

Trainingsplan Ganzkörper Herren - Ganzkörpertraining

CREATED BY Ellena Fauster

TRAINING PLAN START / END
2024-07-12 / 2024-08-23


DURATION
6 weeks

FREQUENCY
3x per week

TRAINING GOAL

MEMBER
Ellena Fauster

1.




Treadmill

SPEED	HR / MIN	INCLINE
6 km/h	120	1
DURATION	DISTANCE	
10 min.	1 km	

DESCRIPTION

Execution: - Set the incline to 1% in order to simulate the energy use of running outdoors with air resistance. - For a better running technique, imagine that the belt does not move on its own and instead you have to actively push it backwards yourself.

2.



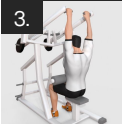
Machine Chest Press

REPS	WEIGHT	REST TIME
12	40 kg	2 min.

DESCRIPTION

Starting position: - Back resting on backrest, grips at chest-level, elbows slightly inwards, shoulders deep. Execution: - Push the handles forward until the elbows are slightly bent and move back.

3.




Machine Lat Pulldown

REPS	WEIGHT	REST TIME
12	50 kg	2 min.

DESCRIPTION

Starting position: - Keep the back straight and the chest out. Implementation: - Pull the bar to the sternum, keep your shoulders down, elbows slightly turned inwards. - Stretch out arms again.

4.




Machine Leg Press

REPS	WEIGHT	REST TIME
12	70 kg	2 min.

DESCRIPTION

Starting position: - Arms hold back and pelvis against the back. - Legs bend round about 90 degrees. Keep the foot, knee and hip joints parallel. Implementation: - Push the plate away until knee joints are still slightly bent. - Do not lift the heels.

5.




Machine Leg Curls Seated

REPS	WEIGHT	REST TIME
12	50 kg	2 min.

DESCRIPTION

Starting position: - Press the pelvis against the seat cushion. - Knee joints are in line to the center of rotation of the machine. Execution: - Bend the knees as far as possible and return in controlled manner.

6.




Dumbbell Bicep Curls

REPS	WEIGHT	REST TIME
15	10 kg	1 min.

DESCRIPTION

Starting position: - Hold the dumbbells with an underhand grip. Implementation: - Raise dumbbells to the chest, keep elbows close to the body. - Do not completely straighten elbows when releasing.

7.




Cable Triceps Pulldowns

REPS	WEIGHT	REST TIME
15	15 kg	1 min.

DESCRIPTION

Starting position: - Upper arms are bent slightly below 90 degrees and located on the side of the upper body. Execution: - Pull hands down until arms are extended.

8.




Leg Raises

SETS	REPS	REST TIME
3	15	1 min.

DESCRIPTION

Starting position: - Support yourself with the forearms on the padded support. Execution: - Raise the knees as high as possible to the chest. - Keep the abs tensed continuously.

9.




Reverse Flys Face Down

SETS	DURATION	REST TIME
1	1 min.	1 min.

DESCRIPTION

Starting position: - Lie face down. Gaze is downwards to the mat. - Keep head and shoulders raised off the floor, elbows bent at 90 degrees. Implementation: - Raise arms up as far as possible and down again without placing them down entirely. - Pull shoulders towards the hip.

10.



World Greatest Stretch

SETS	DURATION
1	1 min.

DESCRIPTION

Implementation: - Long lunge position. - The front knee should be right above the foot, the rear leg actively extended. - Push pelvis towards the floor and extend one arm to the ceiling.

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<div>1.</div> <div></div> <div>Treadmill</div>	1. SET	SPEED	6 km/h	6 km/h	6 km/h	6 km/h	6 km/h	6 km/h	6 km/h	6 km/h	6 km/h
		HR / MIN	120	120	120	120	120	120	120	120	120
		INCLINE	1	1	1	1	1	1	1	1	1
		DURATION	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.
		DISTANCE	1 km	1 km	1 km	1 km	1 km	1 km	1 km	1 km	1 km
<div>2.</div> <div></div> <div>Machine Chest Press</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	2. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	3. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
<div>3.</div> <div></div> <div>Machine Lat Pulldown</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	2. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	3. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
<div>4.</div> <div></div> <div>Machine Leg Press</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	2. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	3. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg	70 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.

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<div>5.</div> <div></div> <div>Machine Leg Curls Seated</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	2. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
	3. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg	50 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
<div>6.</div> <div></div> <div>Dumbbell Bicep Curls</div>	1. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	2. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	3. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
<div>7.</div> <div></div> <div>Cable Triceps Pulldowns</div>	1. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	2. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	3. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg	15 kg
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
<div>8.</div> <div></div> <div>Leg Raises</div>	1. SET	REPS	15	15	15	15	15	15	15	15	15
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	2. SET	REPS	15	15	15	15	15	15	15	15	15
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	3. SET	REPS	15	15	15	15	15	15	15	15	15
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.

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<div>9.</div>  <div>Reverse Flys Face Down</div>	1. SET	DURATION	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.

<div>10.</div>  <div>World Greatest Stretch</div>	1. SET	DURATION	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.