

Warm up	1	5 Min Cardiovascular Warm up (i.E. running, rowing, jumping jacks...)	Legende		Repetitions
	2	You could do an individual warm up if you want to (recommended after long time sitting, current injuries or mobility issues). DEFENITELY do at least 3 warm up sets before lifting heavy. (Exercise A and B)			Weight
				X	No Set
				TOT	Total Repetitions
				AMRAP	As many reps as possible

Increase Sets from 2 to 3 to 4 Maximum Reps per Set You reach given repetition in every set? Increase weight next session.

Duration	Nr.	Exercise	RM Test	Sets	Break	TE1	TE2	TE3	TE4	TE5	TE6	TE7	TE8	TE9	TE10	TE11	TE12				
60 min	A	Back Squats with 5 reps		1	120-180 sek	5	5	5													
						X	X	5	5												
						X	X	X	X	5											
											TOT=										
	B	Bench Press with 5 reps		1	120-180 sek	8	8	8													
						X	X	8	8												
						X	X	X	X	8											
											TOT=										
	C	Lunge with 20 steps per leg (40 total reps)		1	120 sek	20	20	20													
						X	X	20	20												
						X	X	X	X	20											
											TOT=										
	D	Military Press with 12 reps		1	120 sek	12	12	12													
						X	X	12	12												
						X	X	X	X	12											
											TOT=										
	E	Inverved Row AMRAP in 6 min		∞	as needed	TOT=															
F	Suitcase Carry with light weight over the curse of 100m		1	as needed	100	100	100														
					X	X	100	100													
					X	X	X	X	100												

<p>INFO</p> <p>Before your first training session, determine the weight with which you can perform the given repetitions when correctly executed. Slowly approach this weight. Enter the weight in the "RM Test" column. With this weight you will work from TE1-TE6. The weight is only increased from TE7. Your first training (preparation) is over now.</p> <p>In TE1 - TE3 the sets, repetitions and weight (see RM test) are specified. In TE4 - TE6 you try to do as many repetitions as possible. The weight remains the same as in the first 3 units (see RM test) Starting at TE7: Complete the given reps in each set. As soon as you have completed the given reps in each set, you can increase the weight in the next unit.</p>	<p>Personal Notes:</p>
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Warm up: Before running, performe individual warm up	Legende	Insert Data
Info: If you prefer rowing, cut time by 15 minutes.		

Date:											
Performed activity:		Performed activity:		Performed activity:		Performed activity:		Performed activity:		Performed activity:	
Aimed HR	Average HR										
65 %		75 %		65 %		75 %		65 %		75 %	
Duration	Actual Duration										
1h		45m		1h		45m		1h		45m	
Traveled distance:		Traveled distance:		Traveled distance:		Traveled distance:		Traveled distance:		Traveled distance:	
Date:		Date:		Date:		Date:		Date:		Date:	
Performed activity:		Performed activity:		Performed activity:		Performed activity:		Performed activity:		Performed activity:	
Aimed HR	Average HR										
65 %		75 %		65 %		75 %		65 %		75 %	
Duration	Actual Duration										
1h		45m		1h		45m		1h		45m	
Traveled distance:		Traveled distance:		Traveled distance:		Traveled distance:		Traveled distance:		Traveled distance:	

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				X	No Set
				TOT	Total Repetitions
				AMRAP	As many reps as possible

Increase Sets from 2 to 3 to 4 Maximum Reps per Set You reach given repetition in every set? Increase weight next session.

Duration	Nr.	Exercise	RM Test	Sets	Break	TE1	TE2	TE3	TE4	TE5	TE6	TE7	TE8	TE9	TE10	TE11	TE12	
60 min	A	Deadlift mit 5 Wdh.		1	120-180 sek	5	5	5										
				2		5	5	5										
				3		X	X	5	5									
				X		X	X	X	5	TOT=								
	B	Pull up mit 5 Wdh.		1	120-180 sek	8	8	8										
				2		8	8	8										
				3		X	X	8	8									
				X		X	X	X	8	TOT=								
	C	Sideplank r/l Plank Pallof Press r/l Sit ups		1	30 sek	t=	t=											
				2		t=												
				3		t=												
				4		Reps.=												
	D	One Arm Row mit 12 Wdh.		1	120 sek	12	12	12										
				2		12	12	12										
				3		X	X	12	12									
				X		X	X	X	12	TOT=								
	E	Push up AMRAP in 6 min		∞	as needed	TOT=	TOT=											
	F	Farmers Walk (heavy) over the distance of 50m		1	as needed	50	50	50										
				2		50	50	50										
				3		X	X	50	50									
				X		X	X	X	50	TOT=								

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Warm up: Do an individual warm up. (highly recommended) **Legende** **Insert Data**

Date:	Date:	Date:	Date:	Date:	Date:
Performed activity:					
Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%
Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x
Intervall 2: 1 Minuten with HR≈90%	Intervall 2: 2 Minuten with HR≈90%	Intervall 2: 1 Minuten with HR≈90%	Intervall 2: 2 Minuten with HR≈90%	Intervall 2: 1 Minuten with HR≈90%	Intervall 2: 2 Minuten with HR≈90%
Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x
Traveled distance:					
Date:	Date:	Date:	Date:	Date:	Date:
Performed activity:					
Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%	Intervall 1: 4 Minuten with HR≈65%	Intervall 1: 3 Minuten with HR≈65%
Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x
Intervall 2: 1 Minuten with HR≈90%	Intervall 2: 2 Minuten with HR≈90%	Intervall 2: 1 Minuten with HR≈90%	Intervall 2: 2 Minuten with HR≈90%	Intervall 2: 1 Minuten with HR≈90%	Intervall 2: 2 Minuten with HR≈90%
Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x	Repeat 6x	Repeat 4x
Traveled distance:					