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10-Wochentrainingsplan Intermediate

Übungsformen

• Ladders

- Dauer: 30:00 min
- Ausführung:
 - 7:30 min pro Übung
 - 1 Übung=
 - - 1 Wiederholung der Übung
 - - 2 Wiederholungen der Übung..
 - So hoch wie möglich und sobalds nicht mehr geht wieder runter
 - Sind die 7:30 min noch nicht vorbei, wieder von vorne

• Interval Sets

- Dauer: 36:00 min
- Ausführung:
 - 3:00 min eine Übung bis es nicht mehr geht (maximal 12 Wiederholungen, wenn 12 zu einfach sind eine schwerere Version der Übung durchführen), dann den Rest der Zeit warten
 - 3 Sets pro Übung
 - Bei 1-sided Übungen, pro Seite ein Set durchziehen, mit der Schwachen beginnen

• Supersets

- Dauer: 24:00 min
- Ausführung:
 - 1-5 Wiederholungen von Übung 1 (kontrolliert und langsam) und danach 6-12 Wiederholungen von Übung 2 (so schnell wie möglich)
 - 4:00 min pro Set, das heißt, direkt nach Übung 2 wieder mit Übung 1 beginnen
 - 2 Supersets pro Übungspaar
 - bei 1-sided Übungen, abwechseln

• Stappers

- Dauer: 20:00 min
- Ausführung:
 - Alle Übungen nacheinander ausführen
 - keine Pause zwischendurch, wenn nicht nötig

• Tabatas

- Dauer: 16:00 min
- Ausführung: 8 Runden dieselbe Übung, je 20 Sek. Ausführung und 10 Sek. Pause

10 Wochen Plan - Intermediate

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Day 1	Ladders Push/Pull	Ladders Push/Pull	Interval Push	Interval Push	Supersets Push	Supersets Push	Ladders Push	Tabatas	Interval Sets	Super Sets
	Push Ups	Push Ups	Push Ups, feet elevated	Push Ups, feet elevated	Push Ups, feet elevated, 1-3 sek pause at bottom + Shove Offs	Push Ups, feet elevated, 1-3 sek pause at bottom + Shove Offs	Chinese Push Ups	Push Ups, hands elevated	Push ups, feet elevated	Push Ups, feet elevated, 1-3 sec pause at bottom + Shove Offs
	Let Me ups	Let Me ups	Military Press	Military Press	Military Press, feet elevated + Thumbs up	Military Press, feet elevated + Thumbs up	Push Ups	Seated Dips, feet on ground	Chineses Push ups, hands elevated	Military Press, feet elevated + Overhead Presses
	Military Press	Military Press	Close Grip Push Ups	Close Grip Push Ups	Close Grip Push Ups, feet elevated + Assisted Dips (Beine abstoßen oder fuß auf Stuhl)	Close Grip Push Ups, feet elevated + Assisted Dips (Beine abstoßen oder fuß auf Stuhl)	Close Grip Push Ups	Squats	Close Grip Push Ups, hands elevated	Close Grip Push Ups, feet elevated + Assisted Dips (Beine abstoßen oder fuß auf Stuhl)
	Let Me Ins	Let Me Ins	Assisted Dips (legs bent behind you + feet on chair)	Assisted Dips (legs bent behind you + feet on chair)				Seated Dips	Assisted Dips (Beine abstoßen oder fuß auf Stuhl)	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Day 2	Ladders Legs/Core	Ladders Legs/Core	Interval Legs	Interval Legs	Supersets Legs	Supersets Legs	Supersets Leg	Ladders	Tabatas	Interval Sets
	Alternating Back Lunges 1-3 sec pause at bottom	Alternating Back Lunges 1-3 sec pause at bottom	Bulgarian Split 1-3 sec pause at bottom	Bulgarian Split 1-3 sec pause at bottom	Alternating 1 Legged Squats while holding onto chairs with both Hands + Toyotas, 4-6 sec pause at bottom	Alternating 1 Legged Squats while holding onto chairs with both Hands + Toyotas, 4-6 sec pause at bottom	Alternating 1 Legged Squats while holding onto chairs + Toyotas, 4-6 sec pause at bottom	Alternating Back Lunges, 1-3 sec pause at bottom	Iron Mikes	Bulgarian Split Squat, 1-3 sec pause at bottom
	Alternating 1-Legged RDLS	Alternating 1-Legged RDLS	Side Lunges 4-6 sec pause at bottom	Side Lunges 4-6 sec pause at bottom	Alternating Side Lunges, 4-6 sec pause at bottom + Alternating Back Lunges, 1-3 sec pause at bottom	Alternating Side Lunges, 4-6 sec pause at bottom + Alternating Back Lunges, 1-3 sec pause at bottom	Alternating Side Lunges, 4-6 sec pause at bottom	Alternating Side Lunges	Side Jumps	Side Lunges, 4-6 sec pause at bottom
	Toyotas 1-3 sec pause at bottom	Toyotas 1-3 sec pause at bottom	Toyotas 4-6 sec pause at bottom	Toyotas 4-6 sec pause at bottom	Alternating 1 Legged RDLS on pillow, 1-3 sec pause at bottom + Box Jumps	Alternating 1 Legged RDLS on pillow, 1-3 sec pause at bottom + Box Jumps	Alternating 1 Legged RDLS on pillow, 1-3 sec pause at bottom + Box Jumps	Toyotas, 1-3 sec pause at bottom	Squats	Toyotas, 4-6 sec pause at bottom
	Hyper extensions, arms at side	Hyper extensions, arms at side	1-Legged RDLS on pillow	1-Legged RDLS on pillow				Alternating 1 Legged RDLS		1 Legged RDLS on pillow

