



Functional Strength Workout 1

Livesession: Montag 08.02.21

Need: 1 KB ; 1 DB

By Ingo

Warm up

3 Rds
(Dual)Bottoms Up KB Rack Carry ca. 20s
Scapular Push Ups on Elbows x 10 Part 4

Flutter Kick 20sec
Frog Pump
10 Rocks
Instep + reach

Part 1

A1) 1 Leg - Double Hand Deadlift:
8-10reps; rest 40sec x 3 Sets e/s

A2) 1-Arm Front racked Lunge + Press
10-14 Steps; rest 40sec x 3 Sets

B1) DB Hip Thrust: 8-10reps; rest
60sec x 3

B2) Goblet 1-1/4 Squat: 8-10 reps; rest
40sec x 3

Part 2

4 Rds
30sec Side Plank
2 Burpee + 2 e/rd
20 KB/DB Swing – 2 e/rd
2 Burpee + 2 e/rd
30sec Side Plank (opposite side)

Part 3

8 min
5 x Inchworm
3 x Standing Backextension
90/90
Floor Angel

Core Sportclub presents:

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HIIT Workout 2

Livesession: Dienstag 09.02.21

Need: DB oder Wasserflaschen

By Ingo

Warm up 10min.

20s Jumping Jacks
3er Lunge Complex
3x Alligator Push up e/s
10x Sit ups
10x Squats
Instep + reach

Part 1 20min.

5x Curtis P
5x 2Steps Bearcrawl for+ backwards
20s SL Flexion Pops e/s
20s 1-Leg Hip Bridge 10/10
20s Bottom Push ups

Part 2 4R (8min.)

20s Flutterkicks
20s Frontbridge(walk)
20/20 Side Bridge
20s Toes to Sky
20s Rest

Part 3 4R (12min.)

20/20 Founder
10x Bird Dog e/s
10x Floor Back Ext.
10x Good Mornings
20x Glute Leg Lift e/s



HIIT Workout 3

Livesession: Mittwoch 10.02.21

Need: nix

By Lena

Warm Up 12 min

30 sec March in Place/skipping

30 sec Jumping Jack

10x squat

5x push up

20sec plank walk up

Instep to Pigeon

Part I 8min

3x Dips

3x Elevated Push up

3x Clapping Push up

8x Toes 2 sky

Part II 8 min

3x Bulgarian split squat

3x Squat Jumps

3x Lunges e/s

10x Sit ups

Part III 3 Rounds

30sec High Knee

15 sec rest

30 sec Jumping jack

15 sec rest

30 sec Mountain climber

15 sec rest

30 sec Skater

60 sec rest

Part IV 2 Rounds

25x Jane Fonda

10x L-S-E-R

Part V 2 Rds

Scorpion Stretch

Cat Cow

Core Sportclub presents:

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HIIT Workout 4

Livesession: Donnerstag 11.02.21

Need: nix

By Christian

Warm up 10min.

20s Jumping Jacks
8x Squats
6x Push ups
10x Bicycle Crunch e/s
4x Lunge e/s
Mobility Drill

Part 1 13R

xRx1 Push up (1-7-1)
xRx2 Lunge e/s (2-14-2)
xRx3 Sit ups (3-21-3)
xRx4 Shoulder Press (4-28-4)

Part 2 6R

20s Touch Jump Touch
20s Rest

Part 3 4 Rds

20/20 Founder
10x Floor Back Ext.
30/30 Side Bridge
15er Hamstring Hell + Kicks e/s



Functional Strength Workout 5

Livesession: Freitag 12.02.21

Need: 1 KB

By Fabrizo

Warm Up (8 Rounds or 8min.)

8 x Squats
6 x Push ups
8 x Sit ups
Instep Stretch

Part I (3 Rounds or 15 min)

30 sec KB/DB Overhead Hold (Left)
8 x KB/DB Push Press (Left)
8 x KB/DB Bent over Row (Left)
30 sec KB/DB Overhead Hold (Right)
8 x KB/DB Push Press (Right)
8 x KB/DB Bent over Row (Right)

Part II (3 Rounds or 10 min.)

12 – 8 Pike Pushups
20 x weighted Butterfly reverse (leichtes Gewicht max.4 Kg
oder eine 1,5 Liter Flasche Wasser)
- optional 40 Butterfly reverse (ohne Gewichte)

Part III (20 min.)

10 x Down & Ups
15 x KB/DB Sumo Deadlift into High Pull
10 x Burpees
5 x Turkish Get ups – (Wechsel des Arms nach einem
kompletten Durchlauf)
- optional 10 x Over Head Lunges (Wechsel des Arms nach
einem kompletten Durchlauf)
10 x Crossing V-Sit ups
- optional 10 x Situps



HITT Workout 6

Livesession: Samstag 13.02.21

Need: DB oder Wasserflasche

By Christian

Warm up

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

Part 1

**6 Rds
Mini-Leg Blaster
10 x Squats
5 x Lunge e/s
5 x jumping Lunges
5 x jumping Squat
30s Rest**

Part 2

20min

Bis min 10 je 1 Wdh dazu ab min 10 je eine Wdh runter

Grizzly walk (1 Grizzly = 4 Steps For- and Backward)

Kayaker e/s

Push up x 2

Part 3

3Rds

Mini-Leg Blaster

10 x Squats

5 x Lunge e/s

5 x jumping Lunges

5 x jumping Squat

Part 4

3 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch

3 x Crossed Harmstring stretch