

# Strength & Clarity – TRX Training & Nutrition For men – stable, mobile, focused.

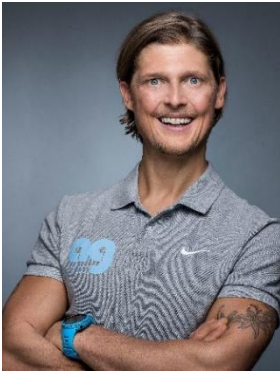
Sunday, 2 August –  
Wednesday, 5 August 2026



# Strength & Clarity – TRX Training & Nutrition

## For men – stable, mobile, focused.

Sunday, 2 August –  
Wednesday, 5 August 2026



Andreas Glowik

Strength & Clarity is a deliberately reduced, high-quality retreat for men who achieve a lot in everyday life and who are looking for a clear, sustainable approach to training, energy, and recovery. In a small, quiet group, participants experience a precisely guided combination of functional TRX strength training and a practical nutrition framework they can apply immediately. This format is not a bootcamp—it is not about maximum exhaustion, but about maximum effect.

### **What you can expect**

Over three intensive workshop days, you will develop a new body awareness: stable, upright, and resilient—without being overwhelmed, but with structure and clarity. The focus is on functional strength:

- Building a stable core to relieve the lower back
- Improving posture and upright alignment
- Strengthening the shoulder and back line
- Increasing mobility in the hips, thoracic spine, and shoulders

Every session follows a clear principle: position → tension → movement. Clean technique is at the center - individually coached and tailored to your level.

**Strength & Clarity is aimed at men between roughly 30 and 65+ who are heavily committed in their jobs, spend a lot of time sitting, and are looking for physical counter-strategies, want to get back into training, or wish to train in a targeted and efficient way. Thanks to scalable exercises, the workshop is suitable for both beginners and advanced participants.**

### **The training concept**

Training with your own body weight on the TRX enables joint-friendly yet highly effective strength training, precise dosing through the training angle, and the simultaneous development of stability, strength, and mobility. Contents:

- Core training and breathing technique
- Spinal and shoulder stability
- Hip strength and functional leg alignment
- Mobility and regeneration sequences
- Short, technically clean conditioning units

Short, focused blocks replace long-lasting  
“grinding through.”

Quality always comes before quantity.

**Nutrition – clear, simple, practical**

In addition, you will receive a minimalist nutrition setup that can be seamlessly integrated into everyday life - and also into a hotel buffet. The core principles:

- Protein as the base of every meal
- Vegetables and fiber for satiety and micronutrients
- Carbohydrates used strategically, as needed
- Mindful hydration and electrolytes
- Structured sleep and caffeine management

Goal: stable energy during the day and better overnight recovery—without complicated rules.

**Your concrete benefit**

After the workshop, you take away more than just a good feeling:

- Noticeably better posture and body tension
- A stable, resilient core
- More mobility and fewer discomforts
- Clear nutrition structure for everyday life
- An immediately applicable 2x per week, 30-minute training plan

**Individual coaching as a central component**

Each session begins with a short technique and safety check. High-impact movements and overload are consciously avoided - in favor of sustainable progress.

Strength & Clarity is a workshop for men who no longer want to “do more,” but to do the right things better.

A clear framework. Precise guidance. Sustainable effect.

# Strength & Clarity – TRX Training & Nutrition

## For men – stable, mobile, focused.

Sunday, 2 August –  
Wednesday, 5 August 2026

### SCHEDULE

#### SUNDAY

---

From 3:00 pm Individual arrival, check-in, settling in

4:00 – 5:15 pm **TRX Fundamentals & Alignment**

TRX setup, basic safety  
Body angles / load control  
Core bracing & breathing  
Scapula control  
Basic exercises  
Mobility reset  
*Meeting point at the yoga studio*

Optional evening (10 min): “How to eat optimally at Kranzbach – without diet stress”

#### MONDAY

---

08:00 – 09:00 am **TRX Strength 1: Pull & Core (Back)**

Row progressions  
Face pull / W-row (shoulder health)  
Anti-rotation  
Core: body saw / plank reach / dead-bug pattern  
*Meeting point at the yoga studio*

11:00 – 12:15 pm **Nutrition module 1: Energy & Body Composition**

Protein anchor per meal (satiety / recovery)  
“Plate Method” (protein + fiber + smart carbs + fats)  
Hydration / electrolytes (spa + training)  
Dealing with alcohol / sweets: rules instead of bans  
Mini-routine: breakfast logic + snack options  
*Meeting point at the yoga studio 2*

4:00 – 5:00 pm **TRX Strength 2: Push + Legs (stable & athletic)**

Push-up progressions  
Split squat / lunge pattern  
Hamstring curl / hip lift  
Finisher: low-impact intervals  
Breath downshift (activate parasympathetic nervous system)  
*Meeting point at the yoga studio*

# Strength & Clarity – TRX Training & Nutrition

## For men – stable, mobile, focused.

Sunday, 2 August –  
Wednesday, 5 August 2026

### TUESDAY

---

08:00 – 09:00 am **TRX Mobility & Resilience Flow**  
Hips (flexors / glutes), T-spine rotation / extension  
Shoulder opening + scap control in flow  
“Reset” for neck / lower back, breathing, releasing tension  
*Meeting point at the yoga studio*

Optional: short mindfulness minute

11:00 – 12:15 am **Nutrition module 2: Recovery & Sleep**  
Caffeine window & timing  
Dinner structure  
Fluid / salt  
Mini-routine for evening  
*Meeting point at the yoga studio 2*

4:00 – 5:00 pm **Best-of TRX + personal plan**  
Benchmark (20–25 minutes) – technique remains priority  
Individual adjustments: 2 level options  
2×/week 30-minute plan  
“If you have little time” plan (15 minutes)  
*Meeting point at the yoga studio*

### WEDNESDAY

---

08:00 – 09:00 am **TRX Mobility & Resilience Flow**  
Hips / thoracic spine  
Controlled end ranges  
Back relief  
*Meeting point at the yoga studio*

Till 11:00 am Check-out / room release

11:00 – 11:30 am **Best-of TRX + Personal Home Plan**  
20–25 minute daily plan (2×/week 30-minute plan)  
*Meeting point at the yoga studio*

11:30 – 12:15 pm **Nutrition module 3: Recovery & Sleep**  
Dinner structure  
Magnesium / fluids  
Caffeine cut-off  
Protein before sleep  
*Meeting point at the yoga studio 2*

# Strength & Clarity – TRX Training & Nutrition

## For men – stable, mobile, focused.

Sunday, 2 August –  
Wednesday, 5 August 2026

*Between the training sessions there is time to enjoy Das Kranzbach: our cuisine at breakfast, lunch and dinner, the bathhouse with saunas, steam baths and lounging areas, wellness treatments and cosmetics, walks out into nature, and more.*

Reservation and more information at **+49 (0)8823 - 92 8000**  
**info@daskranzbach.de** or **www.daskranzbach.de**