



## Functional Strength Workout 1

Livesession: Montag 01.02.21

Need: 1 KB ; 1 DB

By Ingo

Warm up (3Rds)

3 x Thorasic Bridge e/s

10 Squats

8 Push ups

6 Situps

3 x Plank into Instep to Squat t-spine rotation

[Video Warm up](#)

### Part 1

12 Minute EMOM

8 x front squats

8 x bent over row e/s

[Video Part 1](#)

### Part 2

10 Min. ladder (+1 rep per side every round)

- front racked reverse lunges

- single arm push press

[Video Part 2](#)

### Part 3

8 min

20 Dumbbell Hang Squat Cleans

\*alle 5 Reps 3 DB Lunge e/s

20 Push Ups

\*alle 5 Reps 1-2 clapping PU

### [Video Part 3](#)

### Part 4

3 Rds

20 / 20 Side Bride

15er Harmstring Hell e/s

30 sec Supermanhold

### [Video Part 4](#)

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 01.02. – 07.02.21



## HIIT Workout 2

Livesession: Dienstag 02.02.21

Need: DB

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

**12 Rds**

**10s Skippings**

**10sTouch jump Touch**

### Part 2

**4 Rds 40/10**

**Halfway Pushups (halten tief + kleine pushes)**

**Blackburn (1 Rd V, 2 Rd T, 3 Rd A, 4 Rd W )**

**Dead Bugs (diagonal Arm and Leg raises)**

**Halfway Squats (halten tief – kleine Sprünge)**

**Rocking the Boat (aus Hollow Hold in Rolle in Hollow Hold)**

### Part 3

**8 Rds**

**20s Skippings**

**20s Touch jump Touch**

### Part 4

**3 Rds**

**20/20 Standing Founder**

**20 x 1 Leg-Hip Bridge e/s**

**10 x Goodmornings**

### Part 5

**3 Rds**

**5 x Inchworm**

**3 x Standing Backextension**

**Pigeon Stretch**

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## HIIT Workout 3

Livesession: Mittwoch 03.02.21

Need: 2 Wasserflaschen

By Lena

Warm Up 12 min

30 sec march in place/skipping/Jumping Jacks

10x Squat

5x Push up

30 sec Front Bridge

Instep & Reach

Part I 17 rounds EMOM

Round 1-5

6x thruster (mit 2 Wasserflaschen)

6x Burpee

Rest Round 6

Round 7-11

6x thruster

6x Burpee

Rest Round 12

Round 13-17

6x Thruster

6x Burpee

Part II 4 Rounds

30 sec Plank walk up

30 sec EOs

30 sec Side Bridge

30 sec Side Bridge

30 sec Rest

Part III 3 Rounds

20/20 Standing Founder

10x Back Extention

20/20 Kneeling Founder

5x Bird Dog + Hold



## HIIT Workout 4

Livesession: Donnerstag 04.02.21

Need: nix

By Christian

### Warm Up 10 min

30 sec Jumping Jack

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

### Part 1 6min

2x Push up

3x Squat

4x Sit up

### Part 2 R - 30 sec power, 15 sec rest

Squat Thrust

Standing Toe Tip (in Front & Back)

Squat Jack & reach

Mountain Climber

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Rest 60 sec

### Part 3 6 min

2x Lunge e/s

3x Planck roll e/s

4x Dips

### Part 4 3R

30 sec Crap toe Touch

30 sec Roll in

30 sec Russian Twist

30 sec Hollow hold

30 sec Back Extension

### Part 5 2R

Camel Cow

Instep + Reach

Couch Stretch



## Functional Strength Workout 5

Livesession: Freitag 05.02.21

Need: 1 KB

By Fabrizo

### Warm Up (2 Rounds)

5 x Table Rocks

6 x Push ups

8 x Sit ups

30sec Quadruped Planche

12 x Prone Y on Floor

### Part I (3 Rounds.)

8-10 x 1-Arm KB/DB Farmers Press e/s

(20X1 = 2sec abwärts, 0sec. unten halten, eXplosiv aufwärts,  
1sec. oben halten)

10-12 x 1-Arm KB/DB Floor Press w opp limb raise e/s

(20X2 = 2sec. abwärts, 0sec. unten halten, 2sec aufwärts, 0sec.  
oben halten)

8-10 x Alternate 1-Arm KB/DB Curls e/s

(30X1 = 3sec abwärts, 0sec. unten halten, eXplosiv aufwärts,  
1sec. oben halten)

### Part II (3 Rounds)

100 x KB/DB Toe Taps

10 x DB/KB Burpees

80 x KB/DB Toe Taps

8 x Burpees

60 x KB/DB Toe Taps

### Part III (2-3 Rounds)

5 x Elevator Flutter Kicks

8 x Elevator 1-Arm DB/KB Curls e/s

8 x Elevator Chair Dips



## 2 Burpee

# Functional Strength Workout 6

Livesession: Samstag 06.02.21

Need: 1 KB oder 1 DB

By Ingo

### 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

### Part 1

Reps Time for 2 min

10 mt-climber

2 Burpee

### Part 2

12 min

5x KB Rack Cursty Squat e/s

5 x 1 Arm KB Rack Squat e/s

30 Halfway Squats

30s Rest

### Part 3

Reps Time for 2 min

10 mt-climber

### Part 4

12 min

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

6 x KB Straight Arm Russian Twist e/s

6x KB Crossover Plank e/s

### Part 5

Reps Time for 4 min

10 mt-climber

2 Burpee

### Part 6

3 Rds

30 s Frontbridge

30s Kayaker

30s Hollow Hold

30s Floor Backextension