

MEIN TRAININGSPLAN

WOCHE

This week's goals:

- ☐ train more
- ☐ stretch more
- ☐ walk more

WOCHE	SWEAT & REPEAT	SUPERSET	ZIRKEL-TRAINING	CARDIO/OUTDOOR	10000 SCHRITTE	REST DAY
Montag						
Dienstag						
Mittwoch						
Donnerstag						
Freitag						
Samstag						
Sonntag						