

Adults (26-35) | Intermediate | 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	volume (MEV->MAV), technique & ROM standardisieren	3-4 sets; 8-15 reps	RPE 7-8
5-8	Progressive Overload, höhere Dichte	4-5 sets Hauptmuskeln; 6-12 reps	RPE 7-9
9-12	Intensivierung + Deload-Option	3-4 sets; 5-10 reps (Isos 8-15)	RPE 8-9, letzte Woche optional Deload

Weekly plan (3 Einheiten)

Session A: Push (Brust/Schulter/Triceps)

Exercise	Sets/reps	Notes
Bench press or Chest Press	4-5x6-10	-
Incline DB Press	3-4x8-12	-
Overhead press (DB) or Landmine Press	3x6-10	Schmerzfrei; Landmine/Maschine ok
Lateral Raises	4x12-20	-
Triceps: Cable Pushdown	3-4x10-15	-
Accessories/Optional: Brust: Fly (cable/Maschine)	2-3 sets as needed	Only if time/recovery allows

Session B: Pull (Rücken/Biceps)

Exercise	Sets/reps	Notes
Hinge schwer: Trap-Bar/ RDL	3-4x4-8	Bei Gruppe 6 morat
Pull-up/Lat Pulldown	4x6-12	-
Row (Langhantel/cable)	4x6-12	-
Rear Delt: Face Pull/Reverse Fly	3-4x12-20	-
Biceps: Curl Variation	3-4x8-15	-
Accessories/Optional: Unterarm/Grip optional	2-3 sets as needed	Only if time/recovery allows

Session C: Legs (Beine/Core)

Exercise	Sets/reps	Notes
Back Squat or Hack Squat/Leg Press	4-5x6-12	-
Hamstrings: Leg Curl	4x8-15	-
Leg Extension	3-4x10-15	-
Glute: Hip Thrust	3-4x6-12	-
Wadenheben	4x10-20	-
Accessories/Optional: Core: Hanging Knee Raise or Cable Crunch	2-3 sets as needed	Only if time/recovery allows
Finisher/Option	-	Optional: 10 min lockeres Cardio zur Erholung.

Progression & Safety

Progression	Safety/coaching
<ul style="list-style-type: none"> volumesteuerung: 10-20 harte sets/Muskel/Woche (Gruppe 5-6 eher 10-16). RPE-Management: Compounds meist RPE 7-8; Isos gelegentlich RPE 9. Wöchentlich 1 Variable steigern: Last ODER reps ODER Satzanzahl. 	<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'.