



Functional Strength Workout 1

Livesession: Montag 25.01.21

Need: 1 KB ; 1 DB

By Ingo

Warm up

3 Rds
3 x Inchworm
3 x Standing Backextension
10 Squat
5 Lunge+ Twist e/s
5 Push up
Instep + reach

[Video Warm up](#)

Part 1

8 min
12x Towel KB Row
20s Towel pull
20s Towel Pull OVH Squat

[Video Part 1](#)

Part 2

12min
4 elevated KB /DB lateral Lunge e/s
6 Goblet Squat
8 Squat Jumps
30s Rest

[Video Part 2](#)

Part 3

8min
6 Half Kneeling Crush Grip DB Press
6 Tall Kneeling DB Push Press / slow Eccentric e/s
6 Front racked KB Hold + shoulder Press e/s
30s Rest

[Video Part 3](#)

Part 4

3 Rds
20s/20s Side Plank Rotation
20s Hollow Hold
20s Backextension
20s Rest

[Video Part 4](#)

Core Sportclub presents:

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HIIT Workout 2

Livesession: Dienstag 26.01.21

Need: DB

By Christian

Warm up

2 Rds
3x Inchworm
8 Rocks
3x Thorasic Bridge e/s
3 Rds
6 x Squats
6 x Push up
4 x Lunge + Twist e/s
Instep & Reach

Part 1

4 Rds 40/20
Plank hold
Mantis
Dead Bugs - alternated
Side Bridge e/s

Part 2

15min
10 x Squats
6 x Skater e/s
4 x Side Jumps + hold e/s
2 x Squat jumps
10 x Couch walk up
6 x Couch Dips
4 x Push up
2 x Alligator Push up

Part 3

4 Rds 40/20
Plank hold
Mantis
Dead Bugs - alternated
Side Bridge e/s

Part 4

2 Rounds
10 Rocks
Hip Flexor Strech
Scorpion Strech

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HIIT Workout 3

Livesession: Mittwoch 27.01.21

Need: nix

By Lena

Warm UP 12 Min

30 sec March in place
30 sec Jumping Jack
8x Squat
8x Push up
8x Lunge e/s
8x Plank Walk up e/s
Instep to Pigeon

Part 1 20 Min

10 Push ups
20 dips
30 Squats
40 Lunges
50 sit ups
60 sec wall sit

Part 2 10min

10 min
30 sec Burpee
30 sec Rest

Part 3 3 Rounds

Instep into Pigeon
2x Jefferson stretch into back extention
3x Floor Angel
3x windmill

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HIIT Workout 4

Livesession: Donnerstag 28.01.21

Need: nix

By Christian

Warm up 10min

30s March in Place

3x Inchworm

8x (Towel)OHS

8x (Towel) Crunch/ Sit up

4x Lunge e/s

3x Floor Slide

Hip Flexor + Instep

Part 1) 12min.

5x Mr. Spectacular+Thruster

5x Lunge + (Towel-) Twist e/s

5x Burpees (Squat Jump/Thrust)

8-12x Row (@towel/Kiste/ Flaschen sonstiges)

Part 2) 4R

20s Sit ups

20s Flutter Kicks

20s Toes to Sky

20s Rest

Part 3) 2-3R

6er Shoulder Blaster

20s Taschentuch mit dem Fuß aufheben e/s

20/10 Calve Raise

30s 2-Leg Couch Curl

30s Glute Leg Lift e/s

5-10min Strech/Cool Down/Talk



Functional Strength Workout 5

Livesession: Freitag 29.01.21

Need: 1 KB

By Fabrizo

Warm up (3 Rds)

20 x 1-Leg Hip Thruster (10/10)

30 sec. KB/DB Goodmorning Hold

15 sec. KB/DB weighted Side Bridge e/s

3 x Inchworm

Part 1 – 12 min

8 x 1-Leg KB/DB Deadlift (3110 = 3sec abwärts, 1sec. unten halten, 1sec. aufwärts, 0sec. oben halten)

8 x KB/DB Suitcase long step Lunge e/s (30X0 = 3sec. abwärts, 0sec. unten halten, eXplosiv aufwärts, 0sec. oben halten)

Pigeon Stretch

Part 2 – 12 min

10 x KB/DB Hip Thrust (20X2) Last Rep 15 sec. hold in upper Position

10 x KB/DB Goblet 1 ¼ Squat (2110)

Instep Stretch

Part 3 - 12min EMON

1st. Min. – 20 x KB/DB Swings

2nd. Min. – 5 x KB/DB Front Rack Backlung into high knee and shoulder press e/s

3rd. Min. – 30 sec. KB/DB hollow flutter kicks

After 3rd. Min. repeat, so you will get 4 Rounds in 12 min.

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HITT Workout 6

Livesession: Samstag 30.01.21

Need: DB oder Wasserflasche

By Christian

Warm up

3 x Pump Stretch
3 x Instep & Reach /r
3 x Instep & Reach /l
3 x 3rd World Stretch into stand
3 x Thoracic stretch e/s
1x TGU e/s

Part 1

3Rds
5 TGU e/s
16 Rocks

Part 2

16 min
20 Skippings
1 BP + Touch jump Touch
60s Rest nach 4, 8, 12 min

Part 3

16 min
5 x Front Lunges e/s
5 x Back Lunges e/s
5 x Jumping lunges e/s
6 x Plank Arm raise e/s
6 x Plank Leg raise e/s
3 x Diag. Plank Arm + Leg raise e/s
6 x elev. Hip Bridges
3 x elev. 1-Leg Bridges e/s

Part 4 (max. 10 min.)

20/20 Standing Founder
10 x 1-Leg Hip Bridge
6 x Bird dogs e/s
3 x Floor Angle
10 x Floorback extension