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10-Wochentrainingsplan Basic

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 - Basic

	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 Push	Interval Push	Supersets Push
	Push Ups, hands elevated	Push Ups, hands elevated	Push Ups	Push Ups	Push Ups, feet elevated & Shove Offs	Push Ups, feet elevated & Shove Offs	Military Press, hands elevated	Push Ups, hands elevated (chest high)	Push Ups	Push Ups, feet elevated & Shove Offs
	Let Me Ins	Let Me Ins	Military Press, hands elevated	Military Press, hands elevated	Military Press & Thumbs Up	Military Press & Thumbs Up	Push Ups, hands elevated	Rocking Chairs	Military Press, hands elevated	Military Press & Thumbs Up
	Seated Dips, feet on ground	Seated Dips, feet on ground	Close Grip Push Ups, hands elevated	Close Grip Push Ups, hands elevated	Close Grip Push Ups & Seated Dips	Close Grip Push Ups & Seated Dips	Close Grip Push Ups, hands elevated	Burpees, hands elevated (waist high)	Close Grip Push Ups, hands elevated	Close Grip Push Ups & Seated Dips, feet on ground
	Let me Ups, knees bent	Let me Ups, knees bent	Seated Dips	Seated Dips			Seated Dips, knees bent		Seated Dips, knees bent	
Day 2	Ladders Legs/Core	Ladders Legs/Core	Interval Legs	Interval Legs	Supersets Legs	Supersets Legs	Supersets Legs	Ladders Legs	Tabatas Legs	Interval Legs
	Alternating Back Lunges	Alternating Back Lunges	Bulgarian Split Squats	Bulgarian Split Squats	Alternating Back Lunges, 4-6sec pause at bottom & Toyotas	Alternating Back Lunges, 4-6sec pause at bottom & Toyotas	Alternating Back Lunges, 4-6sec pause at bottom & Toyotas	Alternating Back Lunges	Beat your Boots	Bulgarian Split Squats
	Alternating 1-Legged RDLs	Alternating 1-Legged RDLs	Side Lunges	Side Lunges	Alternating Front Lunges, 4-6sec pause at bottom & Side Lunges	Alternating Front Lunges, 4-6sec pause at bottom & Side Lunges	Alternating Front Lunges, 4-6sec pause at bottom & Side Lunges	1-Legged RDLs	Lunges	Side Lunges
	Squats	Squats	Squats, 1-3sec pause at bottom	Squats, 1-3sec pause at bottom	Alternating 1-Legged RDLs on pillow & Squats, 1-3sec pause at bottom	Alternating 1-Legged RDLs on pillow & Squats, 1-3sec pause at bottom	Alternating 1-Legged RDLs on pillow, 1-3sec pause at middle & Pogo Jumps	Squats, 1-3sec pause at bottom	Good Mornings	Squat, 4-6sec pause at bottom
	Swimmers	Swimmers	1-Legged RDLs on pillow	1-Legged RDLs on pillow				Good Mornings, 1-3sec pause at bottom		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 Pull	Ladders Pull	Tabatas Pull
	Push Ups, hands elevated	Push Ups, hands elevated	Let Me Ins	Let Me Ins	Assisted Pull Ups (Negative) & Let Me Ins	Assisted Door Pull Ups (Negative) & Let Me Ins	Let Me Ins	Assisted Pull Ups (Negative) & Let Me Ins	Let Me Ups, knees bent	Let Me Ins, feet behind hands
	Let Me Ins	Let Me Ins	Let Me Ups, knees bent	Let Me Ups, knees bent	Let Me Ins, 4-6sec at top & Towel Curls	Let Me Ins, 4-6sec at top & Towel Curls	Let Me Ups, knees bent	Let Me Ins, 4-6sec pause at top & Let Me Ups, knees bent	Let Me Ins	Bam Bams
	Seated Dips, feet on ground	Seated Dips, feet on ground	Let Me Ins, palms up	Let Me Ins, palms up	Let Me Ups, reverse Grip & Let Me Ins, palms up	Let Me Ups, reverse Grip & Let Me Ins, palms up	Let Me Ins, palms up	Let Me Ups, reverse grip & Let Me Ins, palms up	Let Me Ups, reverse grip, knees bent	Towel Curls
	Let me Ups, knees bent	Let me Ups, knees bent	Towel Curls	Towel Curls			Towel Curls		Let Me Ins, palms up	
Day 4	Ladders Legs/Core	Ladders Legs/Core	Interval Core	Interval Core	Supersets Core	Supersets Core	Tabatas Core	Interval Core	Supersets Core	Ladders Core
	Side Lunges	Side Lunges	Leg Lifts	Leg Lifts	V-Ups & Russian Twists	V-Ups & Russian Twists	Russian Twists	Leg Lifts	V-Ups & Russian Twists	Crunch It Ups
	Alternating 1-Legged RDLs	Alternating 1-Legged RDLs	Hyperextensions, hands under chin	Hyperextensions, hands under chin	Supermans & Swimmers	Supermans & Swimmers	Beach Scissors	Hyperextensions, hands under chin	Supermans & Swimmers	Hyperextensions, arms at side
	Squats 1-3sec pause at bottom	Squats 1-3sec pause at bottom	Russian Twists	Russian Twists	Hanging Leg Lifts, knees bent & Leg Lifts	Hanging Leg Lifts, knees bent & Leg Lifts	Standing Knee Raises	Russian Twists	Bicycles & Leg Lifts	Leg Lifts
	Side Crunches	Side Crunches	Swimmers	Swimmers				Swimmers		Hyperextensions, lower body only
Day 5							Stappers	Stappers	Stappers	Stappers
							10 Alternating Back Lunges 8 Let Me Ins 6 Push Ups	10 Alternating Back Lunges 8 Let Me Ins 6 Push Ups	10 Alternating Back Lunges 8 Let Me Ins 6 Push Ups	10 Alternating Back Lunges 8 Let Me Ins 6 Push Ups

