

Dr. Dardens Arm-Programm

| Übung / Trainingstag | Woche 1 | | | Woche 2 | | |
|------------------------|---------|---|---|---------|---|---|
| | 1 | 2 | 3 | 1 | 2 | 3 |
| Beinstrecken | | | | | | |
| Wiederholungen | | | | | | |
| Beincurls | | | | | | |
| Wiederholungen | | | | | | |
| Kniebeugen | | | | | | |
| Wiederholungen | | | | | | |
| Überzüge KH | | | | | | |
| Wiederholungen | | | | | | |
| Wadenheben | | | | | | |
| Wiederholungen | | | | | | |
| Kreuzheben | | | | | | |
| Wiederholungen | | | | | | |
| Seitheben KH | | | | | | |
| Wiederholungen | | | | | | |
| Bankdrücken KH | | | | | | |
| Wiederholungen | | | | | | |
| Fliegende KH | | | | | | |
| Wiederholungen | | | | | | |
| Bizepscurls LH | | | | | | |
| Wiederholungen | | | | | | |
| Bizepscurls LH -20% | | | | | | |
| Wiederholungen | | | | | | |
| Klimmzüge negativ | | | | | | |
| Wiederholungen | | | | | | |
| Latziehen zum Nacken | | | | | | |
| Wiederholungen | | | | | | |
| KH-Trizepsdrücken | | | | | | |
| Wiederholungen | | | | | | |
| KH-Trizepsdrücken -20% | | | | | | |
| Wiederholungen | | | | | | |
| Dips negativ | | | | | | |
| Wiederholungen | | | | | | |
| Liegestütze | | | | | | |

| Übung / Trainingstag | Woche 3 | | | Woche 6 | | |
|-------------------------|---------|---|--------|---------|--------|---|
| | 1 | 2 | 3 | 1 | 2 | 3 |
| Beinstrecken | | | | | | |
| Wiederholungen | | | | | | |
| Einzelklimmzug | | | | | | |
| Wiederholungen | 1 Wdh. | | 1 Wdh. | 1 Wdh. | 1 Wdh. | |
| Bizepscurl-LH | | | | | | |
| Wiederholungen | | | | | | |
| Einzeldip | | | | | | |
| Wiederholungen | 1 Wdh. | | 1 Wdh. | 1 Wdh. | 1 Wdh. | |
| Trizepsdrücken KH | | | | | | |
| Wiederholungen | | | | | | |
| Scottcurl | | | | | | |
| Wiederholungen | | | | | | |
| Trizepsdrücken Turm | | | | | | |
| Wiederholungen | | | | | | |
| Beincurls | | | | | | |
| Wiederholungen | | | | | | |
| Wadenheben | | | | | | |
| Wiederholungen | | | | | | |
| Kreuzheben | | | | | | |
| Wiederholungen | | | | | | |
| Seitheben KH | | | | | | |
| Wiederholungen | | | | | | |
| Bankdrücken KH | | | | | | |
| Wiederholungen | | | | | | |
| Fliegende KH | | | | | | |
| Wiederholungen | | | | | | |
| Handgelenkcurl | | | | | | |
| Wiederholungen | | | | | | |
| Handgelenkcurls reverse | | | | | | |
| Wiederholungen | | | | | | |

| Übung / Trainingstag | Woche 4 | | | Woche 5 | | |
|-----------------------------|---------|---|---|---------|---|---|
| | 1 | 2 | 3 | 1 | 2 | 3 |
| Beinstrecken | | | | | | |
| Wiederholungen | | | | | | |
| Beincurls | | | | | | |
| Wiederholungen | | | | | | |
| Kniebeugen | | | | | | |
| Wiederholungen | | | | | | |
| Wadenheben | | | | | | |
| Wiederholungen | | | | | | |
| Überzüge KH | | | | | | |
| Wiederholungen | | | | | | |
| Kreuzheben | | | | | | |
| Wiederholungen | | | | | | |
| Seitheben KH | | | | | | |
| Wiederholungen | | | | | | |
| Bankdrücken KH | | | | | | |
| Wiederholungen | | | | | | |
| Scottcurls 3stufig je 8-10 | | | | | | |
| Wiederholungen | | | | | | |
| KH-Curls alternierend | | | | | | |
| Wiederholungen | | | | | | |
| Trizepsdrücken Turm 3stufig | | | | | | |
| Wiederholungen | | | | | | |
| Dips | | | | | | |
| Wiederholungen | | | | | | |
| Latziehen | | | | | | |
| Wiederholungen | | | | | | |
| Bankdrücken enger Griff | | | | | | |
| Wiederholungen | | | | | | |
| Klimmzüge negativ | | | | | | |
| Wiederholungen | | | | | | |
| Dips negativ | | | | | | |
| Wiederholungen | | | | | | |