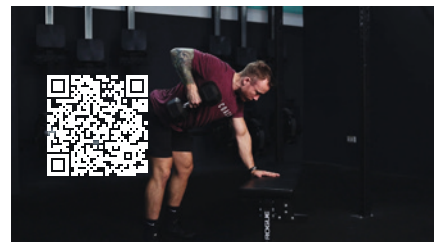
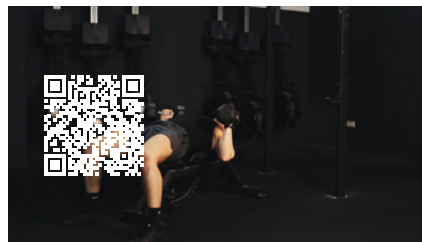
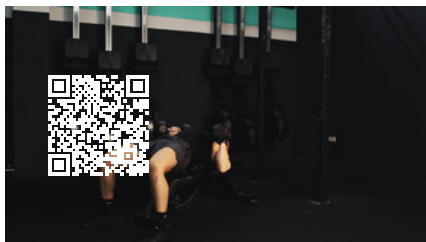
WARMUP



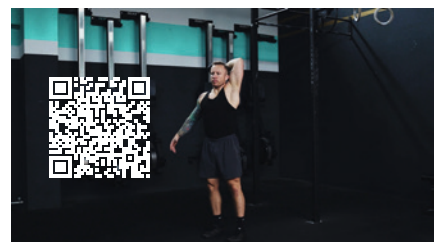
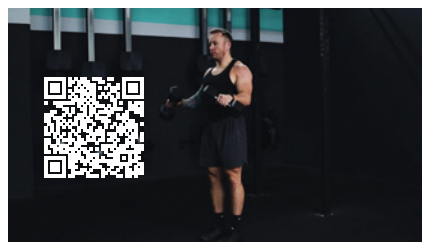
Strength Volume



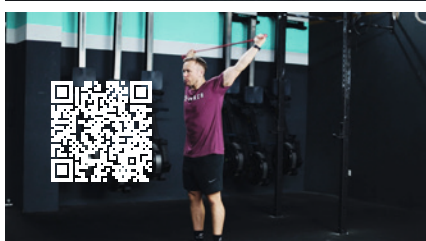
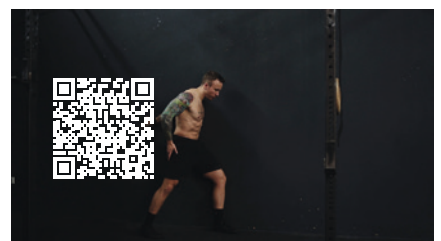
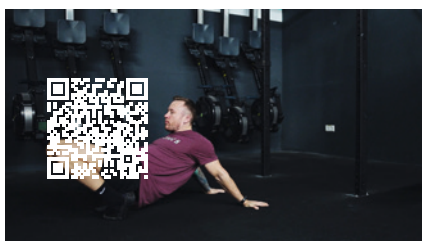
Strength Balance



Pump Conditioning



COOLDOWN



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



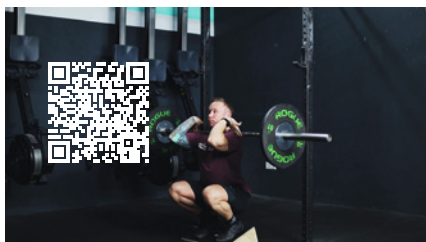
MOVEMENTS

how to -

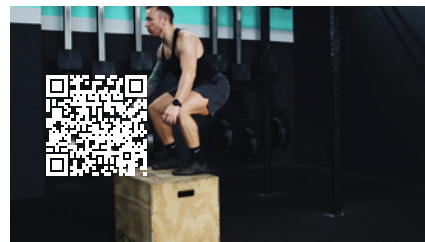
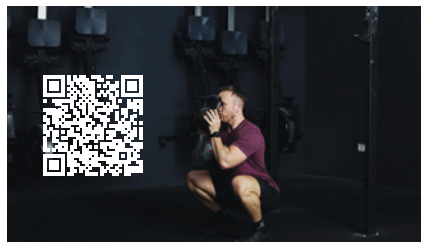
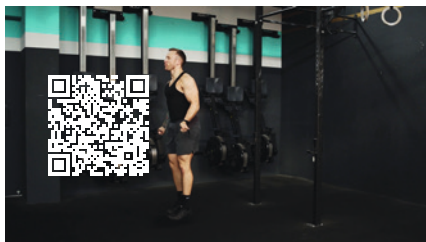
WARMUP



Squat Pump



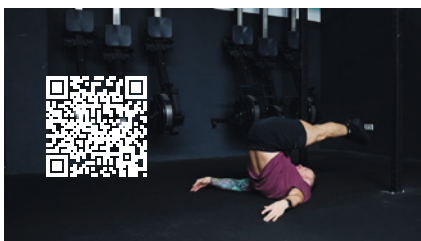
Strength Balance



Pump Conditioning



COOLDOWN



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 <i>Gleiche Last wie letzte Woche</i> 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

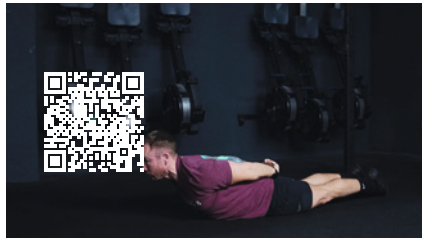
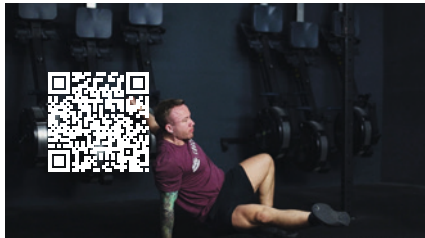
Überfahren



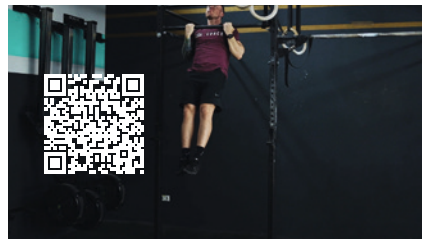
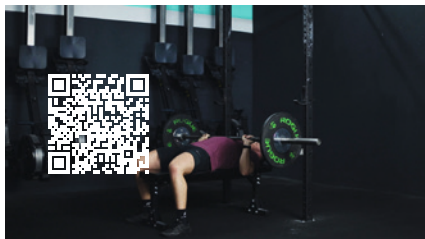
MOVEMENTS

how to -

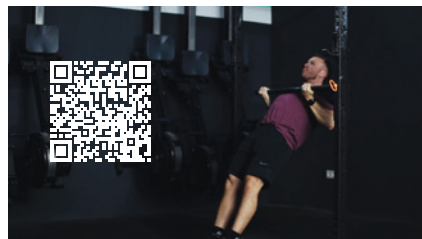
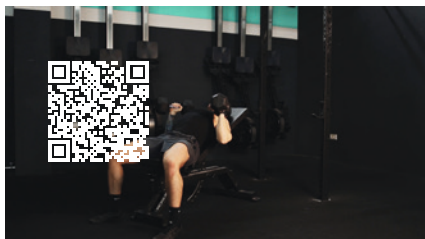
WARMUP



