*Trainingsplan KW 16*

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| **Tag** | **Beispiel-Übung** | **Gewicht** | **Sätze** | **XX Uhr** | **XX Uhr** | **XX Uhr** |
| **Montag** |  |  |  |  |  |  |
| **Dienstag** |  |  |  |  |  |  |
| **Mittwoch** |  |  |  |  |  |  |
| **Donnerstag** |  |  |  |  |  |  |
| **Freitag** |  |  |  |  |  |  |
| **Samstag** |  |  |  |  |  |  |
| **Sonntag** |  |  |  |  |  |  |