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Day 3	Ladders Push/Pull	Ladders Push/Pull	Interval Pull	Interval Pull	Supersets Pull	Supersets Pull	Interval Pull	Supersets	Ladders	Tabatas
Day 4	Push Ups	Push Ups	Assisted Door Pull Ups (jump up, focus on negative)	Assisted Door Pull Ups (jump up, focus on negative)	Door Pull Ups + Let Me Ins	Door Pull Ups + Let Me Ins	Assisted Door Pull Ups, with chair concentrate on negative	Door Pull Ups + Let Me Ins	Let Me Ups	Let Me Ups
	Let Me ups	Let Me ups	Let Me Ups	Let Me Ups	Let Me Ins, 4-6 sec contraction at top + Let Me Ups	Let Me Ins, 4-6 sec contraction at top + Let Me Ups	Let Me Ups	Let Me Ins, 4-6 sec pause at top + Let Me Ups	Let Me Ins	Let Me Ins
	Military Press	Military Press	Let Me Ins	Let Me Ins	Let Me Ups, reverse Grip, feet elevated + Let Me Ins, palms up	Let Me Ups, reverse Grip, feet elevated + Let Me Ins, palms up	Let Me Ins	Let Me Ups, reverse Grip, feet elevated + Let Me Ins, palms up	Let Me Ups, reverse Grip	Squats
	Let Me Ins	Let Me Ins	Towel Curls	Towel Curls			Towel Curls		Let Me Ins, palms up	
Day 5	Ladders Legs/Core	Ladders Legs/Core	Interval Core	Interval Core	Supersets Core	Supersets Core	Tabats Core	Interval	Super Sets	Ladders
	Alternating Side Lunges 1-3 sec pause at bottom	Alternating Side Lunges 1-3 sec pause at bottom	Leg Lifts, hands on chest	Leg Lifts, hands on chest	Hanging Leg Lifts, knees bent + Iron Crosses, knees bent	Hanging Leg Lifts, knees bent + Iron Crosses, knees bent	Russian Twists	Leg Lifts, hands on Chest	Hanging Legs Lifts, knees bent + Iron Crosses	Bicycles
	Alternating 1-Legged RDLS	Alternating 1-Legged RDLS	Supermans	Supermans	Alternating 1 Legged Hip Extensions + Supermans	Alternating 1 Legged Hip Extensions + Supermans	Flutter Kicks	Supermans	Alternating 1 Legged Hip Extensions + Supermans	Hyperextensions, hands under chin
	Toyotas 1-3 sec pause at bottom	Toyotas 1-3 sec pause at bottom	Bicycles	Bicycles	V-Ups + Russian Twist	V-Ups + Russian Twist	Squats	Bicycles	V-Ups + Russian Twists	Hello Darlings
	Russian Twists	Russian Twists	Hyper extensions, hands under chin	Hyper extensions, hands under chin				Hyper extensions, hands under Chin		Swimmers
							Stappers	Stappers	Stappers	Stappers
							6 Let Me Ups, knees bent	6 Let Me Ups, knees bent	6 Let Me Ups, knees bent	6 Let Me Ups, knees bent
							12 Alternating Side Lunges	12 Alternating Side Lunges	12 Alternating Side Lunges	12 Alternating Side Lunges
							8 Push Ups	8 Push Ups	8 Push Ups	8 Push Ups

