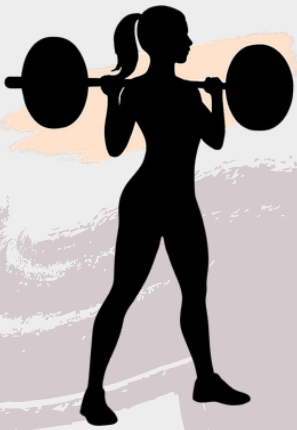
Mein Trainingsplan



OBERKÖRPER:

- SCHULTERPRESSE
- LATZUG
- FACE PULLS
- REVERSE FLY
- BUTTERFLY

UNTERKÖRPER:

- HIP THRUST
- RDL'S
- BULGARIAN SPLIT SQUATS
- ABDUKTOREN

3 X 8-10 WIEDERHOLUNGEN