

# Trainingsplan



Benedikt Witt - Online Coaching

## Workout #1

### Woche 1

5 Runden  
30 Sek Belastung  
30 Sek Erholung

Russian Twists  
High Plank w/ Shoulder Taps  
Jumping Squats  
Burpees  
Mountain Climbers

### Woche 2

5 Runden  
30 Sek Belastung  
30 Sek Erholung

Side Run Ground Touches  
Sit Ups  
Mountain Climbers  
Jumping Squats  
Leg Raises

## Workout #2

### 4 Runden

30 Sek Belastung  
30 Sek Erholung

Bridge Toe Taps  
Push Ups  
Jumping Lunges  
Leg Raises  
Walk into Planks  
Crunches

### 6 Runden

30 Sek Belastung  
30 Sek Erholung

Walk into Planks  
Superman Swimmer Kicks  
High Plank Low Plank  
Flutter Kicks

## Workout #3

### 3 Runden

30 Sek Belastung  
30 Sek Erholung

High Jumps  
Flutter Kicks  
High Knees  
Superman Circles  
Burpees  
Bridge Toe Taps  
Russian Twists

### 4 Runden

30 Sek Belastung  
30 Sek Erholung

Side Run Boxing  
Leg Raises  
Burpees  
High Plank w/ Shoulder Taps  
Sit Ups  
Superman Hold