Dein Training am 21. Dec 2022, 17:32 Uhr

GAINSFIRE

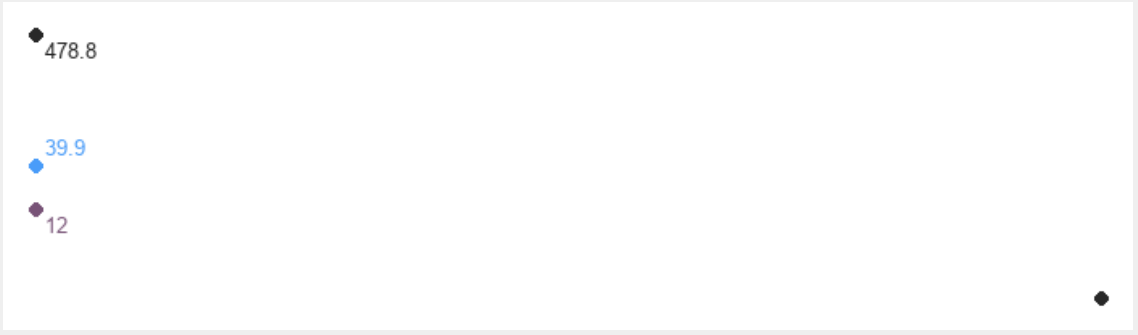
Plan	Ganzkörper B	**Dauer**	01:32:46 hh:mm:ss
Workload	8040.6 kg	**Leistungsindex**	0 %

Übungen, Sätze und Gewichte

Dieses Training | **Entwicklung in den letzten 3 Monaten**

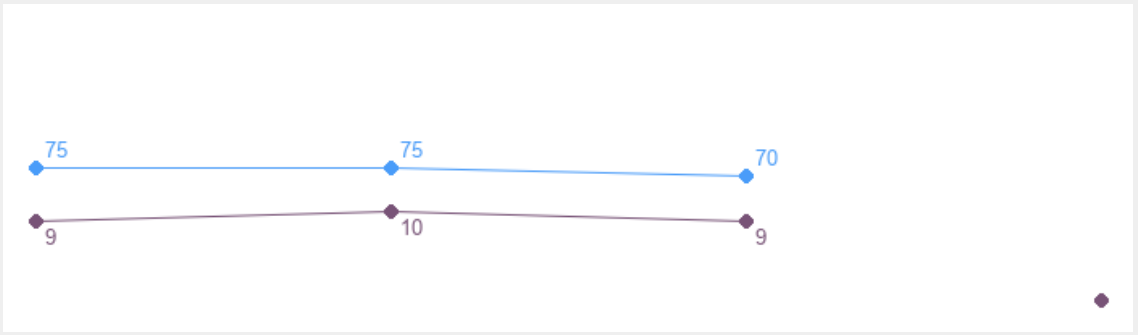
Schrägbankdrücken mit Kurzhanteln

23.6 kg	18 WDH
43.6 kg	11 WDH
43.6 kg	10 WDH
43.6 kg	11 WDH
Workload	**1820 kg**



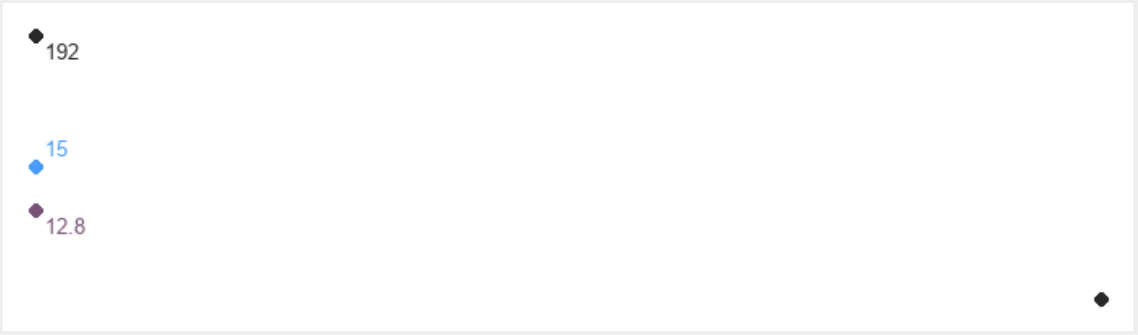
Kreuzheben

35 kg	18 WDH
75 kg	9 WDH
75 kg	10 WDH
70 kg	9 WDH
Workload	**2685 kg**



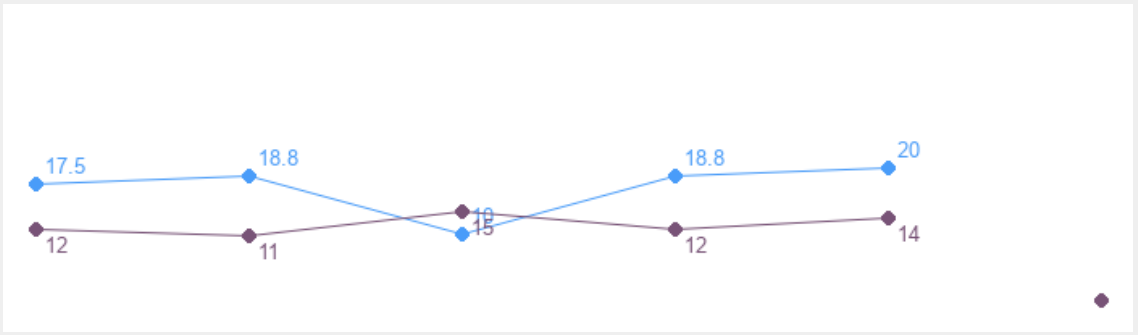
Katana Extensions

7.5 kg	18 WDH
12.5 kg	12 WDH
15 kg	12 WDH
16.3 kg	11 WDH
Workload	**644.3 kg**



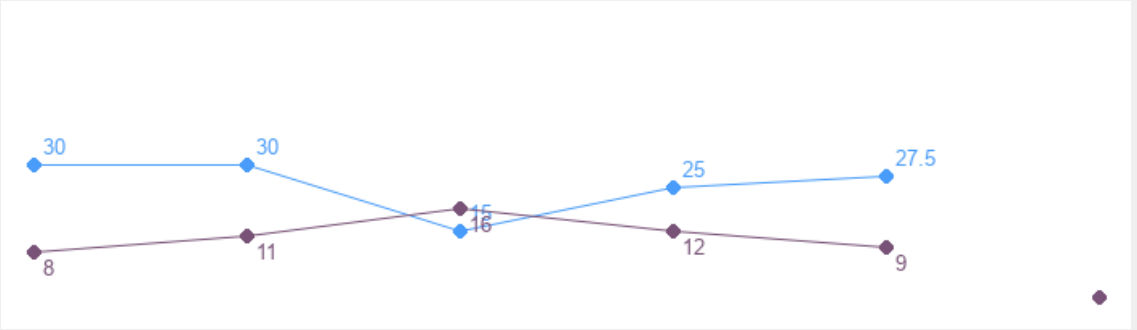
Facepulls

16.3 kg	15 WDH
17.5 kg	12 WDH
18.8 kg	11 WDH
Workload	**661.3 kg**



Langhantelcurls

15 kg	20 WDH
30 kg	8 WDH
30 kg	11 WDH
Workload	**870 kg**



Latziehen zur Brust

20 kg	20 WDH
42.5 kg	12 WDH
45 kg	10 WDH
Workload	**1360 kg**

