

**Wache - Ganzkörpertraining**

**Muskel & Kraftaufbau**

Webseite: [www.feuerwehrfitness.com](http://www.feuerwehrfitness.com)  
 eMail: [info@feuerwehrfitness.com](mailto:info@feuerwehrfitness.com)  
 Blog: <http://www.feuerwehrfitness.com/blog>

|    |                   |
|----|-------------------|
| TE | TRAININGSEINHEIT  |
| 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 48 Gesamt WH erreicht - Belastung in der nächsten TE steigern

| Dauer  | Nr          | Übung            | Wdh.    | Pause    | Sätze | TE1 | TE2 | TE3 | TE4 | TE5 | TE6 | TE7 | TE8 | TE9 | TE10 | TE11 | TE12 |     |     |     |     |
|--------|-------------|------------------|---------|----------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|-----|-----|-----|-----|
| 60 min | A           | Goblet Kniebeuge | 15      | 90 - 120 | 1     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 3     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 4     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 5     | X   | X   |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        | -           | X                | X       | X        | X     |     |     |     | X   | X   | X   | X   | TOT | TOT | TOT  | TOT  | TOT  | TOT |     |     |     |
|        | B           | Liegestütz       | Max.    | 90 - 120 | 1     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 4     | X   | X   | X   | X   |     |     | X   | X   | X   | X    | TOT  | TOT  | TOT | TOT | TOT | TOT |
|        |             |                  |         |          | -     | X   | X   | X   | X   |     |     | X   | X   | X   | X    | TOT  | TOT  | TOT | TOT | TOT | TOT |
|        | C           | Lasten heben     | 15      | 120      | 1     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 4     | X   | X   | X   | X   |     |     | X   | X   | X   | X    | TOT  | TOT  | TOT | TOT | TOT | TOT |
|        |             |                  |         |          | -     | X   | X   | X   | X   |     |     | X   | X   | X   | X    | TOT  | TOT  | TOT | TOT | TOT | TOT |
|        | D           | Klimmzüge        | Max.    | 90 - 120 | 1     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 2     |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 3     | X   | X   |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         |          | 4     | X   | X   | X   | X   |     |     | X   | X   | X   | X    | TOT  | TOT  | TOT | TOT | TOT | TOT |
| -      |             |                  |         |          | X     | X   | X   | X   |     |     | X   | X   | X   | X   | TOT  | TOT  | TOT  | TOT | TOT | TOT |     |
| E      | Core Zirkel |                  | 30 - 45 | 1        |       |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         | 2        |       |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         | 3        |       |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |
|        |             |                  |         | 4        |       |     |     |     |     |     |     |     |     |     |      |      |      |     |     |     |     |