

Young Adults (18-25) | Intermediate | Goal: Health

Holistic fitness: strength, endurance, mobility, and resilient joints. Focus on sustainable habits.

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	Movement quality, morate volume, aerobic base	Main lifts 3x8-12; Accessories 2-3x10-15	RPE 6-7
5-8	Progressive increase (load or reps), capacity	Main lifts 4x6-10; Accessories 3x10-15	RPE 7-8
9-12	Maintain/increase strength and consolidate endurance	Main lifts 4x5-8; Accessories 2-3x8-12	RPE 7-8 (no max testing)

Weekly plan (3 Einheiten)

Session A: Full-body Kraft (focus Lower body)

Exercise	Sets/reps	Notes
Back Squat or Front Squat	Hauptlift nach Phase	warm-up sets, full ROM
Row (cable/Seated Row)	Hauptlift nach Phase	scapular control
Bench press (LH/DB)	Hauptlift nach Phase	neutral grip if needed
Romanian Deadlift or Deadlift	Accessories nach Phase	controlled tempo
Core: Pallof Press or Dead Bug	2-3x8-12/side	-
Finisher/Option	-	Optional: Zone-2 Cardio 10-15 min (Bike/Ergometer).

Session B: Full-body Kraft + Mobility

Exercise	Sets/reps	Notes
Split Squat or Step-ups	Accessories nach Phase	knee control, slow eccentric
Pull-up or Lat Pulldown	Hauptlift nach Phase	clean shoulder position
Overhead press (LH/DB)	Accessories nach Phase	pain-free; use machines if needed
Hamstrings: Leg Curl	2-4x8-15	-
Loaded Carry: Farmer Carry	3-5 x 20-40 m	brace the trunk
Accessories/Optional: Mobility: hips/thoracic spine/ankle	2-3 sets as needed	Only if time/recovery allows
Finisher/Option	-	Optional: Zone-2 Cardio 10-15 min.

Session C: conditioning + strength endurance (Circuit, joint-friendly)

Exercise	Sets/reps	Notes
Bike/Rower	5 min easy + 6-10 min work	Health: gleichmäßig (Zone 2-3)
Goblet Squat or Leg Press light	3 rounds x 10-15	-
TRX Row or cable row	3 rounds x 10-15	-
Push-up (variation) or Chest Press light	3 rounds x 8-15	-
Hip Hinge: KB Swing* or Back Extension	3 rounds x 10-15	*only wenn technically sound; otherwise Back Extension
Accessories/Optional: Core: Side Plank	2-3 sets as needed	Only if time/recovery allows
Finisher/Option	-	Cardio nach Alter dosieren: Intervalle 10-12 min (only Gruppe 3-4) or Zone-2 15-25 min (Gruppe 5-6).

Progression & Safety

Progression	Safety/coaching
<ul style="list-style-type: none"> Double progression: reach the top of the rep range first, then increase load by 2-5%. Stop 1-3 reps vor technischem Versagen (RIR 1-3). Use week 4 or 8 as a deload if needed: -20-30% volume. 	<ul style="list-style-type: none"> Pain: adjust load/ROM; do not 'train through pain'. If high blood pressure/medication: avoid Valsalva, take longer rests, use a morate tempo.