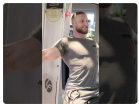




## Push



### Butterfly, Gerät

Chest - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



### Freies Bankdrücken

Chest - Barbell - Strength

4 sets

6-20 reps

Rest 60 secs



### Schrägbankdrücken Multipresse

Chest - Barbell - Strength

4 sets

6-20 reps

Rest 60 secs



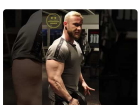
### Seitheben am Kabelzug

Shoulders - Cable - Strength

4 sets

6-20 reps

Rest 60 secs



### Seitheben mit Kurzhanteln

Shoulders - Dumbbell - Strength

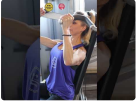
4 sets

6-20 reps

Rest 60 secs

## Schulterdrücken Gerät

Shoulders - Machine - Strength



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4 sets

6-20 reps

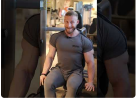
Rest 60 secs

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## Dip, Gerät

Triceps - Machine - Strength



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4 sets

6-20 reps

Rest 60 secs

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# Pull



## Hintere Schulter (Kopflage, aufgelegt) mit Kurzhanteln

Shoulders - Dumbbell - Strength

4 sets

6-20 reps

Rest 60 secs



## Lat Zug breit, Gerät

Lats - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



## Rudern im Sitzen, vorgebeugt

Middle Back - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



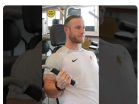
## Shruggs mit Kurzhanteln

Neck - Dumbbell - Strength

4 sets

6-20 reps

Rest 60 secs



## Bizepscurls am Gerät

Biceps - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



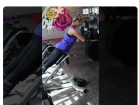
## Hammercurls am Kabel

Biceps - Cable - Strength

4 sets

6-20 reps

Rest 60 secs



## Hyperextensions

Lower Back - Machine - Strength

4 sets

12-15 reps

Rest 60 secs

# Beine



## Beinbeuger im Sitzen

Hamstring - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



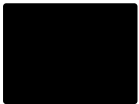
## Kniebeuge Multipresse

Quadriceps - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



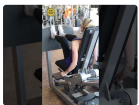
## Beinpresse 45 Grad (tiefer, enger Stand)

Quadriceps - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



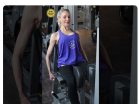
## Beinpresse horizontal (hoher, enger Stand)

Hamstring - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



## Adduktoren Gerät

+ - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



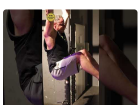
## Abduktoren Gerät

+ - Machine - Strength

4 sets

6-20 reps

Rest 60 secs



## Beinheben hängend

Abdominals - Body Weight - Strength

4 sets

10-20 reps

Rest 60 secs