
Beispiel Programm:
Erster Push-up
4 Wochen

Push-up Beginner Protocol

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Drei Trainingseinheiten pro Woche mit einem Full Body Split mit der Priorität auf dem Push-up.

Das Ziel ist es durch die Wochen mehr Negative Push-ups zu machen und im Incline Push-up off Rack tiefer zu kommen über jede Woche.















Alle anderen Bewegungen und Workouts runden das restliche Trainingsprogramm ab.















Workouts

Truncate

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> Tag 1	<input type="checkbox"/> Rest day	<input type="checkbox"/> Tag 2	<input type="checkbox"/> Rest day	<input type="checkbox"/> Tag 3	<input type="checkbox"/> Rest day	<input type="checkbox"/> Rest day	<input type="checkbox"/> Rest day
A1) Incline Push-up off Rack 3 Sets x 6-9 reps @ 2111; rest 60-90s - Form behalten - 1-2 Reps in Reserve lassen. (RIR)	60min Spaziergang (am Stück oder sammeln über den Tag)	A1) Goblet Bulgarian Split Squats 3 Sets x 8 reps/leg @ 30X1; rest :30s between legs; rest 60s - 2 RIR	60min Spaziergang (am Stück oder sammeln über den Tag)	A1) negative Push-up 3 Sets x 4-6 reps @ 3s negative; rest 60s	60min Spaziergang (am Stück oder sammeln über den Tag)	60min Spaziergang (am Stück oder sammeln über den Tag)	60min Spaziergang (am Stück oder sammeln über den Tag)
A2) Kettlebell Romanian Deadlift 3 Sets x 10-15 reps @ 2111; rest 90s - 2-3 RIR		A2) Active Hang on Bar 3 Sets x accumulate :30s; rest 60s		A2) Hip Thrust w/ Barbell 3 Sets x 10 reps w/ 2s hold @ top per rep; rest 60s			
B1) Front Squat 3 Sets x 8 reps @ 3011; rest 60-90s - 2-3 RIR (Reps in Reserve)		B1) Supported Single Leg RDL 3 Sets x 8-10 reps/leg @ 20X1; rest 45s		B1) Incline Push-up off Rack 3 Sets x 10 reps @ 2011; rest 60s			
B2) Incline Dumbbell Row 3 Sets x 7-9 reps @ 20X2; rest 60-90s		B2) Cable Lat Pulldown 3 Sets x 8-10 reps @ 2111; rest :45s		B2) Inverted barbell row 3 Sets x 10 reps @ 2011; rest 60s			
C) 5 Rounds for Time @ 80% 400/350m Row :40s Plank Hold w/ Straight Arms		B3) Single Arm Dumbbell Press 3 Sets x 8-10 reps/arm @ 2011; rest 90s		C1) Goblet Squat 3 Sets x 12-15 reps @ 2011; rest :30s			
		C) Side Plank Accumulate 90s/side		C2) Reverse Plank 3 Sets x :30s hold; rest :30s			
				C3) Assault Bike 3 Sets x AMRAP 2min @ 80%; rest 2min			

Week 2 + Day 8	Day 9	+ Day 10	Day 11	+ Day 12	Day 13	Day 14
<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Tag 1 </div> <p>A1) Incline Push-up off Rack 3 Sets x 6-9 reps @ 2111; rest 60-90s - Ziel sind mehr Reps wie letzte Woche - 1-2 Reps in Reserve lassen. (RIR)</p> <p>A2) Kettlebell Romanian Deadlift 3 Sets x 12-15 reps @ 2111; rest 90s - 2-3 RIR</p> <p>B1) Front Squat 3 Sets x 8 reps @ 3011; rest 60-90s - 2-3 RIR (Reps in Reserve) - Gewicht erhöhen, wenn möglich und die Form es erlaubt.</p> <p>B2) Incline Dumbbell Row 3 Sets x 7-9 reps @ 20X2; rest 60-90s - Ziel sind mehr Reps wie letzte Woche</p> <p>C) 4 Rounds for Time @ 80% 500/450m Row :50s Plank Hold w/ Straight Arms</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Rest day </div> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Tag 2 </div> <p>A1) Goblet Bulgarian Split Squats 3 Sets x 8-10 reps/leg @ 30X1; rest :30s between legs; rest 60s - 2 RIR</p> <p>A2) Active Hang on Bar 3 Sets x accumulate :30s; rest 60s</p> <p>B1) Supported Single Leg RDL 3 Sets x 9-11 reps/leg @ 20X1; rest 45s</p> <p>B2) Cable Lat Pulldown 3 Sets x 8-10 reps @ 2111; rest :45s</p> <p>B3) Single Arm Dumbbell Press 3 Sets x 8-10 reps/arm @ 2011; rest 90s</p> <p>C) Side Plank Accumulate 1:45min/side</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Rest day </div> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Tag 3 </div> <p>A1) negative Push-up 3 Sets x 4-6 reps @ 3s negative; rest 60s</p> <p>A2) Hip Thrust w/ Barbell 3 Sets x 12 reps w/ 2s hold @ top per rep; rest 60s</p> <p>B1) Incline Push-up off Rack 3 Sets x 8-10 reps @ 2011; rest 60s</p> <p>B2) Inverted barbell row 3 Sets x 8-10 reps @ 2011; rest 60s</p> <p>C1) Goblet Squat 3 Sets x 15-18 reps @ 2011; rest :30s</p> <p>C2) Reverse Plank 3 Sets x :35s hold; rest :30s</p> <p>C3) Assault Bike 3 Sets x AMRAP 2:20min @ 80%; rest 2min</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Rest day </div> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <input type="checkbox"/> Rest day </div> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>

