

Edit Plan

Hangboard

















Change Hangboard

Klettertraining.de Einsteigerprogramm 7. Grad


Describe your plan

Create Row

Exercise	Time / Repetitions	Rest Time	Hold Left	Hold Right	Description	
Dead Hang	7	3	3	3	Nicht passiv in die Schulter hängen	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	3	3	3	Optional Description	
Dead Hang	7	90	3	3	Optional Description	
Pull-up	6	45	1	1	Nicht in die Schulter fallen	
Pull-up	6	45	1	1	Optional Description	
Pull-up	6	45	1	1	Optional Description	
Pull-up	6	90	1	1	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	

Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	3	2	2	Optional Description	
Bent-Arm Hang	7	90	2	2	Optional Description	
Offset Pull-up	6	45	1	3	Optional Description	
Offset Pull-up	6	45	3	1	Optional Description	
Offset Pull-up	6	45	4	1	Optional Description	
Offset Pull-up	6	90	1	3	Optional Description	
Knee Raises	6	45	3	3	Steigerung durch Strecken der Beir	
Knee Raises	6	45	3	3	Steigerung durch Strecken der Beir	
Knee Raises	6	20	3	3	Steigerung durch Strecken der Beir	

 Create Row

 Fullsize Boardview