



# Themen

Juni 2022

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Datum	30/05/2022	31/05/2022	01/06/2022	02/06/2022	03/06/2022	04/06/2022	05/06/2022
Thema Ganzkörper	Pull Up	Push Up	Single Leg Deadlift	Row	Push Up	Deadlift	Pull Up
Thema Unterkörper	Hip Thrust	Split Squat	Single Leg Deadlift	Single Leg Hip Thrust	Squat	Deadlift	Hip Thrust
Thema Beweglichkeit	Row		Deadlift		Push Up	Deadlift	
Thema Einsteiger		Push Up		Single Leg			
Datum	06/06/2022	07/06/2022	08/06/2022	09/06/2022	10/06/2022	11/06/2022	12/06/2022
Thema Ganzkörper	Split Squat	Press	Single Leg Hip Thrust	Squat	Press	Hip Thrust	Split Squat
Thema Unterkörper	Split Squat	Single Leg Deadlift	Single Leg Hip Thrust	Squat	Deadlift	Hip Thrust	Split Squat
Thema Beweglichkeit	Squat		Deadlift		Press	Deadlift	
Thema Einsteiger		Row		Press			
Datum	13/06/2022	14/06/2022	15/06/2022	16/06/2022	17/06/2022	18/06/2022	19/06/2022
Thema Ganzkörper	Press	Single Leg Hip Thrust	Squat	Press	Hip Thrust	Split Squat	Press
Thema Unterkörper	Single Leg Deadlift	Single Leg Hip Thrust	Squat	Deadlift	Hip Thrust	Split Squat	Single Leg Deadlift
Thema Beweglichkeit	Press		Squat		Deadlift	Squat	
Thema Einsteiger		Single Leg		Deadlift			
Datum	20/06/2022	21/06/2022	22/06/2022	23/06/2022	24/06/2022	25/06/2022	26/06/2022
Thema Ganzkörper	Single Leg Hip Thrust	Squat	Press	Hip Thrust	Split Squat	Press	Single Leg Hip Thrust
Thema Unterkörper	Single Leg Hip Thrust	Squat	Deadlift	Hip Thrust	Split Squat	Single Leg Deadlift	Single Leg Hip Thrust
Thema Beweglichkeit	Deadlift		Press		Squat	Press	
Thema Einsteiger		Press		Squat			
Datum	27/06/2022	28/06/2022	29/06/2022	30/06/2022	01/07/2022	02/07/2022	03/07/2022
Thema Ganzkörper	Squat	Press	Hip Thrust	Split Squat	Press	Single Leg Hip Thrust	Squat
Thema Unterkörper	Squat	Deadlift	Hip Thrust	Split Squat	Single Leg Deadlift	Single Leg Hip Thrust	Squat
Thema Beweglichkeit	Squat		Deadlift		Press	Deadlift	
Thema Einsteiger		Deadlift		Push Up			