Das-Fitnessprogramm.de
Training. Ernährung. Lifestyle.

# Fortgeschrittener Plan
# Zyklus 2 | Tag A

| Datum | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | |
| Gerät | Kreuzheben | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Klimmzug weit | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Rudern Seilzug | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Latzug eng | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Rudermaschine | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Bauchpresse | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Bauch Twist | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Bizeps Sz-Stange | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |

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# Zyklus 2 | Tag A

| Datum | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | |
| Gerät | Kreuzheben | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh | Kh |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 6 | | | | | | | | | | | | | |
| Satz 2 WD | 6 | | | | | | | | | | | | | |
| Satz 3 WD | 6 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Klimmzug weit | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw | Klw |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 6 | | | | | | | | | | | | | |
| Satz 2 WD | 6 | | | | | | | | | | | | | |
| Satz 3 WD | 6 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Rudern Seilzug | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS | RS |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 6 | | | | | | | | | | | | | |
| Satz 2 WD | 6 | | | | | | | | | | | | | |
| Satz 3 WD | 6 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Latzug eng | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le | Le |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Rudermaschine | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru | Ru |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Bauchpresse | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Bauch Twist | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT | BT |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Bizeps Sz-Stange | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz | Bsz |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |

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# Fortgeschrittener Plan Zyklus 2 | Tag B

| Datum | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | |
| Gerät | Bankdrücken | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Kniebeuge | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Überkopfdr. | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Beinpresse | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Dips | D | D | D | D | D | D | D | D | D | D | D | D | D |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Kurzh. Seitheben | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Wadenpresse | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | French press | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 10 | | | | | | | | | | | | | |
| Satz 2 WD | 10 | | | | | | | | | | | | | |
| Satz 3 WD | 10 | | | | | | | | | | | | | |

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# Fortgeschrittener Plan Zyklus 2 | Tag B

| Datum | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |
| Gerät | Bankdrücken | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd | Bd |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 6 | | | | | | | | | | | | | |
| Satz 2 WD | 6 | | | | | | | | | | | | | |
| Satz 3 WD | 6 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Kniebeuge | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb | Kb |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 6 | | | | | | | | | | | | | |
| Satz 2 WD | 6 | | | | | | | | | | | | | |
| Satz 3 WD | 6 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Überkopfdr. | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük | Ük |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 6 | | | | | | | | | | | | | |
| Satz 2 WD | 6 | | | | | | | | | | | | | |
| Satz 3 WD | 6 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Beinpresse | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp | Bp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Dips | D | D | D | D | D | D | D | D | D | D | D | D | D |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Kurzh. Seitheben | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS | KS |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | Wadenpresse | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp | Wp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Gerät | French press | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp | Fp |
| Gewicht | | | | | | | | | | | | | | |
| Satz 1 WD | 8 | | | | | | | | | | | | | |
| Satz 2 WD | 8 | | | | | | | | | | | | | |
| Satz 3 WD | 8 | | | | | | | | | | | | | |