**PROGRAMMA 3.1  
EMOM SUPERSETS & TABATA  
  
WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**

**EMOM 1 (8 MINUTES 60 SECONDS)  
MINUTES 1 PUSH-UPS 7  
MINUTES 2 V-UPS 7**

**EMOM 2 (8 MINUTES 60 SECONDS)  
MINUTES 1 SINGLE LEG SQUATS LINKS 7 REPS  
MINUTES 2 SINGLE LEG SQUATS RECHTS 7 REPS**

**TABATA 7X 18/10 SECONDS**

1 HIP THUSTER  
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.2  
EMOM SUPERSETS & TABATA  
  
WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**

**EMOM 1 (8 MINUTES 60 SECONDS)  
MINUTES 1 PUSH-UPS 8  
MINUTES 2 V-UPS 8**

**EMOM 2 (8 MINUTES 60 SECONDS)  
MINUTES 1 SINGLE LEG SQUATS LINKS 8 REPS  
MINUTES 2 SINGLE LEG SQUATS RECHTS 8 REPS**

**TABATA 7X 20/10 SECONDS**

1 HIP THUSTER  
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.3  
EMOM SUPERSETS & TABATA  
  
WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**

**EMOM 1 (8 MINUTES 60 SECONDS)  
MINUTES 1 PUSH-UPS 10  
MINUTES 2 V-UPS 9**

**EMOM 2 (8 MINUTES 60 SECONDS)  
MINUTES 1 SINGLE LEG SQUATS LINKS 9 REPS  
MINUTES 2 SINGLE LEG SQUATS RECHTS 9 REPS**

**TABATA 7X 24/10 SECONDS**

1 HIP THUSTER  
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.4  
EMOM SUPERSETS & TABATA  
  
WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**

**EMOM 1 (10 MINUTES 60 SECONDS)  
MINUTES 1 PUSH-UPS 7  
MINUTES 2 V-UPS 7**

**EMOM 2 (10 MINUTES 60 SECONDS)  
MINUTES 1 SINGLE LEG SQUATS LINKS 7 REPS  
MINUTES 2 SINGLE LEG SQUATS RECHTS 7 REPS**

**TABATA 8X 20/10 SECONDS**

1 HIP THUSTER  
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.5  
EMOM SUPERSETS & TABATA  
  
WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**

**EMOM 1 (10 MINUTES 60 SECONDS)  
MINUTES 1 PUSH-UPS 8  
MINUTES 2 V-UPS 8**

**EMOM 2 (10 MINUTES 60 SECONDS)  
MINUTES 1 SINGLE LEG SQUATS LINKS 8 REPS  
MINUTES 2 SINGLE LEG SQUATS RECHTS 8 REPS**

**TABATA 8X 22/10 SECONDS**

1 HIP THUSTER  
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.6  
EMOM SUPERSETS & TABATA  
  
WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**

**EMOM 1 (10 MINUTES 60 SECONDS)  
MINUTES 1 PUSH-UPS 9  
MINUTES 2 V-UPS 9**

**EMOM 2 (10 MINUTES 60 SECONDS)  
MINUTES 1 SINGLE LEG SQUATS LINKS 9 REPS  
MINUTES 2 SINGLE LEG SQUATS RECHTS 9 REPS**

**TABATA 8X 24/10 SECONDS**

1 HIP THUSTER  
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)