

Mid-life Adults (36-45) | Beginner | Goal: Bodybuilding

Muscle gain/Bodybuilding: hypertrophy-focused strength training with structured progression and crisp technique.

Parameters

Framework	
Frequency	3 sessions/week (A-B-C)
Duration	12 weeks
Duration per session	60-75 minutes
Intensity	RPE 6-8 (Intermediate Bodybuilding up to RPE 9 on isolations)

Periodization (12 weeks)

Phase (weeks)	Focus	Volume/reps	Intensity
1-4	volumenaufbau, Exercisesauswahl stabilisieren	3 sets pro Exercise; 10-15 reps	RPE 6-7
5-8	Hypertrophie-Progression (mehr workssätze/Last)	3-4 sets; 8-12 reps	RPE 7-8
9-12	Intensivierung + Spezialisierung (Schwachstellen)	4 sets; 6-10 reps (Isos 10-15)	RPE 7-9 (keine erzwungenen reps)

Weekly plan (3 Einheiten)

Session A: Full-body (Beine + Push/Pull)

Exercise	Sets/reps	Notes
Hack Squat/Leg Press or Front Squat	3-4x8-15	-
DB-Bench press or Chest Press	3-4x8-15	-
Seated Row or cable row	3-4x8-15	-
Leg Curl	3x10-15	-
Biceps curls (DB/cable)	2-3x10-15	-
Accessories/Optional: Triceps (cable); Core: Cable Crunch	2-3 sets as needed	Only if time/recovery allows

Session B: Full-body (Hinge + Rücken/Schultern)

Exercise	Sets/reps	Notes
Trap-Bar Deadlift or Hip Hinge Maschine	3-4x6-12	Konservativ starten
Lat Pulldown or Pull-up (assistiert)	3-4x8-12	-
Incline DB Press or Chest Press	3-4x8-15	-
Lateral Raises	3x12-20	-
Leg Extension	2-3x10-15	-
Accessories/Optional: Wadenheben; Core: Side Plank	2-3 sets as needed	Only if time/recovery allows

Session C: Full-body (volume/Schwachstellen)

Exercise	Sets/reps	Notes
Split Squat or Leg Press	3-4x8-15	-
Brust: Maschine/DB Fly or Press	3-4x10-15	-
Rücken: Lat Pulldown + Row (Superset)	3x10-12 je	-
Landmine Press or Maschine	2-4x8-12	-
Rear Delt (Reverse Fly)	2-3x12-20	-
Accessories/Optional: Arme (Superset Curl + Triceps)	2-3 sets as needed	Only if time/recovery allows
Finisher/Option	-	Optional: 8-12 min lockeres Zone-2 für Regeneration.

Progression & Safety

Progression	Safety/coaching
<ul style="list-style-type: none"> Progression: pro Exercise 1-2 reps pro Woche addieren, dann Last erhöhen (2-5%). sets zählen: je Muskelgruppe 8-14 harte sets/Woche (Gruppe 3-4 eher oben). Deload if needed in Woche 8 or 12: -30-40% volume. 	<ul style="list-style-type: none"> ROM priorisieren, kontrollierte Exzentrik (2-3 s) bei Maschinen/Isos. Bei Gelenksymptomen: Exercise tauschen (z.B. LH -> DB/Maschine), nicht 'durchdrücken'. sleep/Stress berücksichtigen: bei hoher Alltagslast volume um 10-20% reduzieren.