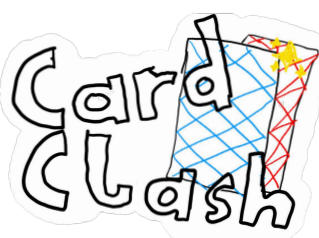




Start



**UNDERGROUND
THE AWAKENING**



Push

Pull

Leg



Plan



Calorie



Entry



Level



Chest



Benchpress 

2 sets

5 reps

90kg



Dips 

2 sets

3 reps

40kg



Dumbbell Flyes 

3 sets

4 reps

25kg



Incline Dumbbell BP 

3 sets

4 reps

25kg

Shoulder



Shoulderprss 

2 sets

7 reps

5kg



Sidelift 

2 sets

8 reps

12.5kg



Frontlift 

3 sets

10 reps

12.5kg



Plan



Calorie



Entry



Level



Level
today



Powerlifting

Streetlifting

Costum

Freak

DL

SQ

Elite

SC

Advanced

BP

Intermediate

Beginner



Plan



Calorie



Entry



Level



Level
today



Powerlifting

Streetlifting

Costum

Freak

DL

SQ

Elite

SC

Advanced

BP

Intermediate

Beginner

Deadlift 110kg 5reps 1RM: 140kg



Plan



Calorie



Entry



Level



today

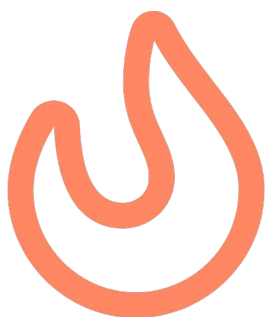


Breakfast

700

Lunch

1300



2400 / 3000cal

Dinner

0

Snacks

400



70 / 100g



160 / 200g



30 / 40g



1.5 / 3L



8 / 8h



Plan



Calorie



Entry



Level



Entry
today



Type

Sets



Exercise

Distance

Altitude



Running

Distance

Altitude



Biking

Type

Distance



Swimming



Plan



Calorie



Entry



Level



08.03.2025

Swimming 600m

Push-Workout 23sets

07.03.2025

Biking 40km 500hm

Running 8km 100hm

06.03.2025

Leg-Workout 16sets

Running 7km 120hm

Running 7km 120hm

05.03.2025

Leg-Workout 16sets

Running 7km 120hm

Running 7km 120hm

04.03.2025

Biking 40km 500hm

03.03.2025

Swimming 600m

Push-Workout 23sets

08.03.2025

Swimming 600m

Push-Workout 23sets

07.03.2025

Biking 40km 500hm



Plan



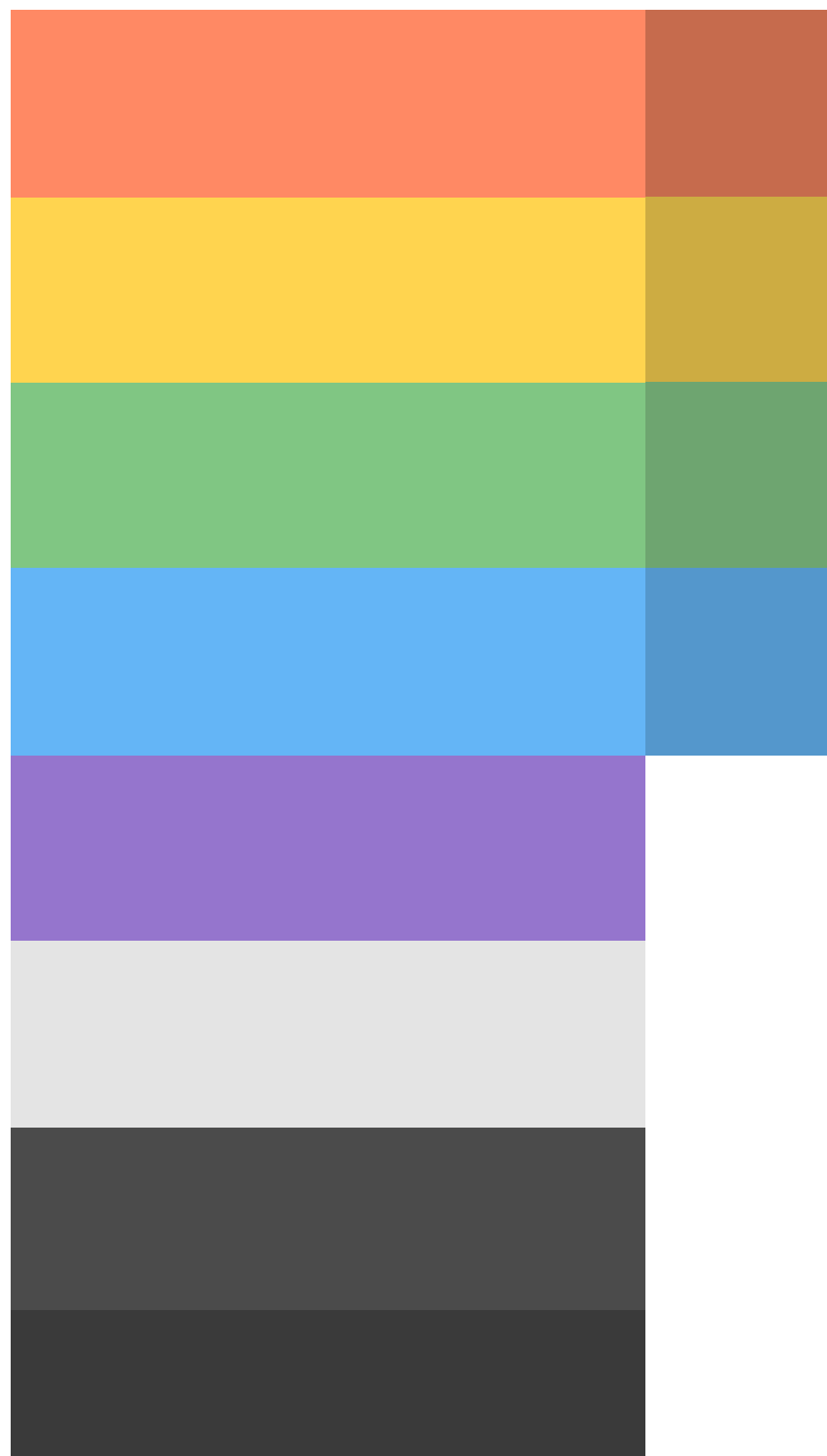
Calorie



Entry



Level



Schrift: Poppins + Medium