

Tim Ferriss - The 4-Hour Body ~ Geek to Freak

von:

bis:

Hinweise

Frauen Low Carb, 30 sec Pause

Ganzkörperworkout, 2x pro Woche

Übung	Sätze	Wdh.	Methode	Kommentar	W1	W1	W2	W2	W3	W3
Gewicht in kg										
chin up +	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
yate's bent row	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
shoulder width leg press	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
butterfly +	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
dips	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
leg curl	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
reverse barbell curl	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
calf rise	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
xxx - Übung nach Wahl	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
machine crunches	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						

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Übung	Sätze	Wdh.	Methode	Kommentar	W4	W4	W5	W5	W6	W6
Gewicht in kg										
chin up +	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
yate's bent row	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
shoulder width leg press	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
butterfly +	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
dips	1	80-120 sec	5/5 cadence	one set to failure 3 min pause						
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