

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

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

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

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)

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

Optional: short mindfulness minute

Strength & Clarity – TRX Training & Nutrition

For men – stable, mobile, focused.

Sunday, 2 August –
Wednesday, 5 August 2026

- 11:00 – 12:15 am **Nutrition module 2: Recovery & Sleep**
Caffeine window & timing
Dinner structure
Fluid / salt
Mini-routine for evening
- 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)

WEDNESDAY

- 08:00 – 09:00 am **TRX Mobility & Resilience Flow**
Hips / thoracic spine
Controlled end ranges
Back relief
- 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)
- 11:30 – 12:15 pm **Nutrition module 3: Recovery & Sleep**
Dinner structure
Magnesium / fluids
Caffeine cut-off
Protein before sleep

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**