

## Training Day 1: Lowerbody

	Exercise	Sets x Reps	Rest	Notes
<u>Unilateral (lower body) warmup</u>				
<b>Main strength exercise #1</b>				
A1	Bulgarian split squat  Mit Rucksack	2-4 x 8	1-3'	Woche 1-2: 2 Sets Woche 3: 3 Sets Woche 4: 4 Sets
<b>Main strength exercise #2</b>				
B1	B Stance RDL  Mit Rucksack	2-4 x 15 ea	1-3'	Sätze: wie A1
<b>Main strength exercise #3</b>				
C1	B Stance Rumanian Deadlift  Mit Rucksack	2-4 x 15 ea	1-3'	Sätze: wie A1
<b>Main strength exercise #4</b>				
D1	BW Walking lunges	2 x 30-50ea	1-3'	
<b>Superset #1</b>				
E1	(Banded) Clammshell	2 x 20 pro Bein	X	
E2	Sidelying hipthrust	2 x 20 pro Bein	1-2'	
<b>Core work</b>				
F1	Plank and reach	2 x 45''	1'	

## Training Day 2: Upperbody

	Exercise	Sets x Reps	Rest	Notes
<u>YTWL Shoulder warmup</u>				
<b>Main strength exercise #1</b>				
A1	One arm lying Latpull down with Bands	2 - 4 x 12 ea	1-3'	Woche 1-2: 2 Sets Woche 3: 3 Sets Woche 4: 4 Sets
<b>Main strength exercise #2</b>				
B1	Push ups	3-5 x 8	1-3'	Woche 1-2: 3 Sets Woche 3: 4 Sets Woche 4: 5 Sets
<b>Main strength exercise #3</b>				
C1	Bent over row with bands	2-4 x 8 ea	1-3'	Sätze: wie A1
<b>Superset #1</b>				
D1	Bent over side raises with bands	3 x 15	X	
D2	Banded Hammer curls	3 x 15	X	
D3	Banded tricep extension	3 x 15	1-3'	

## Training Day 3: Fullbody

	Exercise	Sets x Reps	Rest	Notes
<u>Unilateral (lower body) warmup</u>				
<b>Main strength exercise Lowerbody</b>				
A1	1.5 Hipthrusters (mit Rucksack)	3 x 10	1-3'	Feel the burn!
<u>YTWL Shoulder warmup</u>				
<b>Main strength exercise Upperbody</b>				
B1	Banded Strict press	3 x 10	1-3'	
<b>Superset #1</b>				
C1	1.5 Frontsquats (mit Rucksack oder Band)	3 x 10	X	
C2	Single arm Bent over row with Band	3 x 10 ea	1-2'	
<b>Glute finisher Superset #2</b>				
D1	Seated Banded Hip abduction dropset	2 x (20 + 20)	X	Go Hard
D2	Frog pumps	2 x 40	1-2'	
<b>Abs finisher</b>				
E1	Hollow body hold	2 x 30''	X	
E2	Deadbug	2 x 30''	1'	