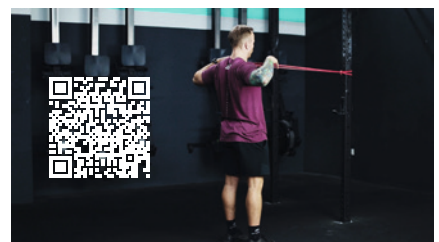
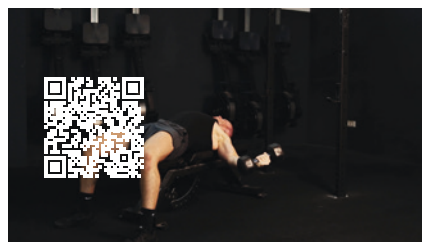
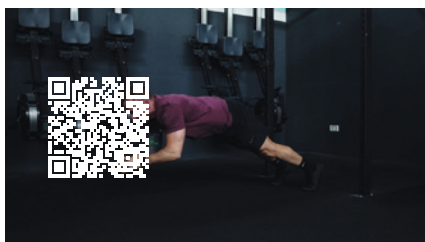
Strength Volume



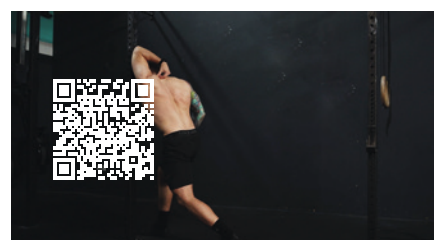
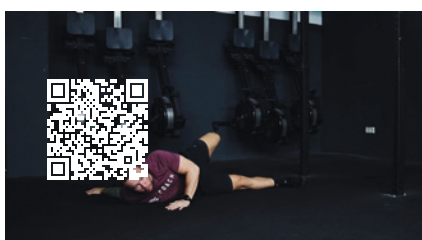
Strength Balance



Strength Accessory



COOLDOWN



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



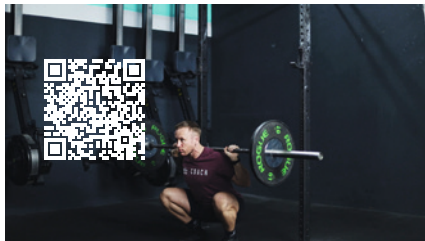
MOVEMENTS

how to -

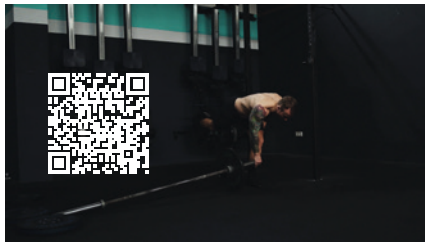
WARMUP



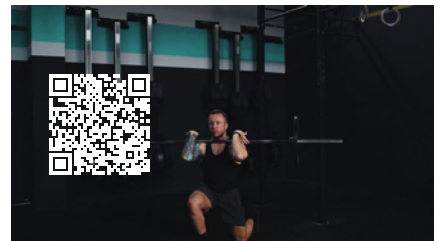
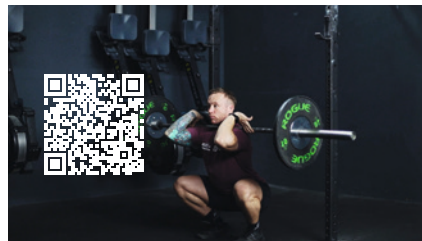
Strength Volume



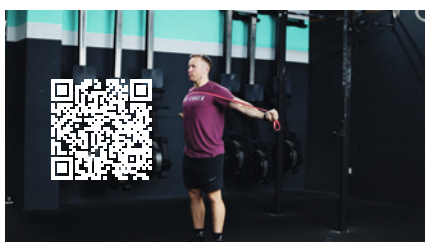
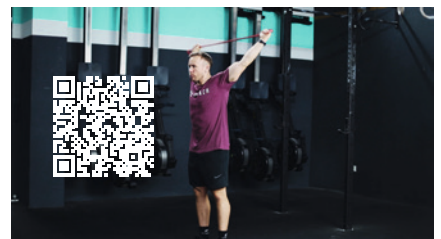
Strength Balance



Lower Body Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

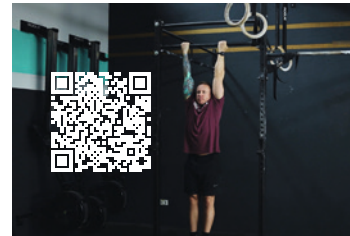
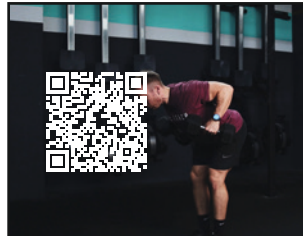
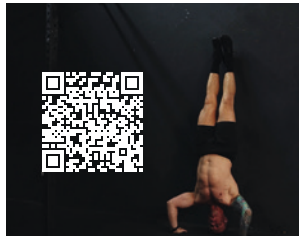
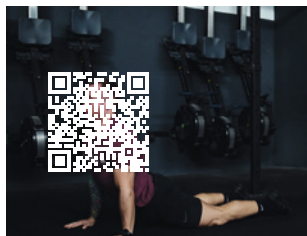
Überfahren



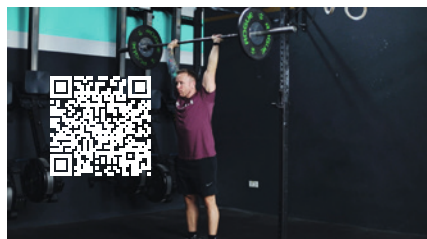
MOVEMENTS

how to -

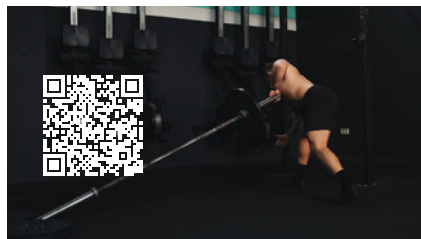
WARMUP



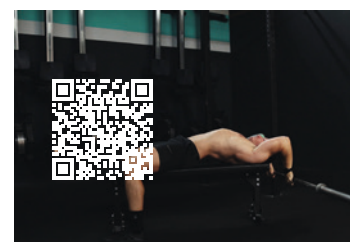
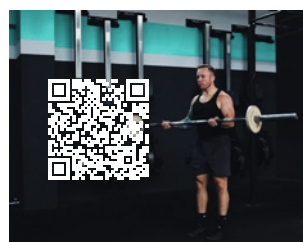
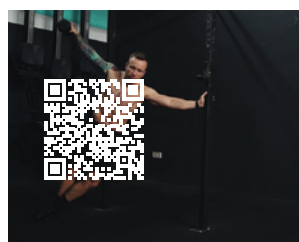
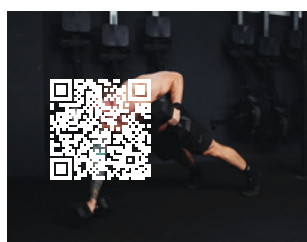
Strength Volume



