

Trainingsplan Ganzkörper Damen - 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.

Climbmill

HR / MIN

FLOORS

STEPS PER MINUTE

120

2


60

DURATION

10 min.

DESCRIPTION

Like jogging, stair-climbing burns many calories but strengthens even more the thighs, buttocks and calves.



2.

Machine Leg Press

REPS

WEIGHT

REST TIME


12

60 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.



3.

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.



4.

Dumbbell Reverse Lunges

DURATION

WEIGHT

REST TIME


0:01:30

10 kg

2 min.

DESCRIPTION

Starting position: - Upright stance, dumbbells close to the body. Execution: - Perform a rear lunge, then go back to starting position by extending the front foot.



5.

Lat Pulldown To The Chest

REPS

WEIGHT

REST TIME

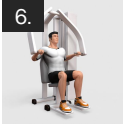
12

30 kg

2 min.

DESCRIPTION

Starting position: - Grab the handles in a wide overhead position. - Palms facing forward. Implementation: - Pull your elbows towards the floor until the the bar touches the chest. - Pull your shoulders back and down throughout the movement.



6.

Machine Chest Press

REPS

WEIGHT

REST TIME


12

25 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.



7.

Machine Hip Abduction

REPS

WEIGHT

REST TIME


15

40 kg

1 min.

DESCRIPTION

Starting position: - Arms fix the pelvis by pulling the back against the rest. Execution: - Spread the legs apart so far that the pelvis does not leave the seat cushion. - Hold the end position briefly and tighten the legs together.



8.

Machine Hip Adduction

REPS

WEIGHT

REST TIME


15

40 kg

1 min.

DESCRIPTION

Starting position: - Arms fix the pelvis by pulling the back against the rest. - Stretch legs as far, until you feel a slight stretch on the inside of the thighs and hips. Implementation: - Press legs together.



9.

Weighted Russian Twist

SETS

DURATION

WEIGHT


3

0:04:30

6 kg

DESCRIPTION

Starting position: - Legs are bent with the heels placed firmly on the floor. - Lean the upper body back slightly. Implementation: - Upper body should be rotated from one side to another in turn. - Pull the belly button to the spine. - Add personal amount of weight that desired repetitions can be achieved



10.

Back Extensions V-shaped Lying

SETS

DURATION

REST TIME


3

0:04:30

1 min.

DESCRIPTION

Starting position: - Lie face down on the mat, stretch the arms above the head and focus the gaze downwards. Implementation: - Raise both arms and legs at the same time and lower them again without placing them down entirely. - Keep the shoulders lowered at all times and the thumbs pointed upwards.



11.

T- Spine Rotatory Stretching Lying

SETS

DURATION

1

2 min.

DESCRIPTION

Starting position: - Rear position, arms stretched out to the sides, palms facing up. - One leg is extended Execution: - The leg is pulled/pressed towards the floor with the opposite hand. - The shoulder girdle should remain on the floor - Turn head in direction of outstretched arm

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Documentation Date											
<div>1.</div> <div></div> <div>Climbmill</div>	1. SET	HR / MIN	120	120	120	120	120	120	120	120	120
		FLOORS	2	2	2	2	2	2	2	2	2
		STEPS PER MINUTE	60	60	60	60	60	60	60	60	60
		DURATION	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.
<div>2.</div> <div></div> <div>Machine Leg Press</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	60 kg	60 kg	60 kg	60 kg	60 kg	60 kg	60 kg	60 kg	60 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 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.
<div>4.</div> <div></div> <div>Dumbbell Reverse Lunges</div>	1. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		WEIGHT	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg	10 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
<div>5.</div> <div></div> <div>Lat Pulldown To The Chest</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	30 kg	30 kg	30 kg	30 kg	30 kg	30 kg	30 kg	30 kg	30 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>Machine Chest Press</div>	1. SET	REPS	12	12	12	12	12	12	12	12	12
		WEIGHT	25 kg	25 kg	25 kg	25 kg	25 kg	25 kg	25 kg	25 kg	25 kg
		REST TIME	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.
<div>7.</div> <div></div> <div>Machine Hip Abduction</div>	1. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 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	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 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>Machine Hip Adduction</div>	1. SET	REPS	15	15	15	15	15	15	15	15	15
		WEIGHT	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 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	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg	40 kg
		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></div> <div>Weighted Russian Twist</div>	1. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		WEIGHT	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg
	2. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		WEIGHT	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg
	3. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		WEIGHT	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg	6 kg
<div>10.</div> <div></div> <div>Back Extensions V-shaped Lying</div>	1. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	2. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
	3. SET	DURATION	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30	0:01:30
		REST TIME	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.	1 min.
<div>11.</div> <div></div> <div>T-Spine Rotatory Stretching Lying</div>	1. SET	DURATION	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.	2 min.