

MEIN **VIBES** TV TRAININGSPLAN

Trainingsziel: Kraft & Muskelaufbau

Trainingsintensität: Mittel | Trainingshäufigkeit 5x pro Woche

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Woche 1	<u>Fitness #7</u> <u>Level 2</u>	<u>Pilates #25</u> <u>Flexibility</u>	<u>Back #13</u> <u>Level 3</u>		<u>Strength #9</u> <u>Superband</u>	<u>Rehab #7</u> <u>Tension</u>	
Woche 2	<u>Strength #9</u> <u>Superband</u>	<u>Fitness #10</u> <u>Level 2</u>		<u>Yoga #34</u> <u>Warrior</u>	<u>Core #3</u> <u>Superband</u>	<u>Back #13</u> <u>Level 3</u>	
Woche 3	<u>Omega #5</u> <u>Superband</u>	<u>Alpha #4</u> <u>Superband</u>	<u>Rehab #3</u> <u>Hip Opener</u>	<u>Omega #5</u> <u>Superband</u>	<u>Alpha #4</u> <u>Superband</u>		
Woche 4	<u>Omega #7</u> <u>Bodyweight</u>	<u>Alpha #6</u> <u>Bodyweight</u>		<u>Yoga #28</u> <u>Core I</u>	<u>Strength #1</u> <u>Bodyweight</u>		<u>Fitness #8</u> <u>Level 3</u>