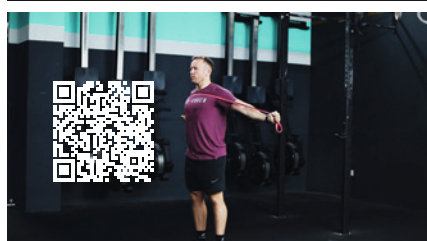
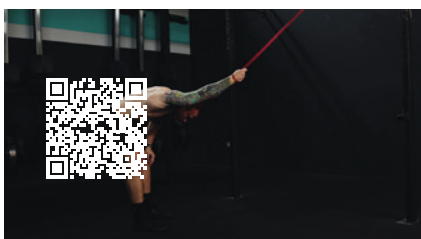
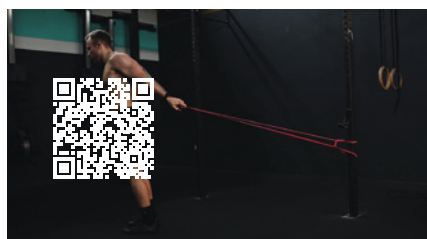
Strength Balance



Strength Conditioning



COOLDOWN



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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Brutal Tot

Erschöpft

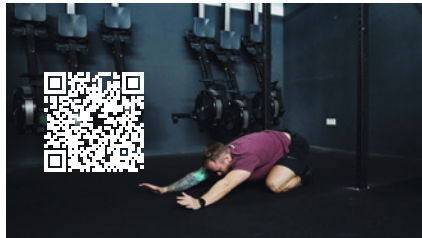
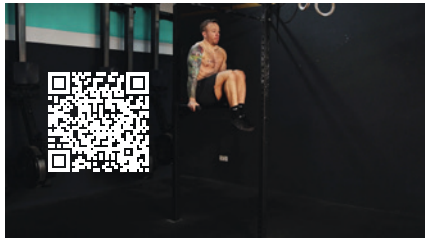
Überfahren



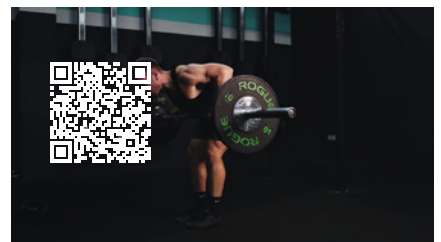
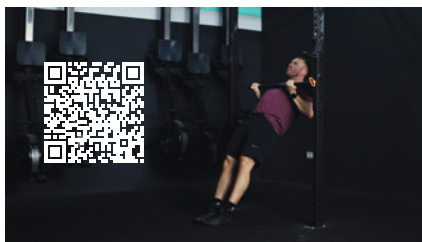
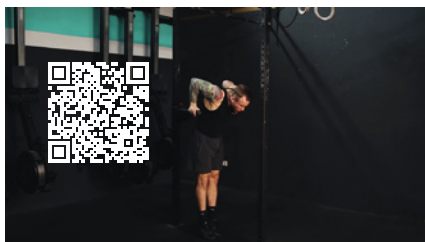
MOVEMENTS

how to -

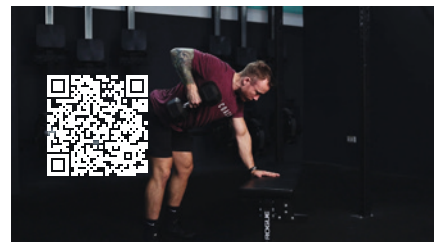
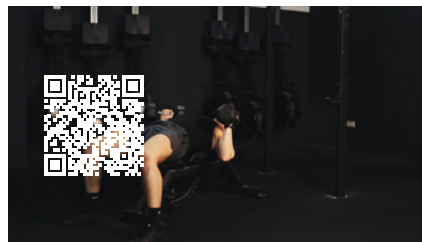
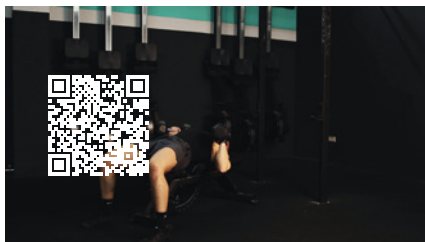
WARMUP



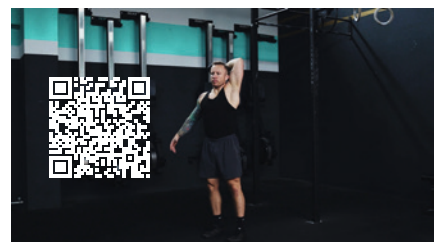
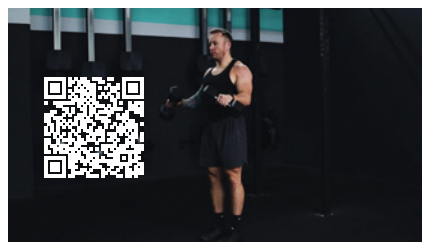
Strength Volume



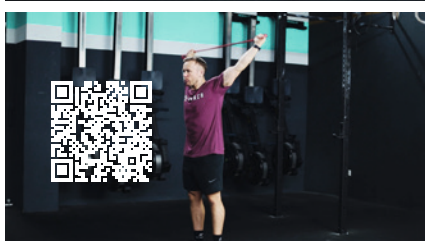
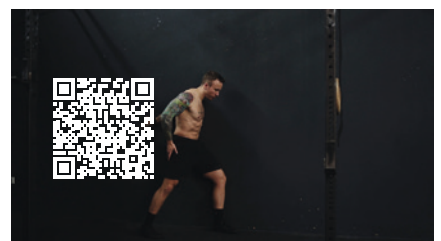
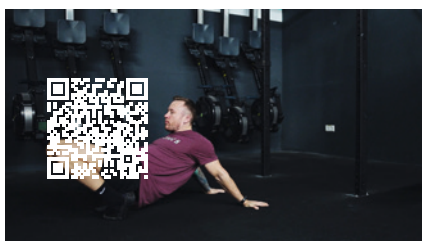
Strength Balance



