

Link	EXLT	VULST	Übung	Satztyp	Repet	Pause	Setze	Datum:	micro cycle 1			micro cycle 2			micro cycle 3			micro cycle 4		
Trainingstag 1								Info	Wh	KG	@	Wh	KG	@	Wh	KG	@	Wh	KG	@
	QUADS	A1	Back Squat	WUP			1	Increase final weight by 10% from last micro cycle)	25		5	25		5-6	25		6	25		6-7
							2													
							3													
	QUADS	A1	Leg Extensions	WUP	5/0/5/0	3	1		25		5	25		5-6	25		6	25		6-7
							2													
							3													
	CALVES	A1	Seated Calf Raises	WUP	3/0/3/3	3	1		25		5	25		5-6	25		6	25		6-7
							2													
							3													
	QUADS	A2	Back Squat	AS	5/0/5/0		1	Progressive Back Set	12		6-7	12		7	12		7-8	12		8
					120 - 180		2													
							3													
							4													
							5													
	QUADS	A2	Leg Extensions	AS	3/0/3/0	3	1		12		6-7	12		7	45 Sec		7-8	45 Sec		8
							2													
							3													
							4													
Biceps	CALVES	A3	Manual Dorsi Flexion	AC		3	1	Increase final set weight from last week by 10%	10			10		8	10		8	10		10
							2													
							3													
							4													
	QUADS	A3	Barbell Calf Raise	AC	300 - 120		1		12		7-8	12		8	15		8	15		8-9
							2													
							3													
							4													
Triceps	Biceps	A4	Barbell Preacher Curl	WUP	2/0/2/0		1	6 Hours Post	12-15		10	12-15		10	12-15		10	12-15		10
					300 - 120		2													
							3													
							4													
							5													
							6													

AS; Arbeitssatz
WUP; Warm Up Set
AC; Accessories
->; Super Set

Link	EMST	VLIST	Übung	Set/Rep	Kadenz	Pause	Stärke	Datum:	micro cycle 1			micro cycle 2			micro cycle 3			micro cycle 4		
Trainingstag 2								Info	Wh	KG	@	Wh	KG	@	Wh	KG	@	Wh	KG	@
	CHEST	A1	Incline DB Bench Press	WUP	2/0/5/0	<60	1	micro cycle, 1. regular grip, 2. hammer grip, 3. elbows out, 4. normal grip on top, hammer grip on bottom Increase final weight by 10% from last micro cycle) (Slightly Progressive Bench Set), 45° incline V-Bar	25		5	25		5-6	25		6	25		6-7
	SHOULDERS	A1	DB Lateral Raises	WUP	3/0/5/0	3	2		25		5	25		5-6	25		6	25		6-7
	TRIS	A1	Banded Tricep Pushdowns	WUP	3/0/5/0	3	3		25		5	25		5-6	25		6	25		6-7
							1													
							2													
							3													
							1													
							2													
							3													
	CHEST	A2	Barbell Incline Bench Press	AS	2/0/5/0	120 - 180	1	Increase final weight by 10% from last week	10		6-7	10		7	10		7-8	10		8
							2													
							3													
							4													
							5													
							6													
							7													
							8													
	CHEST	A3	DB Arnold Press	AC	5/0/5/0	<60	1	Increase final weight by 10% from last micro cycle	12		7	12		8	12		8	12		6-7
	SHOULDERS	A3	Single Arm Face Pulls	AC	3/0/5/0	3	1		15		7	15		8	15		8	15		6-7
							2													
							3													
							1													
							2													
	CHEST	A4	Diamond Pushups	AC	3/0/5/0	<60	1	6 Hours Post Increase final weight by 10% from last micro cycle)			10			10			10			10
							2													
							3													

Link	EXST	VALST	Übung	SatUp	Kohenz	Phase	Setze	Datum:	micro cycle 1			micro cycle 2			micro cycle 3			micro cycle 4		
Trainingstag 3								Info	Wh	KG	@	Wh	KG	@	Wh	KG	@	Wh	KG	@
	HAMSTRINGS	AL	Good Morning	WUP		<60	1	Increase final weight by 10% from last micro cycle)	25		5	25		5-6	25		6	25		6-7
	HAMSTRINGS	AL	Hamstring Curls	WUP	5/0/0/0	3	1		25		5	25		5-6	25		6	25		6-7
	BACK	AL	Seated Shrugs	WUP	3/0/0/0	3	1		25		5	25		5-6	25		6	25		6-7
							2													
							3													
							4													
							5													
							6													
							7													
	GLUTES	A2	RDL	AS	5/0/0/0	120 - 180	1	Progressive Each Set	12		6-7	12		7	12		7-8	12		8
							2													
							3													
							4													
							5													
	BACK	A2	Lat Pulldowns	AS	3/0/0/0	3	1		10		6-7	10		7	10		7-8	10		8
							2													
							3													
							4													
							5													
	HAMSTRINGS	A3	Hamstring Curls	AC	5/0/0/0	<60	1	Increase final weight by 10% from last micro cycle)			10			10			10			10
							2													
							3													
							4													
	BACK	A3	Barbell Shrugs	AC	3/0/0/0	3	1				10			10			10			10
							2													
							3													
							4													
	BACK	A3	Lat Pulldowns	AC	3/0/0/0	3	1		10		7-8	10		8	10		8-9	10		8-9
							2													
							3													
							4													
							5													
	ABS	A4	Plank	AC	<60		1	Increase final weight by 10% from last micro cycle) 6 Hours Post raising legs, arms, and making movement to increase difficulty			10			10			10			10
							2													
							3													
							4													
							5													
							6													
							7													
							8													
							9													

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