Week 3	+ Day 15	Day 16	+ Day 17	Day 18	+ Day 19	Day 20	Day 21
<p><input type="checkbox"/> Tag 1  </p> <p>A1) Incline Push-up off Rack 3 Sets x 5-8 reps @ 2111; rest 60-90s - 1-2 Reps in Reserve lassen. (RIR)</p> <p>A2) Kettlebell Romanian Deadlift 3 Sets x 12-15 reps @ 2111; rest 90s - 2 RIR</p> <p>B1) Front Squat 3 Sets x 6-8 reps @ 3011; rest 60-90s - 2 RIR (Reps in Reserve)</p> <p>B2) Incline Dumbbell Row 3 Sets x 8-10 reps @ 20X2; rest 60-90s - Ziel sind mehr Reps wie letzte Woche</p> <p>C) 3 Rounds for Time @ 80% 700/650m Row 1min Plank Hold w/ Straight Arms</p>	<p><input type="checkbox"/> Rest day  </p> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<p><input type="checkbox"/> Tag 2  </p> <p>A1) Goblet Bulgarian Split Squats 3 Sets x 8-10 reps/leg @ 30X1; rest :30s between legs; rest 60s - 2 RIR</p> <p>A2) Active Hang on Bar 3 Sets x accumulate :40s; rest 60s</p> <p>B1) Supported Single Leg RDL 3 Sets x 10-12 reps/leg @ 20X1; rest 45s</p> <p>B2) Cable Lat Pulldown 3 Sets x 10-12 reps @ 2111; rest :45s</p> <p>B3) Single Arm Dumbbell Press 3 Sets x 10-12 reps/arm @ 2011; rest 90s</p> <p>C) Side Plank Accumulate 2min/side</p>	<p><input type="checkbox"/> Rest day  </p> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<p><input type="checkbox"/> Tag 3  </p> <p>A1) negative Push-up 3 Sets x 5-7 reps @ 3s negative; rest 60s</p> <p>A2) Hip Thrust w/ Barbell 3 Sets x 12-14 reps w/ 2s hold @ top per rep; rest 60s</p> <p>B1) Incline Push-up off Rack 3 Sets x 8-10 reps @ 2011; rest 60s</p> <p>B2) Inverted barbell row 3 Sets x 8-10 reps @ 2011; rest 60s</p> <p>C1) Goblet Squat 3 Sets x 15-20 reps @ 2011; rest :30s</p> <p>C2) Reverse Plank 3 Sets x :40s hold; rest :30s</p> <p>C3) Assault Bike 3 Sets x AMRAP 2:40min @ 80%; rest 2min</p>	<p><input type="checkbox"/> Rest day  </p> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<p><input type="checkbox"/> Rest day  </p> <p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	

Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<input type="checkbox"/> Tag 1  	<input type="checkbox"/> Rest day  	<input type="checkbox"/> Tag 2  	<input type="checkbox"/> Rest day  	<input type="checkbox"/> Tag 3  	<input type="checkbox"/> Rest day  	<input type="checkbox"/> Rest day  	
<p>A1) Incline Push-up off Rack 3 Sets x 5-8 reps @ 2111; rest 60-90s - 1-2 Reps in Reserve lassen. (RIR)</p> <p>A2) Kettlebell Romanian Deadlift 3 Sets x 15-18 reps @ 2111; rest 90s - 2 RIR</p> <p>B1) Front Squat 3 Sets x 6-8 reps @ 3011; rest 60-90s - 2 RIR (Reps in Reserve)</p> <p>B2) Incline Dumbbell Row 3 Sets x 10-12 reps @ 20X2; rest 60-90s - Ziel sind mehr Reps wie letzte Woche</p> <p>C) 2 Rounds for Time @ 80% 1000/850m Row 1:45min Plank Hold w/ Straight Arms</p>	<p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<p>A1) Goblet Bulgarian Split Squats 3 Sets x 8-10 reps/leg @ 30X1; rest :30s between legs; rest 60s - 2 RIR</p> <p>A2) Active Hang on Bar 3 Sets x accumulate :45s; rest 60s</p> <p>B1) Supported Single Leg RDL 3 Sets x 10-12 reps/leg @ 20X1; rest 45s</p> <p>B2) Cable Lat Pulldown 3 Sets x 10-12 reps @ 2111; rest :45s</p> <p>B3) Single Arm Dumbbell Press 3 Sets x 10-12 reps/arm @ 2011; rest 90s</p> <p>C) Side Plank Accumulate 2:20min/side</p>	<p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<p>A1) negative Push-up 3 Sets x 5-7 reps @ 3s negative; rest 60s</p> <p>A2) Hip Thrust w/ Barbell 3 Sets x 12-14 reps w/ 2s hold @ top per rep; rest 60s</p> <p>B1) Incline Push-up off Rack 3 Sets x 8-10 reps @ 2011; rest 60s</p> <p>B2) Inverted barbell row 3 Sets x 8-10 reps @ 2011; rest 60s</p> <p>C1) Goblet Squat 3 Sets x 20 reps @ 2011; rest :30s</p> <p>C2) Reverse Plank 3 Sets x :45s hold; rest :30s</p> <p>C3) Assault Bike 3 Sets x AMRAP 3min @ 80%; rest 2min</p>	<p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	<p>60min Spaziergang (am Stück oder sammeln über den Tag)</p>	

Vielen Dank
für deine Aufmerksamkeit!

TC | THOMAS COSIC