



Functional Strength Workout 1

Livesession: Montag 11.01.21

Need: 1 KB ; 1 DB

By Christian

Warm up:

3 Rds

30s March on Place (High Knee)

6 Alligator Push up

6 Cossak Squat e/s

30s Plank walk up

3 Inchworm

Instep + reach

<https://youtu.be/q5FTVOUq9GY>

Part 1

10min

5x KB Rack Cursty Squat e/s

5 x 1 Arm KB Rack Squat e/s

5 x Front Lunges e/s

5 x Back Lunges e/s

30s Rest

<https://youtu.be/VZUfnMkRjVw>

Part 2

10min

6x DB/KB L-Sit Press e/s

6 x KB Straight Arm Russian Twist e/s

6x KB Crossover Plank e/s

<https://youtu.be/GvhlvLSGUx8>

Part 3

Reps Time for 5 min

10 mt-climber

2 Burpee

<https://youtu.be/fyImn9ZNSi4>

Part 4

4 Rds

Cooldown 1

30 s Frontbridge

30s Kayaker

30s Hollow Hold

30s Floor Backextension

<https://youtu.be/iwpTD3Z-ERE>

<https://www.youtube.com/watch?v=4gc15lla700>

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WEITER GEHT`S WORKOUTS 11.01. - 17.01.21



HITT Workout 2

Livesession: Dienstag 12.01.21

Need: DB

By Christian

WARM UP

4 rounds
30 sec jumping jacks
30 sec mountain climber
3/3/3 lunge complex e/s
10x squat
5x push up
10x bicycle crunch e/s
instep to pigeon

Part 1:

4 Rounds 30 sec Power, 10 sec rest
push up + reach
high knee
kick trough
3x jumping jack into high plank
crab toe touches
1min rest

PART 2

15 min
10x squat
10x Lunges
10x jumping lunges
5x squat jumps
10x Plank Crossover (irgendein Gewicht nehmen)
30s Rest

Part 3:

3/2 rounds
10 back extension
10x face pull
3x roll over V-sit
3x scorpion stretch
couch stretch

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HITT Workout 3

Livesession: Mittwoch 13.01.21

Need:

By Lena

Movement Prep

WARM UP 10 min

30 sec Jumping Jack
30 sec Mountain climber
10x Squat
5x Lunge e/s
5x Push up
Instep into Pigeon

PART I 16 Min

5x Burpee
20x Squat
5x Burpee
10x Push up
5x Burpee
20x Lunge (total)
5x Burpee
10x toes to 2 Sky

Part II 4 Rounds (12 min)

30/30/30 Plank Complex
30 sec Back Extension
30 sec Bicycle Crunch
30 sec Bear Crawl
30 sec Hinge + reach out
30 sec rest

PART III 2 Rounds

5x Cat Cow
3x Floor Angel
Instep to pigeon



HITT Workout 4

Livesession: Donnerstag 14.01.21

Need: evtl. DB

By Christian

Warm Up

4 Rds
30 sec Jumping Jack
30 sec Low Skater
10x Squat
5x Push up
5x Lunge e/s
3rd world stretch

Part 1 10 min

5x (DB) Man Maker (mit Squat)
30 sec Jumping Jack
Pigeon

PART 2 5min AMRAP

2x Push up
3x Squat
4x Sit up
PART 3 10 min
5x (DB) Curtis P
30 sec Tapping
Instep + reach

PART 3 5min AMRAP

2x Push up
3x Squat
4x Sit up

PART 4 2R

45 sec Front Bridge
10x EOs e/s
10x Back Extension



Functional Strength Workout 5

Livesession: Freitag 15.01.21

Need: 1 KB ; oder 2 DB

By Ingo

Warm Up: 4 Rounds

10 x Air Squat
05 x Kossak Squat e/s
05 x Push Up
Kossak Stretch
Instep

Part 1: 12 min

6 x Slow Motion Squat (ass to grass)
6 x Loaded Squat Jump (Jedes Mal langsam ass to grass
und dann so hoch springen wie möglich)
30 s rest

Part 2:

5min AMRAP
2-4-6-8-10-12... Renegade Rows (+2 reps per round)
4 Plank walk up

Part 3: 12 min

6 x Lunges erhöht (wenn möglich) Knie weit über die
Fußspitzen schieben und Körper aufrecht
3 x Loaded Jumping Lunge e/s (ähnlich wie Loaded Squat
Jump)
30 s Rerst

Part 3:

5 min AMRAP
2-4-6... 1-Arm Sit up (+ 2 reps per round)
2-4-6... Kayaker (+ 2 reps per round)
4 Back Extension

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HITT Workout 6

Livesession: Samstag 16.01.21

Need:

By Christian

Warm up

A: Movement Prep

B: 3 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

Part 1

7 min

5 Lunges e/s

7 Jump Squat

9 Push up

Rest 2 mins

Part 2

7 min

5 Burpees

7 Toes to sky

9 Air Squats

Rest 2 min

Part 3

7 min

5 Touch jump Touch

7 Kayaker e/s

9 Plank walk up

Part 4

2-3R

20 sec. Frontbridge

10 x Kayaker e/s

10 x Good Mornings

Scorpion stretch