

Mus.	Musik	Musik	Übung		Sätze	Kadenz	Pausen	Datum:	micro cycle 1												micro cycle 2												micro cycle 3												micro cycle 4												micro cycle 5												micro cycle 6												micro cycle 7												micro cycle 8												micro cycle 9												micro cycle 10												micro cycle 11												micro cycle 12												Deload						Peak																																																																																											
			Übung	WUP					Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE																																																																																																																																																														
			Info	Wh					KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE	Wh	KG	RPE																																																																																																																																																																											
Trainingstag 4 Chest & Shoulder								WH		Info																																																																																																																																																																																																																																																
			Single Arm Bench Press With Band		WUP	2/0/X/0	<60		1	20-25																																																																																																																																																																																																																																																
			Cross Body Triceps Pushdown		WUP	2/0/X/0	<60		1	20-25																																																																																																																																																																																																																																																
			Prone Arm Raises		WUP	2/0/X/0	<60		1	20-25																																																																																																																																																																																																																																																

			Incline DB Bench Press		AS	2/0/X/0	120-180		1	9-12																																																																																																																																																																																																																																																																								
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			Lateral Raises		AC	3/0/X/0	<60		1	12-15																																																																																																																																																																																																																																																												
			Rear Delt Row		AC	3/0/3/0	🕒		1	12-15																																																																																																																																																																																																																																																												
			Cable Lateral Raises		AC	3/0/X/0	🕒		1	12-15																																																																																																																																																																																																																																																												
			Rear Delt Fly		AC	3/0/X/0	🕒		1	12-15																																																																																																																																																																																																																																																												
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