

20 Tage Bodyweight Training

1.) Übungen und Trainingstage:

Trainingstag 1 = Liegestütz & Kniebeugen

Trainingstag 2 = Dips & Sit ups

Trainingstag 3 (Optional) = Klimmzüge & Australian pull ups

Vor deinem Training wärme dich gut auf und mobilisiere deine Gelenke.

Nach deinem Training kannst du noch ein „Home Workout“ (siehe Facebook/Instagram) oder eine Laufrunde anhängen.

2.) Vor dem Start = Tag 1:

Teste deine maximale Wiederholungsanzahl jeder oben genannten Übung.

Achte jedoch auf eine technisch saubere Ausführung!

3.) Sätze & Wiederholungen:

Je nach Testergebnis, beachte folgende Satz & Wiederholungsanzahl pro Übung und Trainingstag.



TRAININGSTAG 1 = LIEGESTÜTZ						
ERGEBNIS	TAG 2	TAG 5	TAG 8	TAG 11	TAG 14	TAG 17
	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH
0 - 5	2*3, 2*2, 1*Max	3*3, 1*4, 1*Max	3*4, 1*5, 1*Max	3*4, 1*6, 1*Max	3*5, 1*7, 1*Max	3*6, 1*8, 1*Max
6 - 10	2*6, 2*4, 1*Max	3*6, 1*8, 1*Max	3*8, 1*10, 1*Max	3*9, 1*11, 1*Max	3*10, 1*12, 1*Max	3*11, 1*13, 1*Max
11 - 15	2*10, 2*7, 1*Max	3*8, 1*10, 1*Max	3*10, 1*13, 1*Max	2*13, 2*10, 1*Max	2*14, 2*12, 1*Max	2*16, 2*14, 1*Max
16 - 20	2*12, 2*7, 1*Max	3*10, 1*12, 1*Max	3*11, 1*15, 1*Max	2*15, 2*11, 1*Max	2*17, 2*13, 1*Max	2*19, 2*15, 1*Max
21 - 25	1*17, 3*13, 1*Max	3*14, 1*19, 1*Max	3*16, 1*21, 1*Max	2*21, 2*16, 1*Max	3*20, 1*25, 1*Max	3*23, 1*28, 1*Max
26 - 30	1*18, 3*14, 1*Max	3*15, 1*20, 1*Max	3*20, 1*24, 1*Max	3*21, 1*25, 1*Max	3*25, 1*29, 1*Max	3*29, 1*33, 1*Max
31 - 35	1*19, 3*15, 1*Max	4*10, 2*13, 1*9, 1*Max	4*12, 3*15, 1*Max	2*22, 2*28, 1*Max	3*16, 4*18, 1*Max	4*18, 3*20, 1*Max
36 - 40	2*28, 2*22, 1*Max	2*14, 2*18, 3*20, 1*Max	4*17, 3*20, 1*Max	2*24, 2*30, 1*Max	4*19, 3*22, 1*Max	4*20, 3*24, 1*Max
41 - 45	2*30, 2*24, 1*Max	2*18, 2*19, 3*22, 1*Max	4*20, 3*24, 1*Max	2*26, 2*32, 1*Max	6*14, 2*19, 1*Max	4*18, 4*26, 1*Max
46 - 50	2*32, 2*26, 1*Max	4*14, 2*15, 2*10, 1*Max	4*14, 4*17, 1*Max	2*45, 2*25, 1*Max	6*18, 2*23, 1*Max	4*22, 4*30, 1*Max
51 - 60	2*45, 2*30, 1*Max	4*20, 2*23, 2*18, 1*Max	4*20, 4*28, 1*Max	2*50, 2*30, 1*Max	6*22, 2*30, 1*Max	4*26, 4*33, 1*Max
>60	2*50, 2*35, 1*Max	4*22, 2*30, 2*24, 1*Max	4*26, 4*33, 1*Max	2*55, 2*35, 1*Max	6*24, 4*37, 1*Max	4*27, 4*36, 1*Max

