



# FRONT SPLIT - 6 WOCHEN TRAININGSSTRUKTUR

| WOCHE | MO             | DI                  | MI                  | DO             | FR                  | SA                  | SO                      |
|-------|----------------|---------------------|---------------------|----------------|---------------------|---------------------|-------------------------|
| 1     | Spagat Flow #1 |                     |                     | Spagat Flow #1 |                     |                     |                         |
| 2     | Spagat Flow #2 |                     | Spagat Mini Flow #1 | Spagat Flow #2 |                     |                     |                         |
| 3     | Spagat Flow #3 |                     | Spagat Mini Flow #2 |                | Spagat Flow #3      | Recovery Flow #1    |                         |
| 4     | Spagat Flow #4 | Spagat Mini Flow #1 | Recovery Flow #2    | Spagat Flow #4 |                     | Spagat Mini Flow #2 |                         |
| 5     | Spagat Flow #5 | Recovery Flow #1    | Spagat Mini Flow #1 | Spagat Flow #5 | Recovery Flow #2    | Spagat Flow #5      |                         |
| 6     | Spagat Flow #6 | Spagat Mini Flow #1 | Recovery Flow #2    | Spagat Flow #6 | Spagat Mini Flow #2 | Spagat Flow #6      | Spagat Flow Split Guide |