Pump Conditioning



COOLDOWN



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

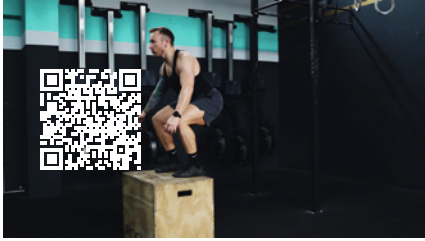
Überfahren



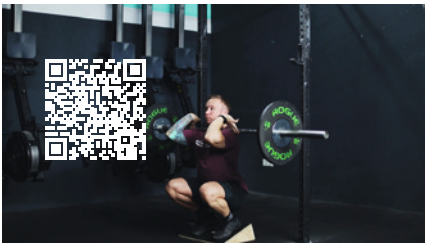
MOVEMENTS

how to -

WARMUP



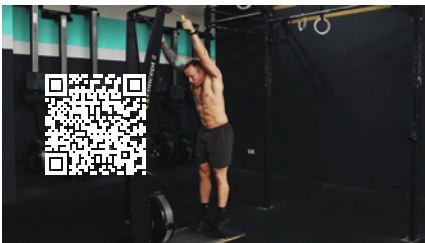
Squat
Pump



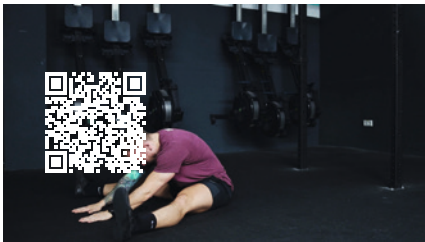
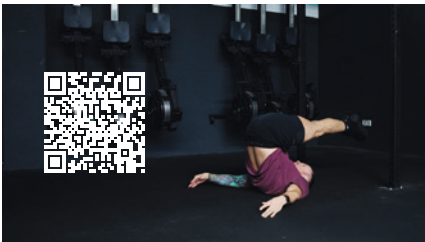
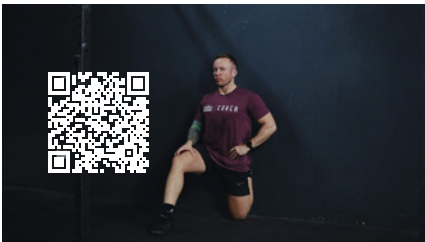
Strength
Balance



Pump
Conditioning



COOLDOWN



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

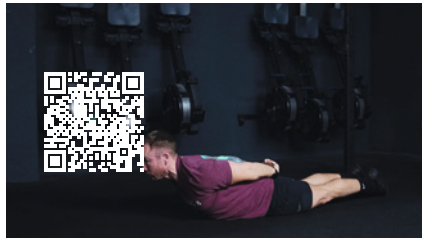
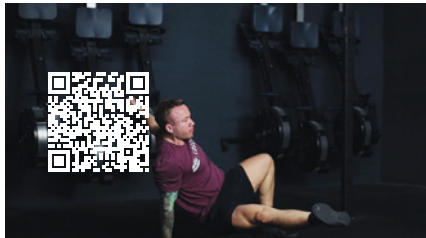
Überfahren



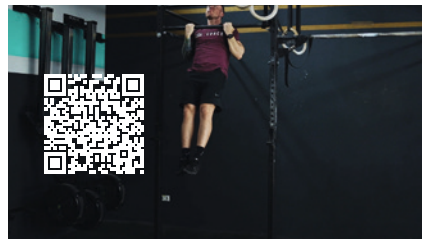
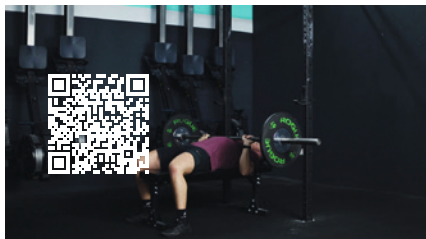
MOVEMENTS

how to -

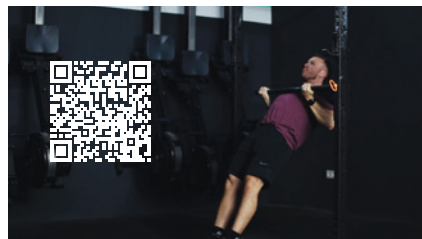
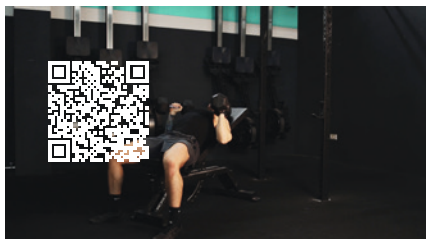
WARMUP



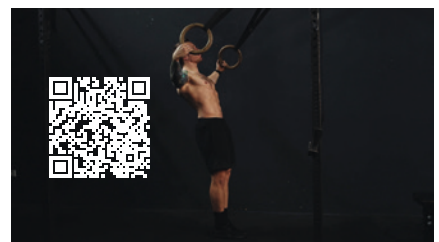
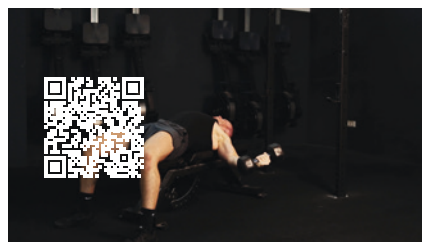
Strength Volume



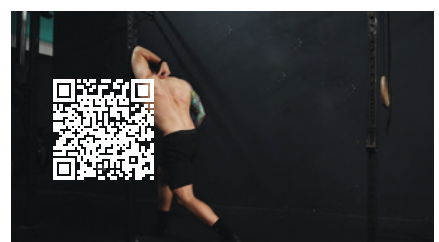
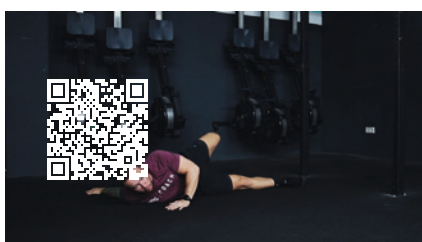
Strength Balance



Strength Accessory



COOLDOWN



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



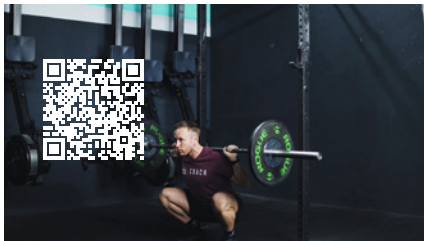
MOVEMENTS

how to -

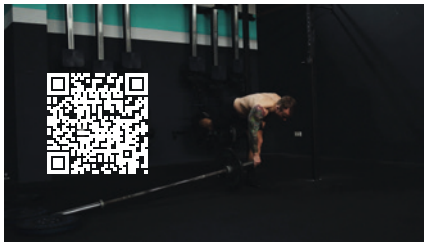
WARMUP



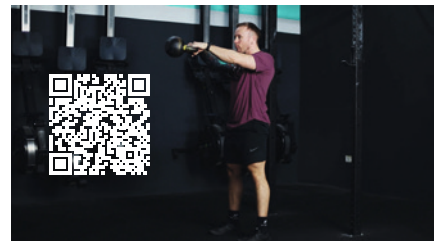
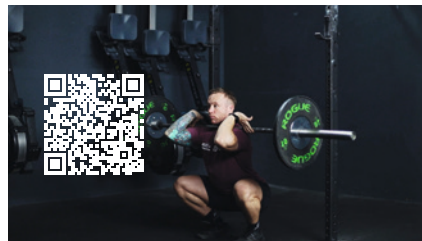
Strength Volume



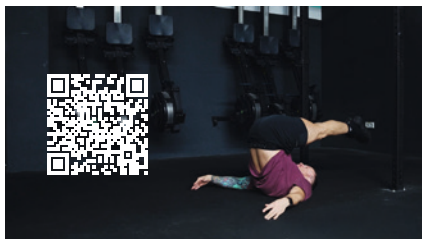
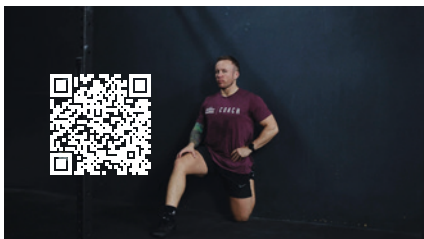
Strength Balance



