

Strength Cycle

Wochen- beginn	Reps	Mo	Di	Mi	Do	Fr	Sa
22.10.2018	3RM	PP	OHS	DL	FSQ	Bench	BSQ
29.10.2018	4RM	OHS	DL	FSQ	Bench	BSQ	PP
5.11.2018	5RM	DL	FSQ	Bench	BSQ	PP	OHS
12.11.2018	3RM	FSQ	Bench	BSQ	PP	OHS	DL
19.11.2018	4RM	Bench	BSQ	PP	OHS	DL	FSQ
26.11.2018	5RM	BSQ	PP	OHS	DL	FSQ	Bench
3.12.2018	3RM	PP	OHS	DL	FSQ	Bench	BSQ
10.12.2018	4RM	OHS	DL	FSQ	Bench	BSQ	PP
17.12.2018	5RM	DL	FSQ	Bench	BSQ	PP	OHS
24.12.2018	3RM	FSQ	Bench	BSQ	PP	OHS	DL
31.12.2018	4RM	Bench	BSQ	PP	OHS	DL	FSQ
7.1.2019	5RM	BSQ	PP	OHS	DL	FSQ	Bench
14.1.2019	3RM	PP	OHS	DL	FSQ	Bench	BSQ
21.1.2019	4RM	OHS	DL	FSQ	Bench	BSQ	PP
28.1.2019	5RM	DL	FSQ	Bench	BSQ	PP	OHS