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TRAININGSTAG 1 = SQUATS						
ERGEBNIS	TAG 2	TAG 5	TAG 8	TAG 11	TAG 14	TAG 17
	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH
<10	3*3, 1*4, 1*Max	3*5, 1*6, 1*Max	3*6, 1*8, 1*Max	3*8, 1*10, 1*Max	3*10, 1*12, 1*Max	3*12, 1*14, 1*Max
11 - 20	2*8, 2*5, 1*Max	3*8, 1*11, 1*Max	3*10, 1*13, 1*Max	3*11, 1*13, 1*Max	3*13, 1*16, 1*Max	3*15, 1*18, 1*Max
21 - 25	2*8, 2*13, 1*Max	3*10, 1*13, 1*Max	3*13, 1*18, 1*Max	2*15, 2*13, 1*Max	3*16, 1*22, 1*Max	2*22, 2*19, 1*Max
26 - 30	2*10, 2*16, 1*Max	3*11, 1*16, 1*Max	3*15, 1*20, 1*Max	2*16, 2*19, 1*Max	3*19, 1*27, 1*Max	2*22, 2*30, 1*Max
31 - 40	3*17, 1*22, 1*Max	3*19, 1*25, 1*Max	3*21, 1*29, 1*Max	3*22, 1*30, 1*Max	3*23, 1*31, 1*Max	3*31, 1*38, 1*Max
41 - 45	3*19, 1*24, 1*Max	2*21, 2*37, 1*Max	3*27, 1*38, 1*Max	3*29, 1*34, 1*Max	3*27, 1*34, 1*Max	3*40, 1*45, 1*Max
46 - 50	3*21, 1*27, 1*Max	5*13, 2*18, 1*Max	4*16, 3*20, 1*Max	2*34, 2*47, 1*Max	3*34, 1*40, 1*Max	4*23, 3*27, 1*Max
51 - 60	2*20, 2*34, 1*Max	5*19, 2*23, 1*Max	4*19, 4*23, 1*Max	2*40, 2*54, 1*Max	4*23, 3*27, 1*Max	4*27, 3*32, 1*Max
61 - 70	2*30, 2*38, 1*Max	4*21, 3*27, 1*Max	4*23, 3*27, 1*Max	2*40, 2*27, 1*Max	4*19, 2*21, 2*13, 1*Max	4*19, 4*23, 1*Max
71 - 90	2*32, 2*49, 1*Max	4*23, 4*29, 1*Max	4*27, 4*32, 1*Max	2*67, 2*34, 1*Max	4*27, 2*31, 2*27, 1*Max	4*31, 2*40, 2*24, 1*Max
91 - 110	2*34, 2*54, 1*Max	4*29, 4*35, 1*Max	4*30, 4*40, 1*Max	2*76, 2*47, 1*Max	4*30, 2*40, 2*29, 1*Max	4*35, 2*45, 2*30, 1*Max
>110	2*40, 2*63, 1*Max	4*30, 4*40, 1*Max	4*35, 4*45, 1*Max	2*85, 2*49, 1*Max	4*35, 2*45, 2*32, 1*Max	4*40, 2*50, 2*35, 1*Max



TRAININGSTAG 2 = DIPS						
ERGEBNIS	TAG 3	TAG 6	TAG 9	TAG 12	TAG 15	TAG 18
	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH
<7	3*3, 1*4, 1*Max	2*4, 2*5, 1*Max	3*5, 1*6, 1*Max	3*5, 1*8, 1*Max	3*6, 1*8, 1*Max	3*6, 1*9, 1*Max
7 - 13	2*6, 2*5, 1*Max	3*8, 1*10, 1*Max	3*9, 1*13, 1*Max	3*10, 1*14, 1*Max	3*12, 1*15, 1*Max	2*15, 2*13, 1*Max
14 - 20	2*13, 2*9, 1*Max	2*13, 2*10, 1*Max	2*14, 2*12, 1*Max	2*13, 2*18, 1*Max	3*15, 1*20, 1*Max	2*16, 2*21, 1*Max
21 - 26	2*15, 2*9, 1*Max	2*15, 2*10, 1*Max	2*17, 2*11, 1*Max	2*18, 2*23, 1*Max	2*18, 2*25, 1*Max	3*21, 1*23, 1*Max
27 - 32	3*15, 1*22, 1*Max	3*18, 1*24, 1*Max	2*21, 2*18, 1*Max	2*23, 2*25, 1*Max	3*26, 1*32, 1*Max	3*30, 1*36, 1*Max
33 - 39	3*18, 1*23, 1*Max	2*26, 2*19, 1*Max	2*28, 2*26, 1*Max	3*27, 1*32, 1*Max	3*32, 1*37, 1*Max	3*37, 1*42, 1*Max
40 - 45	2*22, 2*19, 1*Max	5*13, 2*17, 1*Max	2*17, 2*19, 3*15, 1*Max	2*32, 2*19, 1*Max	4*18, 2*19, 1*13, 1*Max	3*17, 4*22, 1*Max
46 - 52	2*36, 2*28, 1*Max	2*20, 2*23, 3*15, 1*Max	4*20, 3*23, 1*Max	2*39, 2*26, 1*Max	4*24, 3*28, 1*Max	4*26, 3*31, 1*Max
53 - 59	2*45, 2*32, 1*Max	3*23, 2*26, 2*18, 1*Max	4*23, 3*26, 1*Max	2*46, 2*31, 1*Max	4*18, 2*19, 1*13, 1*Max	3*17, 4*22, 1*Max
60 - 65	2*52, 2*31, 1*Max	4*24, 3*28, 1*Max	4*26, 2*31, 1*28, 1*Max	2*60, 2*32, 1*Max	4*26, 2*30, 1*23, 1*Max	3*28, 2*39, 2*32, 1*Max
66 - 78	2*60, 2*32, 1*Max	4*26, 2*30, 1*23, 1*Max	3*28, 2*39, 2*32, 1*Max	2*65, 2*39, 1*Max	3*28, 2*39, 2*31, 1*Max	3*33, 2*43, 2*34, 1*Max
>79	2*65, 2*39, 1*Max	3*28, 2*39, 2*31, 1*Max	3*33, 2*43, 2*34, 1*Max	2*70, 2*45, 1*Max	3*30, 2*45, 2*35, 1*Max	4*35, 2*45, 1*30, 1*Max

