

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 15.02. - 21.02.21



Functional Strength Workout 1

Livesession: Montag 15.02.21

Need: 1 KB ; 1 DB

By Ingo

Need: KB / DB

By: Ingo

Warm up (3Rds)

10x Plank to shoulder Tap e/s

20s Eccentric Squat

8 Lunge + Twist e/s

Instep to reach

Floor Slide

Part 1

15min

5 Pushup (3sdown-3s hold-3s up)

10 banded(KB/DB) Rows (3s pull-3s hold-3s push)

30s Rest

Part 2

15min

10-15 Dips

10-15 Curls

60s Rest

Part 3

10 min

6x 1 Arm shoulder Press in Squat Position e/s

6x 1 Leg Split Squat e/s

20s | 5x | 20s | 5x Side Br. | Rotation | Side Br. |

Rotation

Part 4

2 Rds

16 shoulder external Rotation e/s

40x Glute Leglift e/s

Scorpion stretch



HIIT Workout 2

Livesession: Dienstag 16.02.21

Need: DB oder Kettlebell

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 3 Rds.

30s + 10 Pause weniger intensiv

40s ohne Pause zwischen den Übungen - intensiv

30/40 s Arm Swing left Hand

30/40 s Figure 8

30/40 s 1-Arm Swing right Hand

30/40 s Figure 8

30/40 s 1-Arm Clean + Press left Hand

30/40 s Slasher to Helo

30/40 s Lunge (KB Rackposition, KB Seite Standbein, Ausfall mit andere Seite vorwärts und rückwärts)

30/40 s 1-Arm Clean + Press right Hand

30/40 s Slasher to Helo

30/40 s Lunge (andere Seite KB Rackposition, KB Seite Standbein, Ausfall mit andere Seite vorwärts und rückwärts)

60s Rest

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

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HIIT Workout 3

Livesession: Mittwoch 17.02.21

Need: nix

By Lena

Warm up 10 min

30 sec run in place/jumping Jacks

10x Squats

10x Lunges

7x Sit up

5x Push up

Instep stretch

Part 1

4 rounds

30 sec Power, 15 sec Rest (16min)

push up + toe touch

high knee

kick trough

3x jumping jack into high plank

crab toe touches

1min rest

Part 2

2 rounds

Shoulder blaster

Part 3

Sally - Squat

Part 4

4 Rounds

30 sec mountain climber

10x EO's e/s

10x Toe's to sky

30 sec side bridge e/s

Part 5

2 rounds

Instep to Pigeon

Scorpion



HIIT Workout 4

Livesession: Donnerstag 18.02.21

Need: nix

By Christian

Warm Up 12 min

30 sec March on 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



Functional Strength Workout 5

Livesession: Freitag 19.02.21

Need: 1 KB , DB, Resistance Band

By Fabrizo

Warm Up (10 min.)

6 x Cossack Squats e/s
10 alternating Grizzly Limb lifts
8 x KB/DB Swings
20 sec (banded) Plank
Inchworm Stretch

Part I (15 min)

6-8 x (banded) Frog Stance KB/DB Deadlift
(21X1 = 2sec abwärts, 1sec. unten halten, eXplosiv aufwärts,
1sec. oben halten)
10-12 x (banded) KB/DB Swings
10 x Hip Thrust + 15 sec. Hold at the top of last rep
(20X0 = 2sec abwärts, 0sec. unten halten, eXplosiv aufwärts,
0sec. oben halten)

Part II (15 min)

8 x KB/DB Cross Body 1-Leg Deadlift (right leg)
6 x KB/DB Goblet Cossack Squat (right leg)
4 x KB/DB Snatch or Clean and Push press (right arm)
8 x KB/DB Cross Body 1-Leg Deadlift (left leg)
6 x KB/DB Goblet Cossack Squat (left leg)
4 x KB/DB Snatch or Clean and Push press (left arm)

Part III (E2MOM) 12 min

10 Sec High Knees (so schnell wie möglich)
10 x KB/DB Suitcase Cyclist Squats or Goblet Squat (Fersen
erhöht aufstellen, Buch)
14 x Russian Twist (mit einer KB / DB / Scheibe)



Functional Strength Workout 6

Livesession: Samstag 20.02.21

Need: DB oder Wasserflasche, KB

By Ingo

Warm up

3 Rds

10 Squat

10 Goblet Squat

10x KB Swing

5 Push up

Instep strech

Part 1 12 Rds

8x KB Front Squat to altern. 1-Arm Push Press

12x weigth. Stepup or Lunge (6/6)

8 Dips

Part 2

4 min

6 x Toe Tap

6x Squat jump

Part 3

10 min

10 toes to sky

30/30/30 Ab Bridge Complex

5x kneeling Slasher to helo e/s

10x Floor Bach Extension

Part 4

4 min

6 Touch jump Touch

6 Burpees

Part 5

4 Rds

Ultimate shoulder strech

Couch strech

3x shoulder sweep

3x Ride it down

90/90