

Studio - Fokus Unterkörper

Muskel & Kraftaufbau

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| TE | TRAINIGNSEINHEIT  |
|----|-------------------|
| X  | NICHTS EINTRAGEN  |
|    | GEWICHT EINTRAGEN |
|    | WH EINTRAGEN      |

| KH  | KURZHANTEL     |
|-----|----------------|
| LH  | LANGHANTEL     |
| WH  | WIEDERHOLUNGEN |
| TOT | GESAMT WH      |

| WARM UP                      |
|------------------------------|
| 5 Minuten Herz - Kreislauf   |
| 5 Minuten Dynamisches Dehnen |
| Zugangssätze vor den Übungen |



Sätze steigern 2|3|4

Max WH pro Satz

Werden in allen Sätzen die Start Wdh. geschafft, wird Gewicht gesteigert

| Dauer  | Nr | Übung           | Wdh. | Pause    | Sätze | TE1 | TE2 | TE3 | TE4 | TE5 | TE6 | TE7 | TE8 | TE9 | TE10 | TE11 | TE12 |
|--------|----|-----------------|------|----------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|
| 60 min | A  | Kreuzheben      | 6    | 180      | 1     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 4     | X   | X   | X   | X   | X   | X   | TOT | TOT | TOT | TOT  | TOT  | TOT  |
|        | B  | 1 Arm Rudern    | 10   | 90 - 120 | 1     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 4     | X   | X   | X   | X   | X   | X   | TOT | TOT | TOT | TOT  | TOT  | TOT  |
|        | C  | Front Kniebeuge | 8    | 120-180  | 1     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 4     | X   | X   | X   | X   | X   | X   | TOT | TOT | TOT | TOT  | TOT  | TOT  |
|        | D  | Ausfallschritt  | 15   | 90       | 1     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 4     | X   | X   | X   | X   | X   | X   | TOT | TOT | TOT | TOT  | TOT  | TOT  |
|        | E  | Core Zirkel     |      | 30 - 45  | 1     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 3     |     |     |     |     |     |     |     |     |     |      |      |      |
|        |    |                 |      |          | 4     |     |     |     |     |     |     |     |     |     |      |      |      |