

Fortgeschrittene – Plan 1

WARM UP	Übung	Sätze	Dauer	Modus	Frequenz	Amplitude	Pause	Wiederholung
1	1/2 SQUAT	1	45sec	TILT	22Hz	0.6mm	60sec	
2	BRÜCKE 120° - BEIDBEINIG	1	45sec	TILT	22Hz	0.6mm	60sec	
ÜBUNG								
1	FULL SQUAT	1	45sec	TILT	22Hz	1.4mm	60sec	
2	1/2 AUSFALLSCHRITT	1	45sec	FLAT	30Hz	0.8mm	60sec	R
3	BRÜCKE 90° - BEIDBEINIG	1	45sec	TILT	22Hz	1.4mm	60sec	
4	ZEHENSTAND - BEIDBEINIG	1	45sec	TILT	22Hz	1.4mm	60sec	
5	LIEGESTÜTZ	1	45sec	FLAT	30Hz	0.8mm	60sec	
6	TRIZEPS - 1/2 DIP	1	45sec	FLAT	30Hz	0.8mm	60sec	
7	BIZEPS CURL	1	45sec	TILT	22Hz	1.4mm	60sec	
8	UNTERARM LIEGESTÜTZ	1	45sec	FLAT	30Hz	0.8mm	60sec	
COOL DOWN								
1	ENTSPANNUNG - OBERSCHENKELVORDERSEITE	1	60sec	FLAT	50Hz	0.2mm	60sec	
2	ENTSPANNUNG - PO & OBERSCHENKELRÜCKSEITE	1	60sec	FLAT	50Hz	0.2mm	60sec	

Fortgeschrittene – Plan 2

WARM UP	Übung	Sätze	Dauer	Modus	Frequenz	Amplitude	Pause	Wiederholung
1	1/2 SQUAT	1	60sec	TILT	24Hz	0.6mm	60sec	
2	BRÜCKE 120° - BEIDBEINIG	1	45sec	TILT	24Hz	0.6mm	60sec	
ÜBUNG								
1	FULL SQUAT	1	45sec	TILT	24Hz	1.6mm	60sec	
2	1/2 AUSFALLSCHRITT	1	45sec	FLAT	30Hz	1.0mm	60sec	R
3	BRÜCKE 90° - BEIDBEINIG	1	45sec	TILT	24Hz	1.6mm	60sec	
4	ZEHENSTAND - BEIDBEINIG	1	45sec	TILT	24Hz	1.6mm	60sec	
5	LIEGESTÜTZ	1	45sec	FLAT	30Hz	1.0mm	60sec	
6	TRIZEPS - 1/2 DIP	1	45sec	FLAT	30Hz	1.0mm	60sec	
7	BIZEPS CURL	1	45sec	TILT	24Hz	1.6mm	60sec	
8	UNTERARM LIEGESTÜTZ	1	45sec	FLAT	30Hz	1.0mm	60sec	
COOL DOWN								
1	ENTSPANNUNG - OBERSCHENKELVORDERSEITE	1	60sec	FLAT	50Hz	0.2mm	60sec	
2	ENTSPANNUNG - PO & OBERSCHENKELRÜCKSEITE	1	60sec	FLAT	50Hz	0.2mm	60sec	