20 Tage Bodyweight Training

TRAININGSTAG 2 = SIT UPS

ERGEBNIS	TAG 3	TAG 6	TAG 9	TAG 12	TAG 15	TAG 18
	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH
<10	3*3, 1*4, 1*Max	3*5, 1*6, 1*Max	3*6, 1*8, 1*Max	3*8, 1*10, 1*Max	3*10, 1*12, 1*Max	3*12, 1*14, 1*Max
11 - 20	2*8, 2*5, 1*Max	3*8, 1*11, 1*Max	3*10, 1*13, 1*Max	3*11, 1*13, 1*Max	3*13, 1*16, 1*Max	3*15, 1*18, 1*Max
21 - 25	2*8, 2*13, 1*Max	3*10, 1*13, 1*Max	3*13, 1*18, 1*Max	2*15, 2*13, 1*Max	3*16, 1*22, 1*Max	2*22, 2*19, 1*Max
26 - 30	2*10, 2*16, 1*Max	3*11, 1*16, 1*Max	3*15, 1*20, 1*Max	2*16, 2*19, 1*Max	3*19, 1*27, 1*Max	2*22, 2*30, 1*Max
31 - 40	3*17, 1*22, 1*Max	3*19, 1*25, 1*Max	3*21, 1*29, 1*Max	3*22, 1*30, 1*Max	3*23, 1*31, 1*Max	3*31, 1*38, 1*Max
41 - 45	3*19, 1*24, 1*Max	2*21, 2*37, 1*Max	3*27, 1*38, 1*Max	3*29, 1*34, 1*Max	3*27, 1*34, 1*Max	3*40, 1*45, 1*Max
46 - 50	3*21, 1*27, 1*Max	5*13, 2*18, 1*Max	4*16, 3*20, 1*Max	2*34, 2*47, 1*Max	3*34, 1*40, 1*Max	4*23, 3*27, 1*Max
51 - 60	2*20, 2*34, 1*Max	5*19, 2*23, 1*Max	4*19, 4*23, 1*Max	2*40, 2*54, 1*Max	4*23, 3*27, 1*Max	4*27, 3*32, 1*Max
61 - 70	2*30, 2*38, 1*Max	4*21, 3*27, 1*Max	4*23, 3*27, 1*Max	2*40, 2*27, 1*Max	4*19, 2*21, 2*13, 1*Max	4*19, 4*23, 1*Max
71 - 90	2*32, 2*49, 1*Max	4*23, 4*29, 1*Max	4*27, 4*32, 1*Max	2*67, 2*34, 1*Max	4*27, 2*31, 2*27, 1*Max	4*31, 2*40, 2*24, 1*Max
91 - 110	2*34, 2*54, 1*Max	4*29, 4*35, 1*Max	4*30, 4*40, 1*Max	2*76, 2*47, 1*Max	4*30, 2*40, 2*29, 1*Max	4*35, 2*45, 2*30, 1*Max
>110	2*40, 2*63, 1*Max	4*30, 4*40, 1*Max	4*35, 4*45, 1*Max	2*85, 2*49, 1*Max	4*35, 2*45, 2*32, 1*Max	4*40, 2*50, 2*35, 1*Max



