



TRAININGSPLAN 9.WOCHE

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