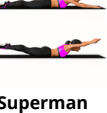
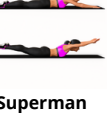
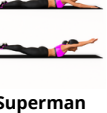
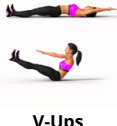
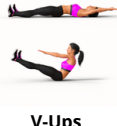
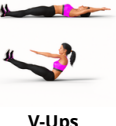
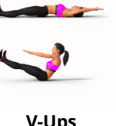
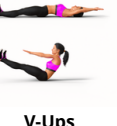
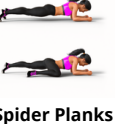
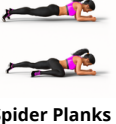
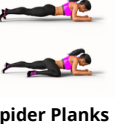
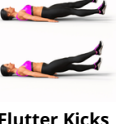
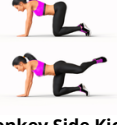
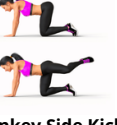
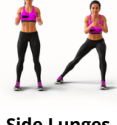
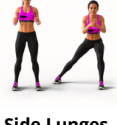
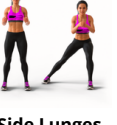


Tabata/HIIT Trainingsplan Woche 1

	Tag 1	Tag 2	Tag 3	Tag 4	Tag 5	Tag 6
20 Sek	 Squats	 Squats	 Squats	 Squats	 Squats	 Squats
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Push-Ups	 Push-Ups	 Push-Ups	 Push-Ups	 Push-Ups	 Push-Ups
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Crunches	 Crunches	 Crunches	 Crunches	 Crunches	 Crunches
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 High Knees	 High Knees	 High Knees	 High Knees	 High Knees	 High Knees
10 Sek	4 Durchgänge	Pause	Pause	Pause	Pause	Pause
20 Sek		 Lunges	 Lunges	 Lunges	 Lunges	 Lunges
10 Sek		4 Durchgänge	Pause	Pause	Pause	Pause
20 Sek			 Russian Twists	 Russian Twists	 Russian Twists	 Russian Twists
10 Sek			4 Durchgänge	Pause	Pause	Pause
20 Sek				 Superman	 Superman	 Superman
10 Sek				4 Durchgänge	Pause	Pause
20 Sek					 Triceps Dips	 Triceps Dips
					4 Durchgänge	4 Durchgänge

	Tag 8	Tag 9	Tag 10	Tag 11	Tag 12	Tag 13
20 Sek	 Jumping Jacks	 Jumping Jacks	 Jumping Jacks	 Jumping Jacks	 Jumping Jacks	 Jumping Jacks
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Push Up with Tap	 Push Up with Tap	 Push Up with Tap	 Push Up with Tap	 Push Up with Tap	 Push Up with Tap
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Bicycle Crunches	 Bicycle Crunches	 Bicycle Crunches	 Bicycle Crunches	 Bicycle Crunches	 Bicycle Crunches
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Revers Lunges	 Revers Lunges	 Revers Lunges	 Revers Lunges	 Revers Lunges	 Revers Lunges
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Donkey Kicks	 Donkey Kicks	 Donkey Kicks	 Donkey Kicks	 Donkey Kicks	 Donkey Kicks
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Forearm Plank	 Forearm Plank	 Forearm Plank	 Forearm Plank	 Forearm Plank	 Forearm Plank
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Mountain Climbers	 Mountain Climbers	 Mountain Climbers	 Mountain Climbers	 Mountain Climbers	 Mountain Climbers
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Step Ups	 Step Ups	 Step Ups	 Step Ups	 Step Ups	 Step Ups
	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge

	Tag 15	Tag 16	Tag 17	Tag 18	Tag 19	Tag 20
20 Sek	 Jumping Lunges	 Jumping Lunges	 Jumping Lunges	 Jumping Lunges	 Jumping Lunges	 Jumping Lunges
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Rotation Push Ups	 Rotation Push Ups	 Rotation Push Ups	 Rotation Push Ups	 Rotation Push Ups	 Rotation Push Ups
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Heel Touches	 Heel Touches	 Heel Touches	 Heel Touches	 Heel Touches	 Heel Touches
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Squat with Kick	 Squat with Kick	 Squat with Kick	 Squat with Kick	 Squat with Kick	 Squat with Kick
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Glute Bridges	 Glute Bridges	 Glute Bridges	 Glute Bridges	 Glute Bridges	 Glute Bridges
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Plank with Leg Lift	 Plank with Leg Lift	 Plank with Leg Lift	 Plank with Leg Lift	 Plank with Leg Lift	 Plank with Leg Lift
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Side Plank	 Side Plank	 Side Plank	 Side Plank	 Side Plank	 Side Plank
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Sumo Squats	 Sumo Squats	 Sumo Squats	 Sumo Squats	 Sumo Squats	 Sumo Squats
	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge

	Tag 22	Tag 23	Tag 24	Tag 25	Tag 26	Tag 27
20 Sek	 Burpees	 Burpees	 Burpees	 Burpees	 Burpees	 Burpees
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Plank to Push Up	 Plank to Push Up	 Plank to Push Up	 Plank to Push Up	 Plank to Push Up	 Plank to Push Up
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 V-Ups	 V-Ups	 V-Ups	 V-Ups	 V-Ups	 V-Ups
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Spider Planks	 Spider Planks	 Spider Planks	 Spider Planks	 Spider Planks	 Spider Planks
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Flutter Kicks	 Flutter Kicks	 Flutter Kicks	 Flutter Kicks	 Flutter Kicks	 Flutter Kicks
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Donkey Side Kick	 Donkey Side Kick	 Donkey Side Kick	 Donkey Side Kick	 Donkey Side Kick	 Donkey Side Kick
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Side Lunges	 Side Lunges	 Side Lunges	 Side Lunges	 Side Lunges	 Side Lunges
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Plank Jacks	 Plank Jacks	 Plank Jacks	 Plank Jacks	 Plank Jacks	 Plank Jacks
	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge

	Po Spezial	Beine Spezial	Bauch Spezial	Cardio	Arme	Rücken
20 Sek	 Glute Bridges	 Squats	 Crunches	 Burpees	 Tricep Dips	 Superman
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Sumo Squats	 Reverse Lunges	 Russian Twists	 Jumping Jacks	 Push Ups	 Windshield Wipers
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Donkey Kicks	 Skater Jumps	 Heel Touches	 Star Jumps	 Pank with Leg Lift	 Side Plank Raises
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Lunges	 Side Lunges	 Bicycle Crunches	 Lateral Hops	 Rotation Push-Up	 Spider Planks
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Donkey Side Kicks	 Squat Jumps	 Windshield Wipers	 Step Ups	 Plank Jacks	 Rotation Push-Up
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Squats	 Sumo Squats	 V-Ups	 Skater Jumps	 Push-Up with Tap	 Plank with Leg Lift
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Step Ups	 Mountain Climbers	 Flutter Kicks	 Mountain Climbers	 Forearm Plank	 Glute Bridges
10 Sek	Pause	Pause	Pause	Pause	Pause	Pause
20 Sek	 Walking Lunges	 Jumping Lunges	 Side Plank	 Jumping Lunges	 Plank to Push-Up	 Mountain Climbers
	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge	4 Durchgänge