



Kamera-Perspektive

QR-Code bitte einscannen um einzuchecken

√^AberGym

Heutiger Trainingsplan

Trainingsplan: Brust Workout

Übungen:

Flys - Mittlere Brust

Sätze: 3

Wdh: 15/20/30

Gewicht: 25/20/15

Dips - Obere Brust

Sätze: 2

Wdh: 15/20

Gewicht: 25/20

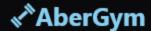
Bankdrücken

Sätze: 2

Wdh: 15/20

Gewicht: 25/20

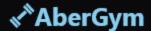
Start





Set	Wdh	Kg	
1	15	25	>
2	20	20	
3	30	15	

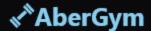
Beschreibung:





Set	Wdh	Kg	
1	15	25	V
2	20	20	
3	30	15	

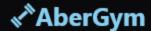
Beschreibung:





Set	Wdh	Kg	
1	15	25	\
2	20	20	
3	30	15	

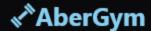
Beschreibung:





Set	Wdh	Kg	
1	15	25	\
2	20	20	
3	30	15	

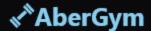
Beschreibung:





Set	Wdh	Кд	
1	15	25	\
2	20	20	\
3	30	15	

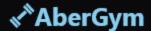
Beschreibung:





Set	Wdh	Кд	
1	15	25	\
2	20	20	\
3	30	15	V

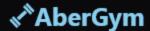
Beschreibung:





Set	Wdh	Кд	
1	15	25	\
2	20	20	\
3	30	15	V

Beschreibung:





Set	Wdh	Кд	
1	15	25	\
2	20	20	\
3	30	15	\

Beschreibung:





Set	Wdh	Кд	
1	15	25	\
2	20	20	\
3	30	15	\

Beschreibung:

⋄^AberGym



Flys - Mittlere Brust

Set	Wdh	Kg	
1	15	25	\
2	20	20	\
3	30	15	\

Beschreibung:



Dips - Obere Brust

Set	Wdh	Кд	
1	15	25	\
2	20	20	

Beschreibung:



Dips - Obere Brust

Set	Wdh	Kg	
1	15	25	>
2	20	20	

Beschreibung:



Dips - Obere Brust

Set	Wdh	Кд	
1	15	25	\
2	20	20	

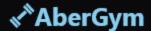
Beschreibung:



Dips - Obere Brust

Set	Wdh	Kg	
1	15	25	\
2	20	20	\

Beschreibung:





Dips - Obere Brust

Set	Wdh	Kg	
1	15	25	\
2	20	20	~

Beschreibung:



Dips - Obere Brust

Set	Wdh	Кд	
1	15	25	\
2	20	20	\

Beschreibung:

⋄^AberGym



Dips - Obere Brust

Set	Wdh	Kg	
1	15	25	\
2	20	20	\

Beschreibung:



Dips - Obere Brust

Set	Wdh	Кд	
1	15	25	\
2	20	20	\

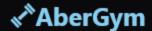
Beschreibung:



Bankdrücken

Set	Wdh	Кд	
1	15	25	\
2	20	20	

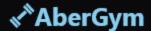
Beschreibung:





Set	Wdh	Kg	
1	15	25	
2	20	20	

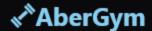
Beschreibung:





Set	Wdh	Кд	
1	15	25	\
2	20	20	

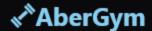
Beschreibung:





Set	Wdh	Kg	
1	15	25	\
2	20	20	\

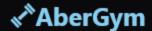
Beschreibung:

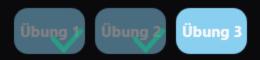




Set	Wdh	Kg	
1	15	25	\
2	20	20	V

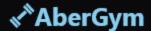
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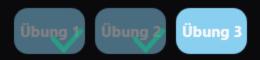




Set	Wdh	Kg	
1	15	25	\
2	20	20	\

Beschreibung:





Set	Wdh	Kg	
1	15	25	\
2	20	20	\

Beschreibung:

⋄^AberGym



Bankdrücken

Set	Wdh	Kg	
1	15	25	/
2	20	20	\

Beschreibung:



Bankdrücken

Set	Wdh	Кд	
1	15	25	\
2	20	20	\

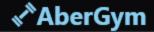
Beschreibung:



Bankdrücken

Set	Wdh	Кд	
1	15	25	\
2	20	20	\

Beschreibung:



Trainingsplan abgeschlossen

Auf neuen Trainingsplan warten...