

Therapieplan

Übungen

1.

2.

3.

4.

5.

6.

Intensität

Trainingsfrequenz

| 2 | 3 | 4 | 5 | pro Woche

Übungsdauer

| 0,5 | 1 | 1,5 | 2 | min
| 15 | 20 | 25 | Wdh.

Trainingslänge

| 1 | 2 | 3 | 4 | 5 | Runden

Pause

| 0,5 | 1 | 1,5 | 2 | min pro Runde

INFOS

Tagebuch

	M	D	M	D	F	S	S
1	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	☐	☐

Therapieplan

Therapiewerk | Praxis für Physiotherapie

Tag 1

Tag 2

Tag 3

Tag 4

Tag 5

Tag 6

Therapieplan



DATE TODAY:

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

THINGS TO DO:

TASK SCHEDULE:

Therapieplan

Schwerpunkt

1 50 crunches 2x 60 second plank	2 50 crunches 2x 60 second plank	3 50 crunches 2x 60 second plank	4 50 crunches 2x 60 second plank	5 50 crunches 2x 60 second plank
6 50 crunches 2x 60 second plank	7 50 crunches 2x 60 second plank	8 50 crunches 2x 60 second plank	9 50 crunches 2x 60 second plank	10 50 crunches 2x 60 second plank
11 50 crunches 2x 60 second plank	12 50 crunches 2x 60 second plank	13 50 crunches 2x 60 second plank	14 50 crunches 2x 60 second plank	15 50 crunches 2x 60 second plank
16 50 crunches 2x 60 second plank	17 50 crunches 2x 60 second plank	18 50 crunches 2x 60 second plank	19 50 crunches 2x 60 second plank	20 50 crunches 2x 60 second plank
21 50 crunches 2x 60 second plank	22 50 crunches 2x 60 second plank	23 50 crunches 2x 60 second plank	24 50 crunches 2x 60 second plank	25 50 crunches 2x 60 second plank
26 50 crunches 2x 60 second plank	27 50 crunches 2x 60 second plank	28 50 crunches 2x 60 second plank	29 50 crunches 2x 60 second plank	30 50 crunches 2x 60 second plank

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FIVE DAY PLANNER

healthy meals for
a healthier you

WWW.FITPAL.COM

MONDAY

BREAKFAST
mushroom omelette,
fresh strawberries,
cottage cheese

LUNCH
chef salad, freshly
squeezed juice

DINNER
salmon, dill sauce,
asparagus, protein
powder, banana

TUESDAY

BREAKFAST
protein shake with
blueberries

LUNCH
shrimp stir fry, sesame
seeds, cashews

DINNER
turkey, gravy, green
beans, protein powder

WEDNESDAY

BREAKFAST
turkey bacon, chicken
scramble, freshly
squeezed juice

LUNCH
chicken, salad greens,
vegetable soup, protein
powder

DINNER
halibut, honey sauce,
quinoa, snap peas

THURSDAY

BREAKFAST
soy sausage muffin,
skim milk

LUNCH
steak and arugula
salad, balsamic vinegar

DINNER
chicken breast, pesto
sauce, wild rice,
zucchini

FRIDAY

BREAKFAST
spinach scramble, skim
milk, grapefruit

LUNCH
turkey burger, low fat
swiss cheese, coleslaw,
gazpacho

DINNER
lemon garlic chicken,
wild rice, pumpkin soup