

Rumpftraining ohne Geräte für Einsteiger

2x/Woche Training

Woche 1		Woche 2		Woche 3		Woche 4	
Tag 1	Tag 2	Tag 1	Tag 2	Tag 1	Tag 2	Tag 1	Tag 2
Training 1	Training 2	Training 1	Training 2	Training 3	Training 4	Training 3	Training 4

Woche 5		Woche 6		Woche 7		Woche 8	
Tag 1	Tag 2	Tag 1	Tag 2	Tag 1	Tag 2	Tag 1	Tag 2
Training 5	Training 6	Training 5	Training 6	Training 7	Training 8	Training 7	Training 8

3x/Woche Training

Woche 1			Woche 2			Woche 3			Woche 4		
Tag 1	Tag 2	Tag 3	Tag 1	Tag 2	Tag 3	Tag 1	Tag 2	Tag 3	Tag 1	Tag 2	Tag 3
Training 1	Training 2	Training 1	Training 2	Training 1	Training 2	Training 3	Training 4	Training 3	Training 4	Training 3	Training 4

Woche 5			Woche 6			Woche 7			Woche 8		
Tag 1	Tag 2	Tag 3	Tag 1	Tag 2	Tag 3	Tag 1	Tag 2	Tag 3	Tag 1	Tag 2	Tag 3
Training 5	Training 6	Training 5	Training 6	Training 5	Training 6	Training 7	Training 8	Training 7	Training 8	Training 7	Training 8

4x/Woche Training

Woche 1				Woche 2				Woche 3				Woche 4			
Tag 1	Tag 2	Tag 3	Tag 4	Tag 1	Tag 2	Tag 3	Tag 4	Tag 1	Tag 2	Tag 3	Tag 4	Tag 1	Tag 2	Tag 3	Tag 4
Training 1	Training 2	Training 1	Training 2	Training 1	Training 2	Training 1	Training 2	Training 3	Training 4	Training 3	Training 4	Training 3	Training 4	Training 3	Training 4

Woche 5				Woche 6				Woche 7				Woche 8			
Tag 1	Tag 2	Tag 3	Tag 4	Tag 1	Tag 2	Tag 3	Tag 4	Tag 1	Tag 2	Tag 3	Tag 4	Tag 1	Tag 2	Tag 3	Tag 4
Training 5	Training 6	Training 5	Training 6	Training 5	Training 6	Training 5	Training 6	Training 7	Training 8	Training 7	Training 8	Training 7	Training 8	Training 7	Training 8

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