Übungen

Let Me Ups



Military Press



Let Me Ins



Romanian Dead Lifts (RDLs)



Toyotas



Supermans / Hyperextensions



Russian Twists



Dips



Bulgarian Split Squat



Bicycles



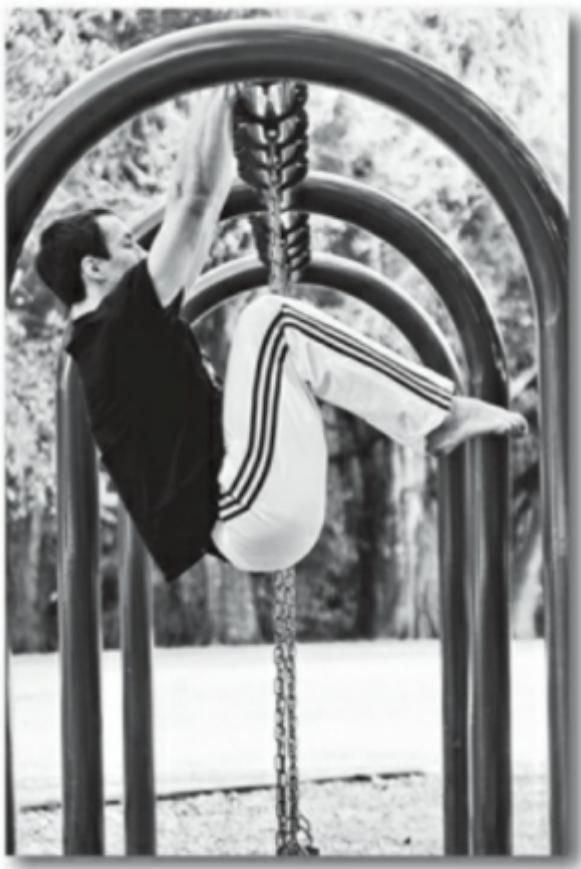
Shove Offs



Thumbs up



Hanging Leg Lifts



Iron Crosses



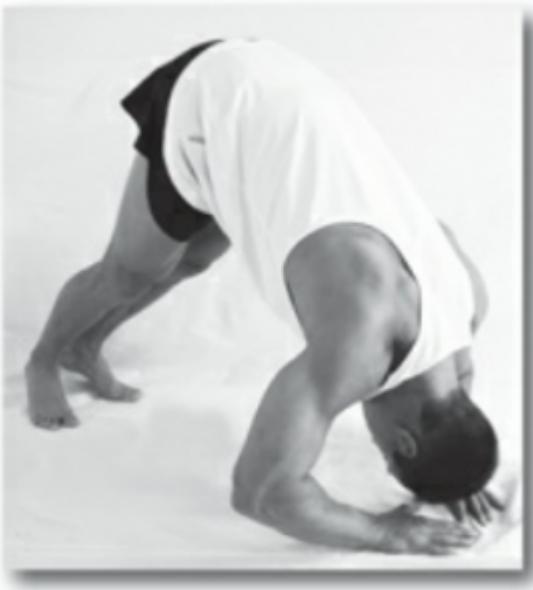
