

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 11.01. - 17.01.21



Functional Strength Workout 1

Livesession: Montag 18.01.21

Need: 1 KB ; 1 DB

By Ingo

Warm up:

4 Rds

20s Grabwalk

20s Bearcrawl

20s Inchworm

Instep + reach

[Video warm up](#)

Part 1: 15 min

10x 1-Arm Split Stance RDL e/s

10x 1-Leg Bias Goblet Squat e/s

6x 1 – Arm Split Stance Press + Lunge e/s

45s Res

Video Part 1

Part 2: 10 min

2 Scotty Bob

4 Push Press

4 scotty Bob

6 Pushpress

45s Rest

[Video Part 2](#)

Part 3: 4 min

3 touch jump touch

3 dips

[Video Part 3](#)

Part 4: 3 Rds

20s/20s Side Plank Rotation

20s Plank Waves

20s Hollow Hold

20s Backextension

20s Rest

[Video Part 4](#)

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 11.01. - 17.01.21



HIIT Workout 2

Livesession: Dienstag 19.01.21

Need: DB

By Christian

Warm up 10min.

20s March in Place/Jumping J./ Butt Kicks

2x Turkish Get ups e/s

8x Hang Squat Clean

8x Push ups

8x Sit ups

Instep + Pigeon

Part 1) 20 Runden a 60s

3x Mutant Maker (HSC into Thruster)

1x Burpee

6x Sit ups

Part 2) 4Runden

20/20 Low Back Lunge

10x Floor Back Extension

20/20 Side Bridge

20x 2-Leg Couch Curl

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 11.01. - 17.01.21



HIIT Workout 3

Livesession: Mittwoch 20.01.21

Need: nix

By Lena

Warm UP 10 Min

30sec Heel to Butt

8x Squat

8x Lunge

8x Push up

8x Sit up

Instep Stretch

Part 1 12 Min

10x Squat

10x Lunge

10x Jumping Lunge

5x Jumping Squat

10x Push up

10x Dip

Part 2 1 to 10 to 1 Reps

1x Burpee

2x Mountain Climbers

3x Sit up

Part 3 3 Rounds

30 sec Back Extension

30 sec Front bridge

30 sec EOs

30 sec Roll in

30 sec Rest

Part 4 2 Rounds

Instep to Pigeon

Cat Cow

Scorpion

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 11.01. - 17.01.21



HIIT Workout 4

Livesession: Donnerstag 21.01.21

Need: nix

By Christian

Warm up 3 R

Runde1 20s March in Place
Runde 2 20s Jumping Jacks
Runde 3 20s Butt Kicks
3x Inchworm
3x 3Rocks+3Squats
3x T-Push up e/s
3er Lunge Complex
9x Russian Triangle
3x Instep+Reach e/s

Part1) 3Runden 30/30

1. High Plankwalk
2. Lunges
3. Burpees
4. Kayaker
5. Front Bridge
6. Kossak Squats
7. Skater Jumps
8. Sit ups
9. Crabs toe touch
10. 5Jumping Jacks+ 5Mountain Climber e/s

Part 2) 2Runden
20/20 Founder
20x Hip Bridge
10x Bird Dog e/s
10x Swimmer e/s

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 11.01. - 17.01.21



Functional Strength Workout 5

Livesession: Freitag 22.01.21

Need: 1 KB

By Fabrizo

Warm up (3 Rds)

10 x Squats

6 x Push ups

6 x Lunge & Twist e/s

6 x Push Press e/s

3 x Instep & Reach

Part 1 (4 Rds) (20 sec rest between each movment)

10 x KB Deadlift Burpee

8 x KB Clean into Backlunge R

10 x Tuck ups / V-Sit ups

8 x KB Clean into Backlunge L

10 x Goblet KB Push Press

Part 2 (For Time)

3 x Melting Complex

150 KB Taps / Bench Taps

3 x Melting Complex

150 KB Taps / Bench Taps

3 x Melting Complex

[1 x Melting Complexe:]

10 x Goblet KB Thruster

12 x alternate KB Gorilla Rows

7 x Burpees

Part 3 (2Rds or Rest of Time)

20/20 Standing Founder

5 x Birde Dog

3x Inchworm



HITT Workout 6

Livesession: Samstag 23.01.21

Need: DB oder Wasserflasche

By Ingo

Warm up

A: Movement Prep

B: 3 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

Part 1

60x 1-Arm Thruster 30/30

+ 5 Burpees

+ 30 (weighed) Lunges 15/15

40x 1-Arm Thruster 20/20

+ 5 Burpees

+ 20 (weighed) Lunges 10/10

20x 1-Arm Thruster 10/10

+ 5 Burpees

+ 10 (weighed) Lunges 5/5

Part 2

3 Rds

40 sec Plank walk ups

40 sec Flutterkicks

40 sec Seated knees to chest raises

Rest 60 sec

Part 3

3 Rds

40 sec Sphinx press

40 sec push ups altern. diag hand to foot

40 sec Plank altern. Knee to hip rotation

Part 4

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