

MEIN **VIBES** TV TRAININGSPLAN

Trainingsziel: Kraft & Muskelaufbau

Trainingsintensität: Schwer | Trainingshäufigkeit 5x pro Woche

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Woche 1	<u>Strength #4</u> <u>Bodyweight</u>		<u>Fitness #11</u> <u>Level 3</u>	<u>Strength #7</u> <u>Equipped</u>	<u>Rehab #4</u> <u>Mobility</u>	<u>Core #5</u> <u>Equipped</u>	
Woche 2	<u>Body #12</u> <u>Level 2</u>	<u>Strength #4</u> <u>Bodyweight</u>		<u>Core #4</u> <u>Equipped</u>	<u>Yoga #5</u> <u>Strength</u>	<u>Strength #7</u> <u>Equipped</u>	
Woche 3	<u>Omega #10</u> <u>Beginner</u>	<u>Alpha #9</u> <u>Beginner</u>	<u>Pilates #25</u> <u>Flexibility</u>	<u>Omega #9</u> <u>Equipped</u>	<u>Alpha #8</u> <u>Equipped</u>		
Woche 4	<u>Omega #9</u> <u>Equipped</u>		<u>Alpha #8</u> <u>Equipped</u>	<u>Core #5</u> <u>Equipped</u>	<u>Omega #4</u> <u>Bodyweight</u>	<u>Alpha #3</u> <u>Bodyweight</u>	