TRAININGSTAG 3 (OPTIONAL) = KLIMMZÜGE

ERGEBNIS	TAG 4	TAG 7	TAG 10	TAG 13	TAG 16	TAG 19
	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH
0 - 5	2*3, 2*2, 1*Max	3*3, 1*4, 1*Max	3*4, 1*5, 1*Max	3*4, 1*6, 1*Max	3*5, 1*7, 1*Max	3*6, 1*8, 1*Max
6 - 10	2*6, 2*4, 1*Max	3*6, 1*8, 1*Max	3*8, 1*10, 1*Max	3*9, 1*11, 1*Max	3*10, 1*12, 1*Max	3*11, 1*13, 1*Max
11 - 15	2*10, 2*7, 1*Max	3*8, 1*10, 1*Max	3*10, 1*13, 1*Max	2*13, 2*10, 1*Max	2*14, 2*12, 1*Max	2*16, 2*14, 1*Max
16 - 20	2*12, 2*7, 1*Max	3*10, 1*12, 1*Max	3*11, 1*15, 1*Max	2*15, 2*11, 1*Max	2*17, 2*13, 1*Max	2*19, 2*15, 1*Max
21 - 25	1*17, 3*13, 1*Max	3*14, 1*19, 1*Max	3*16, 1*21, 1*Max	2*21, 2*16, 1*Max	3*20, 1*25, 1*Max	3*23, 1*28, 1*Max
26 - 30	1*18, 3*14, 1*Max	3*15, 1*20, 1*Max	3*20, 1*24, 1*Max	3*21, 1*25, 1*Max	3*25, 1*29, 1*Max	3*29, 1*33, 1*Max
>31	1*19, 3*15, 1*Max	4*10, 2*13, 1*9, 1*Max	4*12, 3*15, 1*Max	2*22, 2*28, 1*Max	3*16, 4*18, 1*Max	4*18, 3*20, 1*Max

20 Tage Bodyweight Training

TRAININGSTAG 3 (OPTIONAL) = AUSTRALIAN PULL UPS						
ERGEBNIS	TAG 4	TAG 7	TAG 10	TAG 13	TAG 16	TAG 19
	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH	SÄTZE*WDH
<7	3*3, 1*4, 1*Max	2*4, 2*5, 1*Max	3*5, 1*6, 1*Max	3*5, 1*8, 1*Max	3*6, 1*8, 1*Max	3*6, 1*9, 1*Max
7 - 13	2*6, 2*5, 1*Max	3*8, 1*10, 1*Max	3*9, 1*13, 1*Max	3*10, 1*14, 1*Max	3*12, 1*15, 1*Max	2*15, 2*13, 1*Max
14 - 20	2*13, 2*9, 1*Max	2*13, 2*10, 1*Max	2*14, 2*12, 1*Max	2*13, 2*18, 1*Max	3*15, 1*20, 1*Max	2*16, 2*21, 1*Max
21 - 26	2*15, 2*9, 1*Max	2*15, 2*10, 1*Max	2*17, 2*11, 1*Max	2*18, 2*23, 1*Max	2*18, 2*25, 1*Max	3*21, 1*23, 1*Max
27 - 32	3*15, 1*22, 1*Max	3*18, 1*24, 1*Max	2*21, 2*18, 1*Max	2*23, 2*25, 1*Max	3*26, 1*32, 1*Max	3*30, 1*36, 1*Max
33 - 39	3*18, 1*23, 1*Max	2*26, 2*19, 1*Max	2*28, 2*26, 1*Max	3*27, 1*32, 1*Max	3*32, 1*37, 1*Max	3*37, 1*42, 1*Max
40 - 45	2*22, 2*19, 1*Max	5*13, 2*17, 1*Max	2*17, 2*19, 3*15, 1*Max	2*32, 2*19, 1*Max	4*18, 2*19, 1*13, 1*Max	3*17, 4*22, 1*Max
46 - 52	2*36, 2*28, 1*Max	2*20, 2*23, 3*15, 1*Max	4*20, 3*23, 1*Max	2*39, 2*26, 1*Max	4*24, 3*28, 1*Max	4*26, 3*31, 1*Max
53 - 59	2*45, 2*32, 1*Max	3*23, 2*26, 2*18, 1*Max	4*23, 3*26, 1*Max	2*46, 2*31, 1*Max	4*18, 2*19, 1*13, 1*Max	3*17, 4*22, 1*Max
60 - 65	2*52, 2*31, 1*Max	4*24, 3*28, 1*Max	4*26, 2*31, 1*28, 1*Max	2*60, 2*32, 1*Max	4*26, 2*30, 1*23, 1*Max	3*28, 2*39, 2*32, 1*Max
66 - 78	2*60, 2*32, 1*Max	4*26, 2*30, 1*23, 1*Max	3*28, 2*39, 2*32, 1*Max	2*65, 2*39, 1*Max	3*28, 2*39, 2*31, 1*Max	3*33, 2*43, 2*34, 1*Max
>79	2*65, 2*39, 1*Max	3*28, 2*39, 2*31, 1*Max	3*33, 2*43, 2*34, 1*Max	2*70, 2*45, 1*Max	3*30, 2*45, 2*35, 1*Max	4*35, 2*45, 1*30, 1*Max

Wir wünschen dir viel Erfolg und Spaß.
 Bleib gesund und stoak!

Dein P.I.N. Fitness Team,
 Isabella, Patrick & Romana