Lower Body Conditioning



COOLDOWN



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

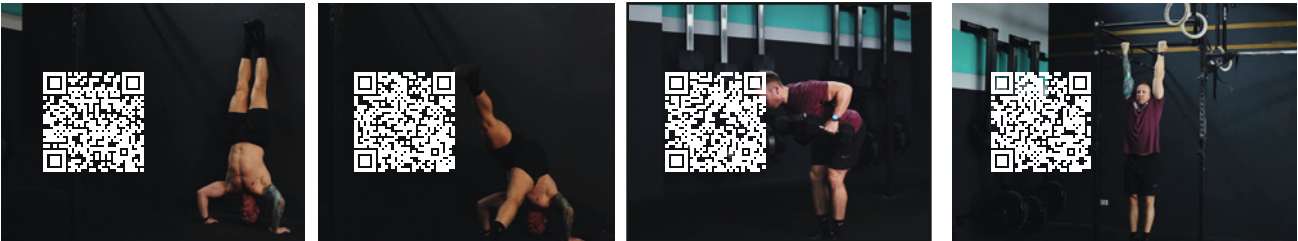
Überfahren



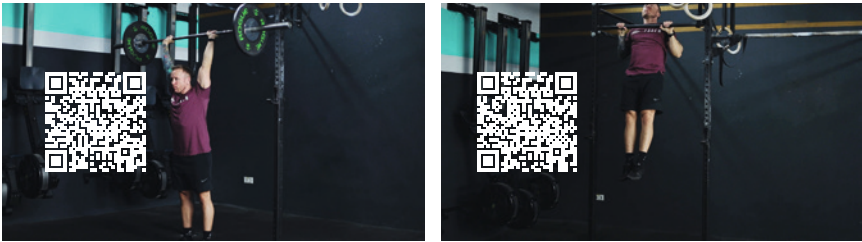
MOVEMENTS

how to -

WARMUP



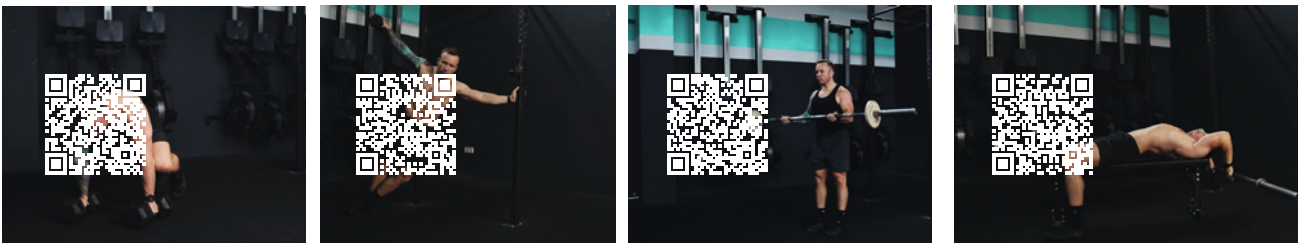
Strength
Volume



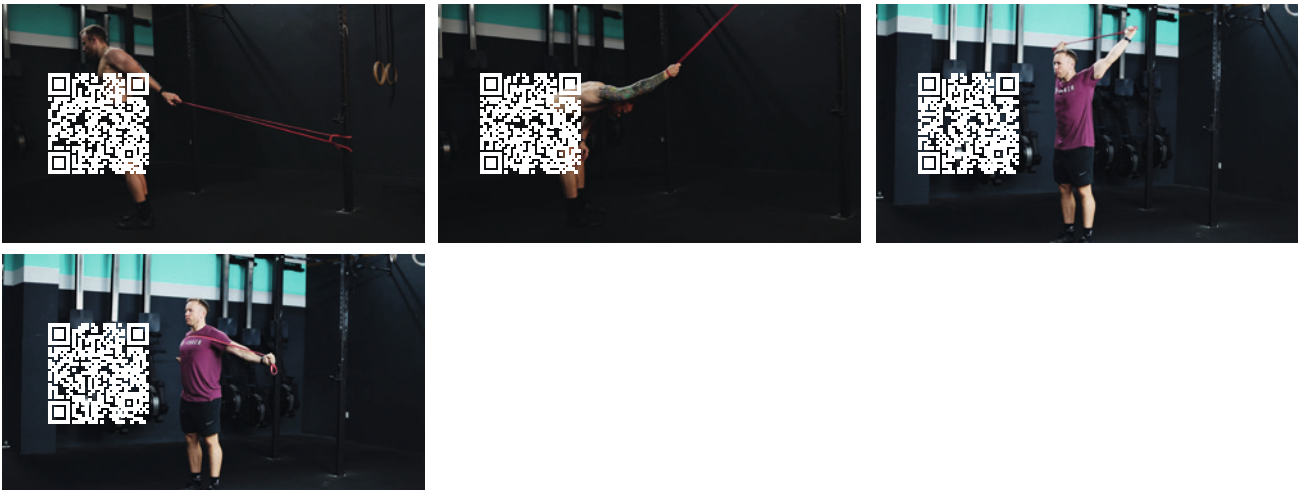
Strength
Balance



Strength
Conditioning



COOLDOWN



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 <i>Gleiche Last</i> 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

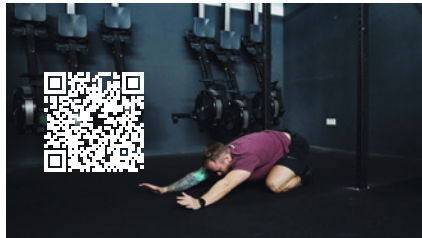
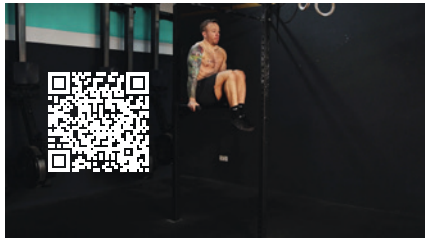
Überfahren



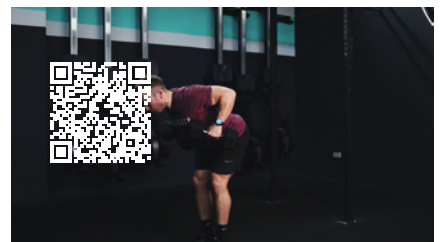
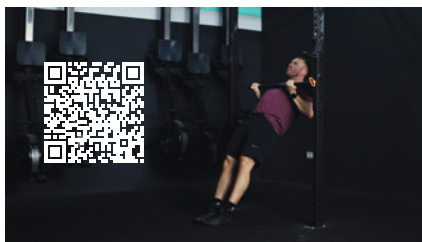
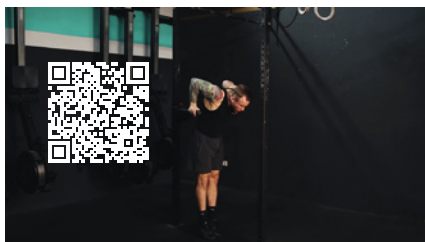
MOVEMENTS

how to -

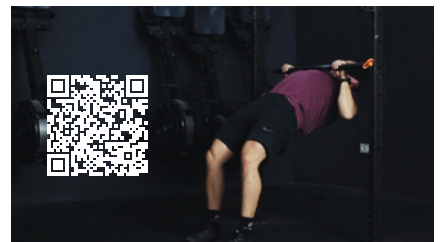
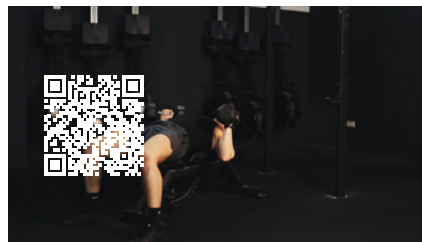
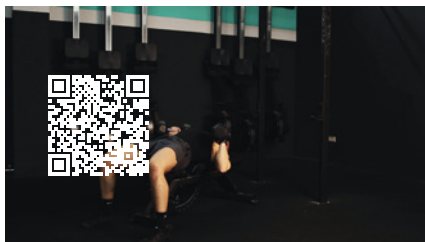
WARMUP



