



## Functional Strength Workout 1

Livesession: Montag 22.02.21

Need: 1 KB ; 1 DB

By Ingo

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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

12 min

6 (Dual) KB Swing

6 (Dual) KB Clean

3 (Dual) KB Alternating Reverse Lunge e/s

3 (Dual or Bottom up) KB Rack (Bu) Squat e/s

### Part 2

6 min

Balance nach Kraft

20/20s Cursty Squat Finger Tips into 1-Leg Stand

60s Side Plank X RE (oberes Bein in Bewegung bringen)

20/20s 1-Leg Stance and kick fw + sw

60s Side Plank X LI (oberes Bein in Bewegung bringen)

### Part 3

12 min

6x 1 Arm Bottom up shoulder Press in L-Sit e/s

20s I 5 I 20s Side Bridge Push up Side Bridge

Shoulder 7s

3x Floor Slide

### Part 4

6 min

Balance nach Kraft

20/20s Cursty Squat Finger Tips into 1-Leg Stand

60s Side Plank X RE (oberes Bein in Bewegung bringen)

20/20s 1-Leg Stance and kick fw + sw

60s Side Plank X LI (oberes Bein in Bewegung bringen)

### Part 5

4 Rds

20sec High Knee

10 sec rest

20 sec Mountain climber

10 sec rest

30 sec Skater

### Part 6

3R

20/20 Founder

6x Bird Dog e/s

10x Floor Back Ext.

90/90 Strech

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## HIIT Workout 2

Livesession: Dienstag 23.02.21

Need: Bodyweighth

By Christian

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

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## HIIT Workout 3

Livesession: Mittwoch 24.02.21

Need: nix

By Lena

25x jane fonda

10x L-S-E-R

**PART IV**

hip mobility complex

scorpion

**WARM UP 12 min**

30 sec jumping Jack/tapping/heel to butt

7x squat

7x push up

7x sit up

3x falschrum burpee

3rd world stretch

Instep

**PART I 12 to 3 (timecap 25/20 Min)**

falschrum burpee

mountain climber e/s

touch jump touch

push up + toe touch

stepping front kick so to high jump (/squat) e/s

**Part II 2 rounds**

30 sec flutter kicks

30 sec hollow hold

30 sec roll in

30 sec front bridge

30 sec slow mountain climber rotation

30 Rest

**Part III 2 Rounds**

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## HIIT Workout 4

Livesession: Donnerstag 25.02.21

Need: nix

By Christian

Warm Up 8 min

3x Dot Drill  
30 sec Jumping Jack  
10x Squat  
5x Push up  
5x Scapular Push up  
10x EOs  
Instep into Pigeon

### Part 1

8min  
6x 1-Leg Deadlift e/s – auch ohne Gewicht als Standwaage  
6x Cursty Squat e/s  
12x ½ Squat Hops

### Part 2

10 min 30 sec power, 15 sec rest  
Push up  
Standing Toe Tip (in Front & Back)  
Squat Jack & reach  
Mountain Climber

-----  
Rest 60 sec

### Part 3

8 min  
10 toes to sky  
30/30/30 Ab Bridge Complex  
40 Flutter Kicks  
5x kneeling Slasher to helo e/s

### 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

2 Rds  
5 x 6-way Shoulder  
4 x Scorpion stretch  
5 x Mantis stretch  
3 x Crossed Harmstring stretch



## Functional Strength Workout 5

Livesession: Freitag 26.02.21

Need: 1 KB , DB, Resistance Band

By Fabrizo

### Warm Up (8 min.)

10 x (banded) Bent over Pull Aparts  
6 Squats  
6 Sit ups  
6 x Push ups  
1x Inchworm Stretch

### Part I (15 min) Grind

8 x (banded) 1-Arm KB/DB Floor Press e/s  
30sec 1-Arm KB/DB Overhead Hold (Right)  
8 x Tall Knee KB/DB Triceps Press  
30sec 1-Arm KB/DB Overhead Hold (Left)  
10 x Hand Release T Push ups  
30 KB/DB Toe taps

### Part II (12 min) (leichtes Gewicht max. 12kg)

10 x KB/DB Standing chest press  
10 x KB/DB Arm extending rotation  
5 x KB/DB Around the World e/s  
5 x KB/DB Front raise over head  
10 x Goblet press

### Part III (8 min)

30 sec. Side Bridge with leg raise (opt. KB/DB)  
20 x Hollow Rock altern. Knee to chest /w KB hold  
10 x Plank Hold with 3 Point knee tap e/s

### Part IV (remaining Time)

6 x Bird dogs e/s  
3 x Floor Angle  
10 x Floorback extension

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## **HIIT**

Livesession: Samstag 27.02.21

Need: DB oder Wasserflasche, KB

### 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

20 min

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

20s Skippings on Place

### 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