

Tony Freeman Bein Training

| | <u>Trainingsübung</u> | <u>Wdh.</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> | <u>Gew</u> |
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| Quadrizeps Training | Beinstrecken | 30 | | | | | | | | | | | | | | |
| | Beinstrecken | 20 | | | | | | | | | | | | | | |
| | Beinstrecken | 20 | | | | | | | | | | | | | | |
| | Beinstrecken | 15 | | | | | | | | | | | | | | |
| | Beinstrecken | 15 | | | | | | | | | | | | | | |
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| | Beincurls liegend | 10-12 | | | | | | | | | | | | | | |
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| | Kniebeugen | 10-12 | | | | | | | | | | | | | | |
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| | Kniebeugen | 10-12 | | | | | | | | | | | | | | |
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| | Hackenschmidt Kniebeugen oder Beinpressen | 10-12 | | | | | | | | | | | | | | |
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| | Hackenschmidt Kniebeugen oder Beinpressen | 10-12 | | | | | | | | | | | | | | |
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| | Ausfallschritt gehend: 1 Runden durchs Fitnessstudio | | | | | | | | | | | | | | | |
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| Beinbizeps Training | Kreuzheben | 8-10 | | | | | | | | | | | | | | | | | | |
| | Kreuzheben | 8-10 | | | | | | | | | | | | | | | | | | |
| | Kreuzheben | 8-10 | | | | | | | | | | | | | | | | | | |
| | Kreuzheben | 8-10 | | | | | | | | | | | | | | | | | | |
| | Kreuzheben | 8-10 | | | | | | | | | | | | | | | | | | |
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| | Beincurls Liegend | 10-12 | | | | | | | | | | | | | | | | | | |
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| | Beincurls Liegend | 10-12 | | | | | | | | | | | | | | | | | | |
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| | Beinstrecken | 10-12 | | | | | | | | | | | | | | | | | | |
| | Beinstrecken | 10-12 | | | | | | | | | | | | | | | | | | |
| | Beinstrecken | 10-12 | | | | | | | | | | | | | | | | | | |
| | Beinstrecken | 10-12 | | | | | | | | | | | | | | | | | | |
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| | Beincurls sitzend oder mit einer Kurzhantel | 10-12 | | | | | | | | | | | | | | | | | | |
| | Beincurls sitzend oder mit einer Kurzhantel | 10-12 | | | | | | | | | | | | | | | | | | |
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| | Step – Backs an der Multipresse / 10-12 pro Bein | 10-12 | | | | | | | | | | | | | | | | | | |
| | Step – Backs an der Multipresse | 10-12 | | | | | | | | | | | | | | | | | | |
| | Step – Backs an der Multipresse | 10-12 | | | | | | | | | | | | | | | | | | |
| | Step – Backs an der Multipresse | 10-12 | | | | | | | | | | | | | | | | | | |
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| | Glute – Ham Maschine* | 10-15 | | | | | | | | | | | | | | | | | | |
| | Glute – Ham Maschine* | | | | | | | | | | | | | | | | | | | |
| | Glute – Ham Maschine* | 10-15 | | | | | | | | | | | | | | | | | | |
| | Glute – Ham Maschine* | 10-15 | | | | | | | | | | | | | | | | | | |
| | * Optional, falls die Energie erlaubt! | | | | | | | | | | | | | | | | | | | |

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| | Kickbacks am Kabel für den Gluteus | 12-15 | | | | | | | | | | | | | | | |
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