

Maxkraft

Warm-up: 8-10 min. Ergometer

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| 1. Squads with raising arms to the chest
(long bar) | | 5 x 8 reps |
| 2. Bench pull | 75% | 2 x 15 |
| | 80% | 2 x 10 |
| | 85% | 3 x 6 |
| 3. Bench press | 80% | 5 x 12 |
| 4. Squads/Leg press | 80% | 5 x 12 |
| 5. Lower Back | | 5 x 10 |
| (to increase the exercise: hold it longer or hold a weight at your chest) | | |
| 6. Lat machine/pull ups | | 5 x 12 |
| 7. Abdominals (straight/sidewards/lower (reverse crunches)) | | 6 x 25 |

- **Slow execution**
- **2 min. break after each set (you can fill the breaks with other excercises like the sit ups)**
- **Percentages are only an orientation. Select your weights for voluntary failure. You should just not be able to finish all reps. Make sure you're save (particularly for bench press and squads).**



2.



5.