

Trainingsplan - Bodybuilding und Fitnessstraining

Trainingsplan Nr. ____ vom ____ bis ____

Montag Dienstag Mittwoch Donnerstag Freitag Samstag Sonntag

| Pos. | Übung | Sätze | Whg. | Gewicht (kg) | Notiz |
|------|-------|-------|------|--------------|-------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
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| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |
| 15 | | | | | |