



## TRAININGSPLAN 6.WOCHE

MONTAG	BEINE PO WORKOUT	WIDERSTANDBAND
DIENSTAG	MOBILITYWORKOUT	
MITTWOCH	CARDIOWORKOUT	
DONNERSTAG	MOBILITYWORKOUT	
FREITAG	OBERKÖRPERWORKOUT	WIDERSTANDBAND
SAMSTAG	BEINE PO WORKOUT	WIDERSTANDBAND
SONNTAG	MOBILITYWORKOUT	