Hip extensions



V-Ups



Chinese Push Ups



Towel Curls



Flutter Kicks



Iron Mikes



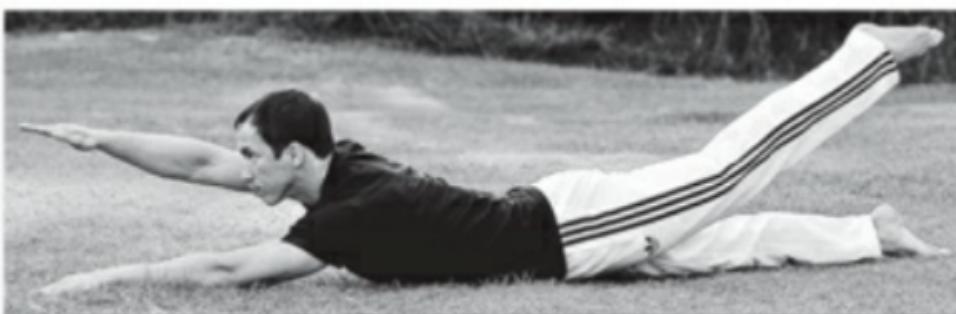
Overhead Presses



Hello Darlings



Swimmers



Lunges (Side Lunges, Back Lunges)



Leg Lift



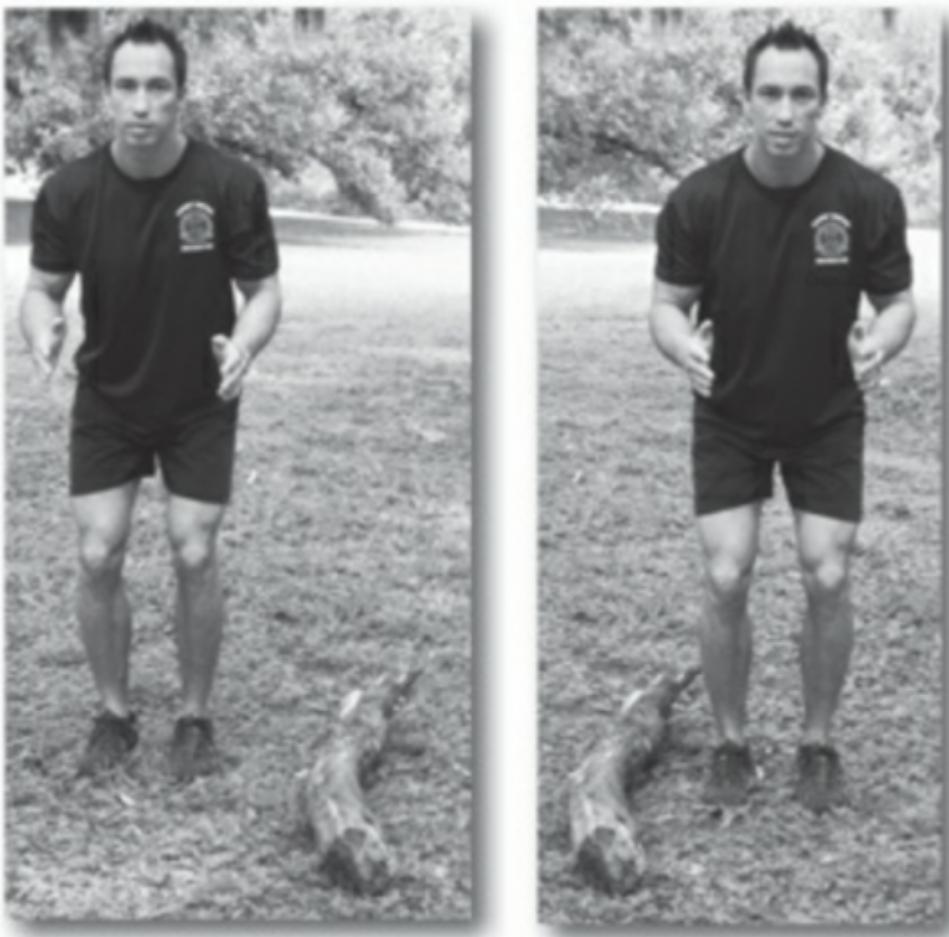
Seated Dips



Box Jumps



Side Jumps



Hanging Leg Lifts

