

		Brust				Trizeps				
Datum	Satz	Bankdrücken		Cablecross		BS Trizepdrücken Cable		Trizepdrücken Cable		Bemerkungen
29.06.2003	A	15,0 kg	20	2,5 kg	22	5,0 kg	20	1,0 kg	22	
	1	24,5 kg	20	5,0 kg	22	11,0 kg	20	2,0 kg	22	
	2	24,5 kg	20	5,0 kg	22	11,0 kg	20	2,0 kg	22	
06.07.2003	A	15,0 kg	20	2,5 kg	22	5,0 kg	20	1,0 kg	22	
	1	26,0 kg	20	6,0 kg	22	12,0 kg	20	2,0 kg	22	
	2	26,0 kg	20	6,0 kg	22	12,0 kg	20	2,0 kg	22	
13.07.2003	A	15,0 kg	20	2,5 kg	22	5,0 kg	20	1,0 kg	22	
	1	27,5 kg	20	6,0 kg	22	12,5 kg	20	2,0 kg	22	
	2	27,5 kg	20	6,0 kg	22	12,5 kg	20	2,0 kg	22	
20.07.2003	A	15,0 kg	20	2,5 kg	22	5,0 kg	20	1,0 kg	22	
	1	29,5 kg	20	7,0 kg	22	13,5 kg	20	2,5 kg	22	
	2	29,5 kg	20	7,0 kg	22	13,5 kg	20	2,5 kg	22	
04.08.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	35,0 kg	10	7,5 kg	10	14,0 kg	10	3,5 kg	10	
	2	35,0 kg	10	7,5 kg	10	14,0 kg	10	3,5 kg	10	
11.08.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	37,0 kg	10	8,5 kg	10	15,0 kg	10	4,0 kg	10	
	2	37,0 kg	10	8,5 kg	10	15,0 kg	10	4,0 kg	10	
18.08.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	39,5 kg	10	8,5 kg	10	16,0 kg	10	4,0 kg	10	
	2	39,5 kg	10	8,5 kg	10	16,0 kg	10	4,0 kg	10	
28.08.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	42,0 kg	10	9,5 kg	10	17,0 kg	10	4,5 kg	10	
	2	42,0 kg	10	9,5 kg	10	17,0 kg	10	4,5 kg	10	
21.09.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	38,5 kg	6	8,5 kg	6	16,0 kg	6	5,0 kg	6	
	2	38,5 kg	6	8,5 kg	6	16,0 kg	6	5,0 kg	6	
28.09.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	41,0 kg	6	9,5 kg	6	17,0 kg	6	5,0 kg	6	
	2	41,0 kg	6	9,5 kg	6	17,0 kg	6	6,0 kg	6	
05.10.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	44,0 kg	6	10,0 kg	6	18,0 kg	6	6,0 kg	6	
	2	44,0 kg	6	10,0 kg	6	18,0 kg	6	6,0 kg	6	
12.10.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	47,0 kg	6	10,0 kg	6	19,0 kg	6	6,0 kg	6	
	2	47,0 kg	6	11,0 kg	6	19,0 kg	6	7,0 kg	6	
26.10.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	24,0 kg	20	6,0 kg	20	11,5 kg	20	2,0 kg	20	
	2	24,0 kg	20	6,0 kg	20	11,5 kg	20	2,0 kg	20	
02.11.2003	A	15,0 kg	20	2,5 kg	20	5,0 kg	20	1,0 kg	20	
	1	25,5 kg	20	6,0 kg	20	12,5 kg	20	2,0 kg	20	
	2	25,5 kg	20	7,0 kg	20	12,5 kg	20	2,0 kg	20	
09.11.2003	A	15,0 kg		2,5 kg		5,0 kg		1,0 kg		
	1	27,0 kg		7,0 kg		13,0 kg		2,0 kg		
	2	27,0 kg		7,0 kg		13,0 kg		2,5 kg		