



Functional Strength Workout 1 –

Livesession: Montag 01.03.21

Need: 1 KB ; 1 DB

By Ingo

Need: KB / 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

Part 1

12 min

5 x front squats e/s

5 x bent over row to clean e/s

Part 2

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

- front racked reverse lunges (Standbeinseite ist Kettlebellseite)

1-Arm push press

Part 3

10 Min. (40/20)

DL

Goblet squats

Part 4

10 Min. AMRAP

10 x DL pull catch squat press

10 x DB/KB Swings

10 x lateral lunge KB/DB switches

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WEITER GEHT`S WORKOUTS 01.03. - 07.03.21



HIIT Workout 2

Livesession: Dienstag 02.03.21

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 Rds

30 sec Tabletop toe grabs

30 sec Dynamic Plank

30 sec Knee Touch Twist

30 sec Side Plank Knee to Elbow e/s

30 Rest

30 sec Flutterkicks

30 sec Toes to sky

30 sec Heel Taps

30 sec Side Plank roll

30 sec Plank Crunch

30 Rest

30 sec Alternate Toe Touch

30 sec Bicycle Crunch

30 sec Resverse Crunch

30 sec Side Crunch

30 sec Mountain Climber

Part 2

3 Rds

15er Hammstring Hell e/s

30 sec Supermanhold

30s Hollow Rock

Part 3

Roxanne - Burpees

Part 4

Remaining Time

3 x Inchworm

3 x Standing Backextension

90/90 Stretch



HIIT Workout 3

Livesession: Mittwoch 03.03.21

Need: nix

By Lena

Warm Up 10 min

30 sec Split Jack

30 sec Mountain climer

10x Squat

5x Push up

2x (1x Burpee+1x reverse Burpee)

Instep into Pigeon

Part I 2 rounds (5sec break inbetween)

30 sec Squats

30 sec Push ups

30 sec Lunges

30 sec Front Bridge + Hip Twist

30 sec Hip Bridge

30 sec Side Lunges

30 sec Dips

30 sec Toes 2 Sky

30 sec Sumo Squat

30 sec calve raise

30 sec REST

Part II 15 min AMRAP

1x Burpee

3x Squat

1x Burpee

2x Push up

2x Squat Jump

Part III 7 min

10x Back Extension +. Arm Twist

10x diagonal 1-leg+1-arm raise e/s

10x Back Extension +arms push/pull

5x Bird Dog e/s

Part IV 2 Rounds

Instep into Pigeon

Cat Cow

Scorpion



HIIT Workout 4

Livesession: Donnerstag 04.03.21

Need: Wasserflaschen oder kleine Gewichte, Resitance Band

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

10 min
30s Power, 20s rest
Tapping
Touch jump Touch

Part 2

2R
Kong Komplex
15 x Bizep Curls
12 x High Pull
10 x Military Press
10 x Trizeps Press / Dips
5 x 1-Leg Dead-Lift e/s

Part 2

10 min
30 sec power, 20 sec rest
Burpees
Standing Toe Tip (in Front & Back)
Squat Jack & reach
Mountain Climber

Rest 60 sec

Part 3

2R
Kong Komplex
15 x Bizep Curls
12 x High Pull
10 x Military Press
10 x Trizeps Press / Dips
5 x 1-Leg Dead-Lift e/s

Part 4

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 05.03.21

Need: 1 KB , DB, Resistance Band

By Fabrizo

Warm Up (8 min.)

5 x Roll-over into V-Sit

8 x Pushups

8 x Squats

8 x Situps

Instep & Reach

Part I (15 min)

10 x Squat Biceps curl to hinge row

6 x Half Kneeling KB Botton up Shoulder press e/s

8 x Push up into Crossover plank

6 x Body Saw Plank (Forwards + Backwards = 1 rep)

Part II (12 min)

12 x KB/DB Hollow Body Pull Over

12 x Banded Face Pulls or 6 x YT-Shoulder Movement

12 x KB/DB (Banded) Curl

Part III (5 min) AMRAP

2 - 4 - 6 - 8 - 10 ...(+ 2 each Round)

DB/KB altern. Gorilla Rows

5 Burpees

Part IV (5 min) AMRAP

2 - 4 - 6 - 8 - 10 ...(+ 2 each Round)

Toes to Sky

15 Jumping Jacks

Part IV (5 min) AMRAP

2 - 4 - 6 - 8 - 10 ...(+ 2 each Round)

DB/KB altern. Thrusters

20 Toe Taps

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 01.03. - 07.03.21



Functional Strength

Livesession: Samstag 06.03.21

Need: DB oder Wasserflasche, KB

Warm up

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

Part 1

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

Part 2

4R Kong Komplex
15 x Bizep Curls
12 x High Pull
10 x Military Press
8 x Trizeps Press / Dips
6x fast Push ups
Floor Angel / Floor Slide

Part 3

12 min
5x Alternating KB Returns
4x Skater e/s
3x Squat jumps
2x Side Jumps + hold e/s

Part 4

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

Part 5

10 Rocks
Scorpion strech