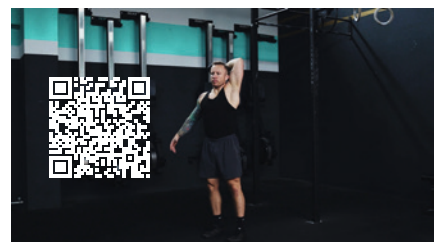
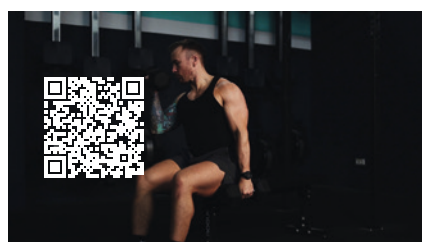
Strength Volume



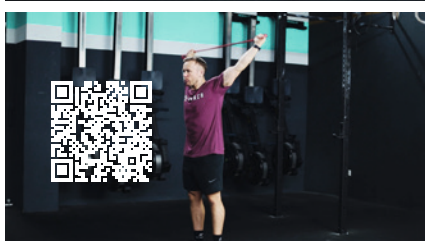
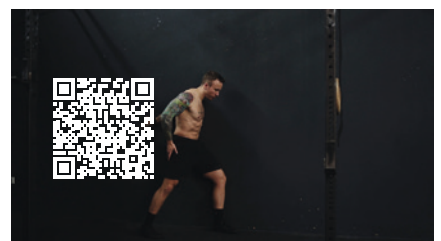
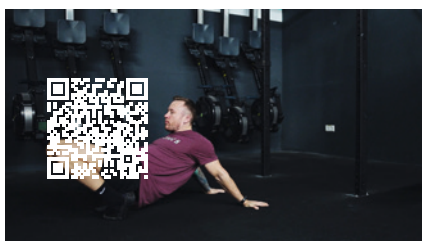
Strength Balance



Pump Conditioning



COOLDOWN



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



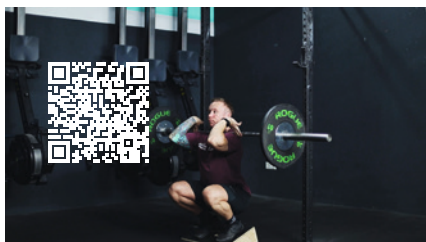
MOVEMENTS

how to -

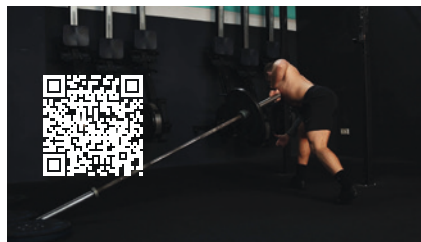
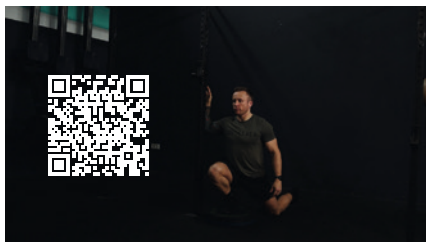
WARMUP



Squat Pump



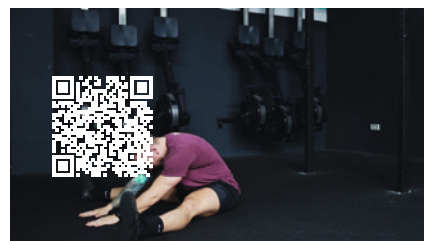
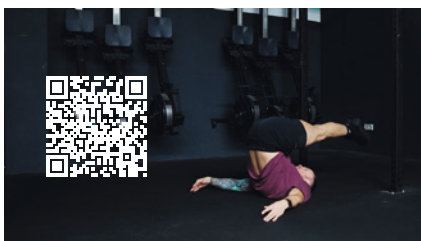
Strength Balance



Pump Conditioning



COOLDOWN



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

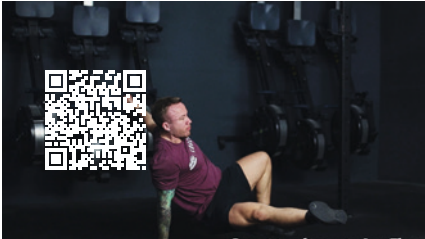
Überfahren



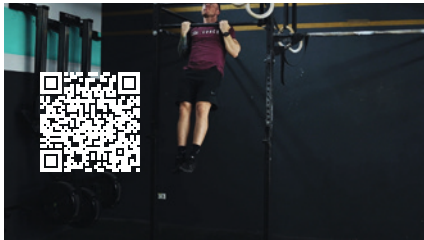
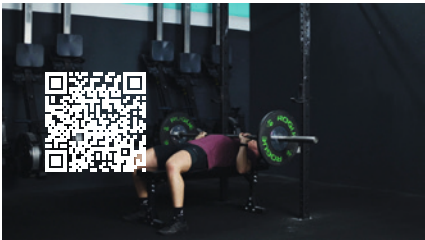
MOVEMENTS

how to -

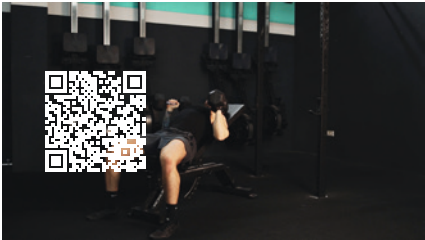
WARMUP



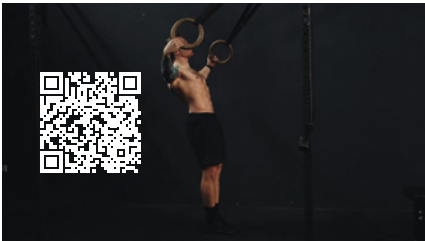
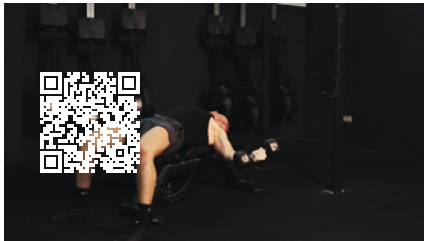
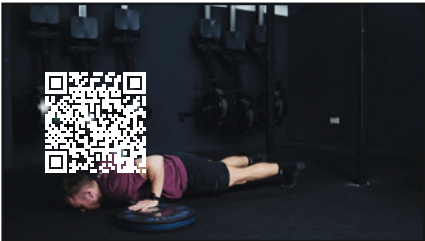
Strength
Volume