Übungen

Let Me Ins



Seated Dips



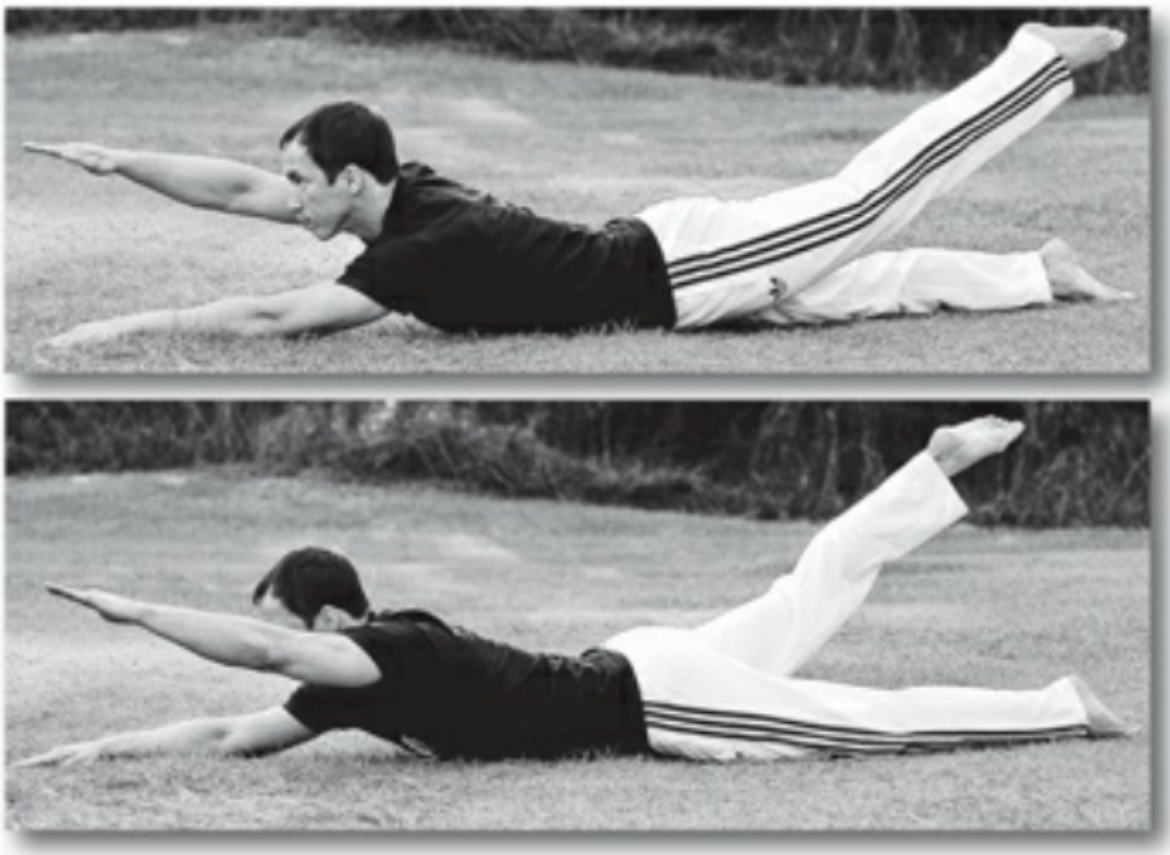
Let Me Ups



Romanian Dead Lifts RDLs



Swimmers



Lunge / Foward Lunge



Back Lunge



Side Lunge



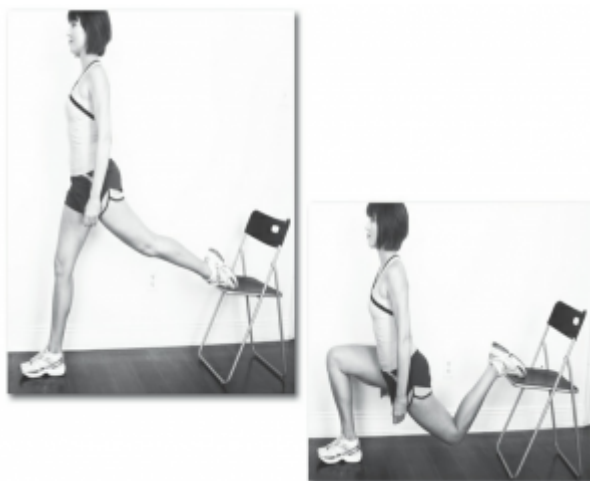
Side Crunch



Military Press



Bulgarian Split Squat



Towel Curls



Leg Lifts



Supermans / Hyperextensions

Supermans

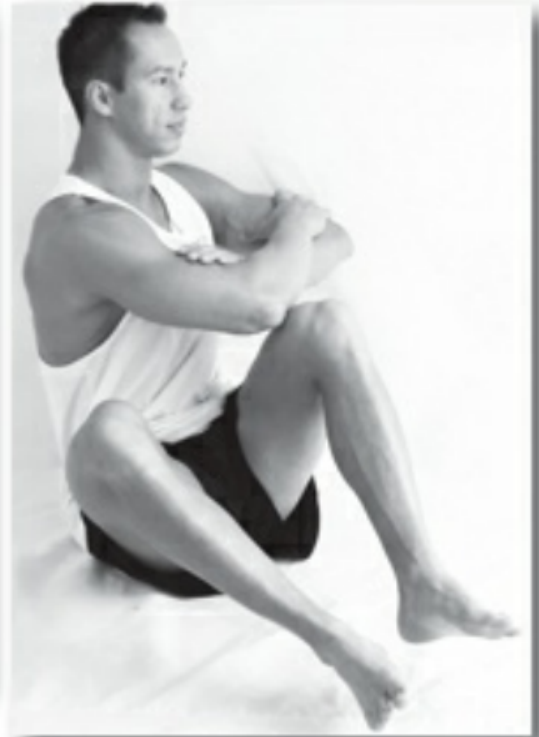
glutes, lower back (3)



Lie down flat on your stomach with your arms out straight in front of you. Keeping your legs and arms straight, lift them all off the ground as high as possible, so that only your torso and pelvis are still on the ground. Hold this for three seconds and repeat.

Variations: There are several different alternative **Hyperextensions** that work similar muscles. You can place your hands along the side of your body, or under your