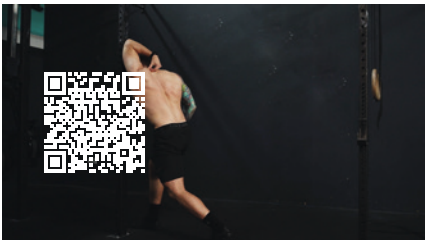
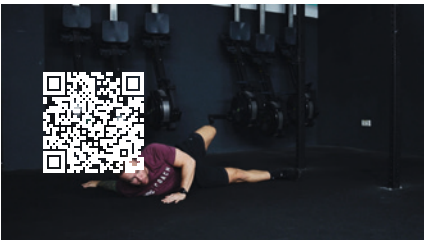
Strength
Balance



Strength
Accessory



COOLDOWN



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

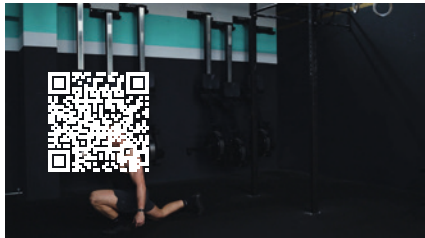
Überfahren



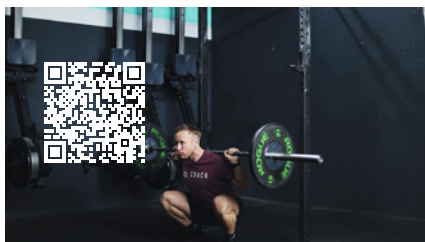
MOVEMENTS

how to -

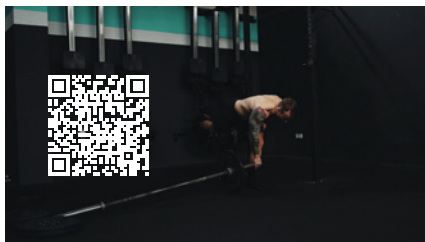
WARMUP



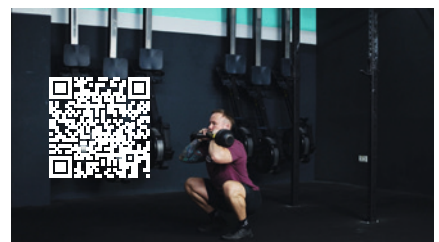
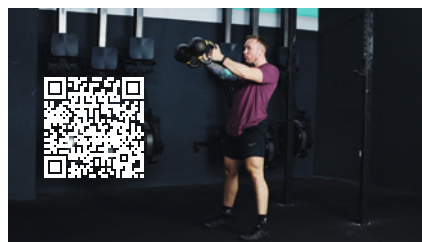
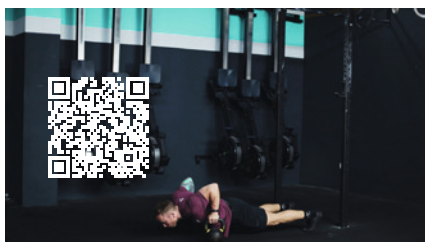
Strength Volume



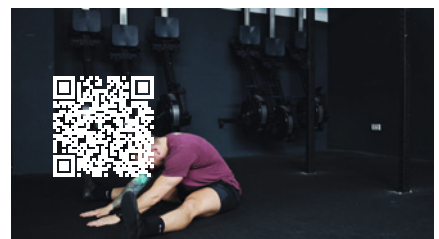
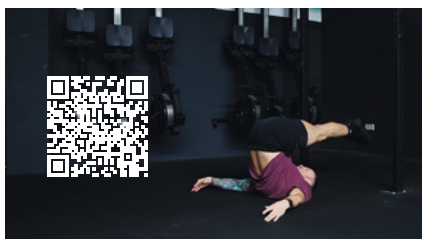
Strength Balance



Lower Body Conditioning



COOLDOWN



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 geföhlt?

Top 10 / 10

Gut

normal

Erschöpft

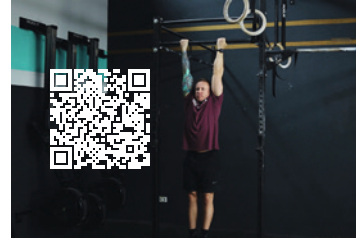
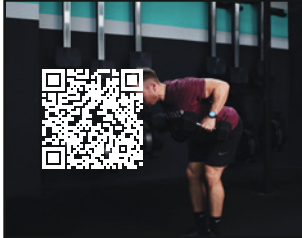
Überfahren



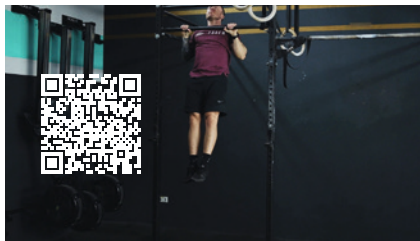
MOVEMENTS

how to -

WARMUP



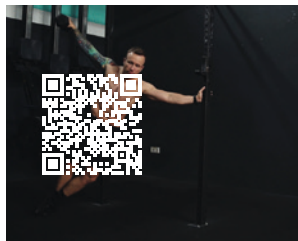
Strength Volume



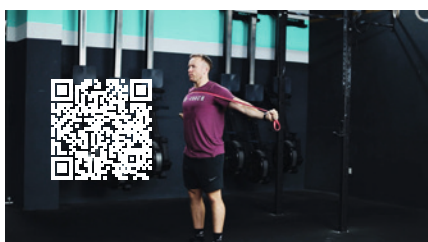
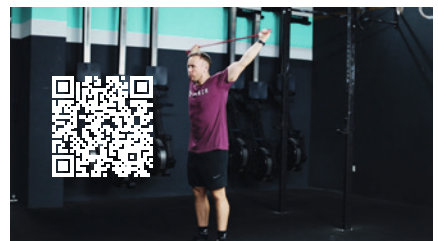
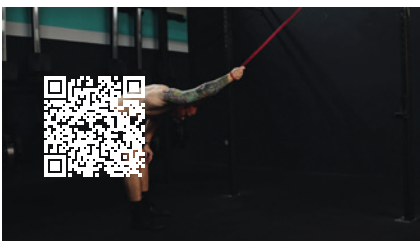
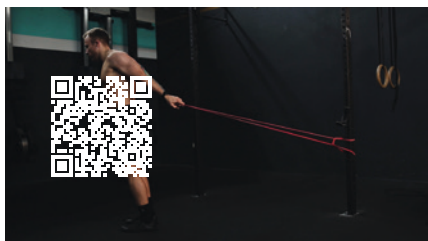
Strength Balance



Strength Conditioning



COOLDOWN



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 <i>Gleiche Last</i> 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

Wie hast du dich gefühlt?