chin and raise them up at the same time as your legs, just like Supermans. A favorite of mine is what I call “The Flying Jesus,” where you hold your arms straight out to your sides so that they are at 90-degree angles with your body.

Russian Twists



Shove Offs



Thumbs Up



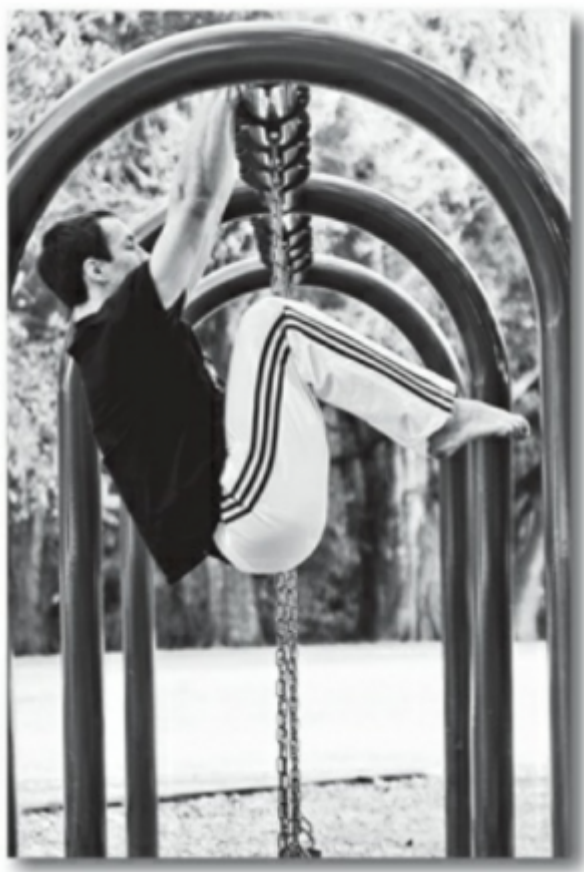
Toyotas



V-Ups



Hanging Leg Lifts



Pogo Jump



Keeping your knees almost straight but without your kneecaps locked, repeatedly jump as high as possible as quickly as you can without allowing your heels to touch the ground. This is a good warm-up for more advanced athletes and a good exercise for beginners to develop power in their calves.

Beach Scissors



Standing Knee Raises



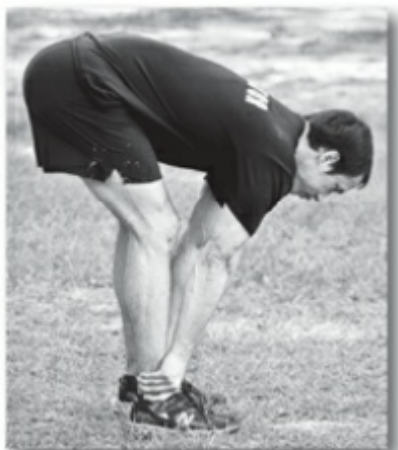
Rocking Chairs



Good Mornings



Beat your Boots



Bicycles



Bam Bams



Crunch It Ups