Top 10 / 10 Gut normal

Tot

Brutal

Erschöpft

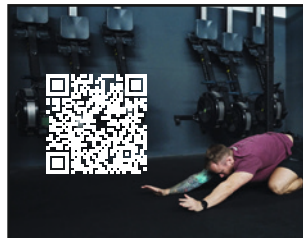
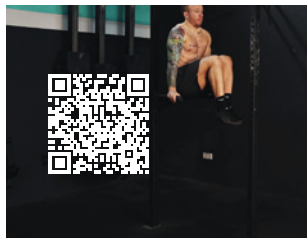
Überfahren



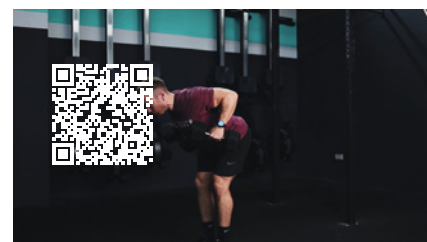
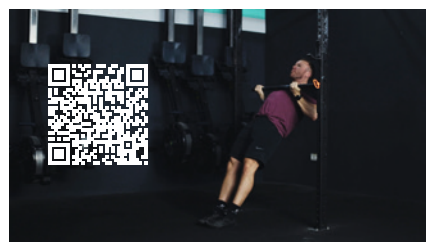
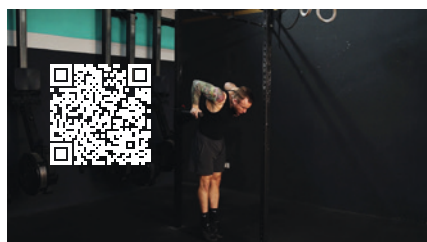
MOVEMENTS

how to -

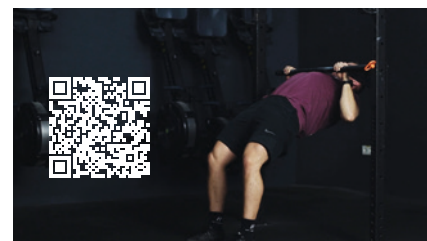
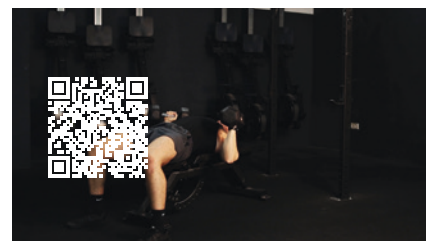
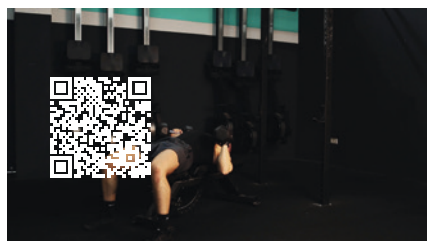
WARMUP



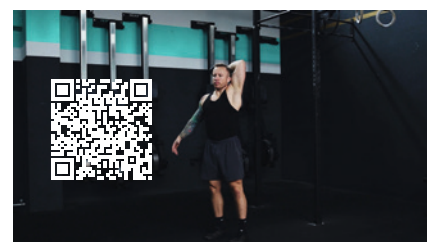
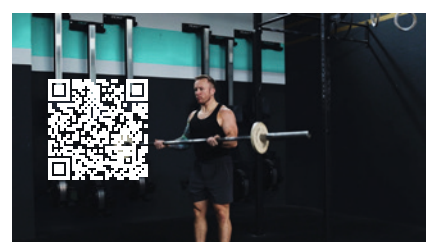
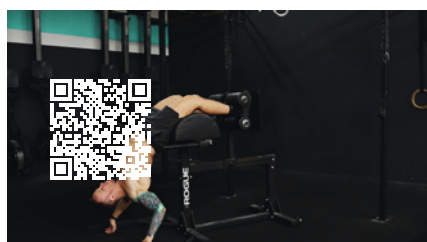
Strength Volume



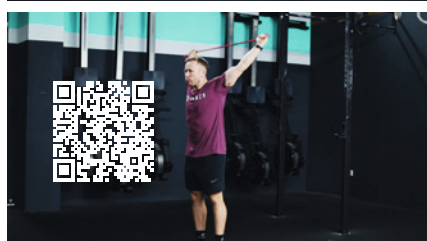
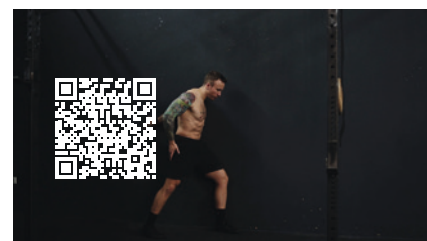
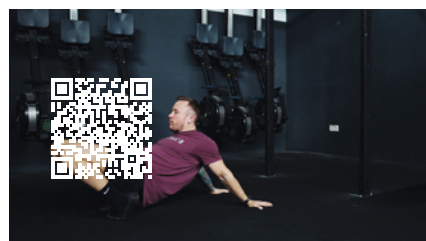
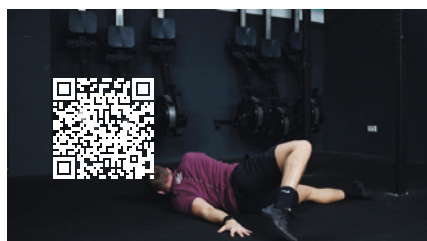
Strength Balance



Pump Conditioning



COOLDOWN



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



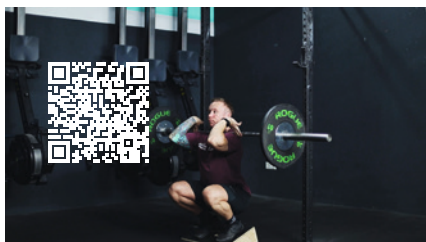
MOVEMENTS

how to -

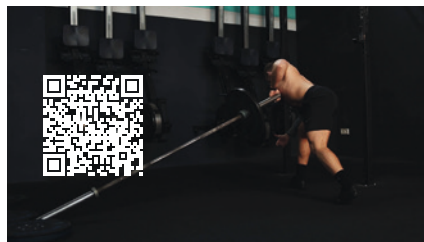
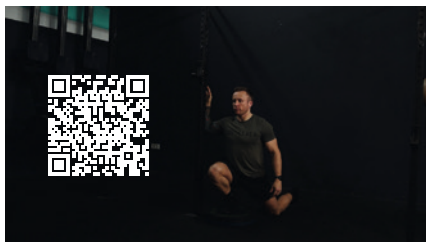
WARMUP



Squat Pump



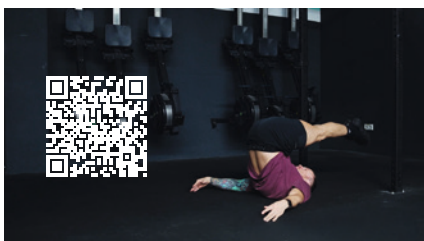
Strength Balance



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. Empfehle 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 *Chris: h*

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 Wiederholungszahl. 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: Mississippi 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.

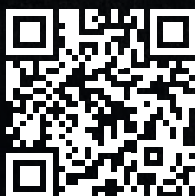
RPE = Rate of perceived exertion, deine gefühlte Belastung auf einer Skala von 1-10. Bei 1 bist du wach und atmest. Bei 10 bist du ohnmächtig

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.



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find us: Vahrenwalder Str. 213, 30165 Hannover

let's 
fucking go!

