



Functional Strength Workout 1

Livesession: Montag 15.03.21

Need: 1 KB ; 1 DB

By Ingo

Need: KB / DB

By: Ingo

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 (90/90)

Part 1

12 min
6x Contralateral Dumbbell Overhead Split Squat (2110) e/s
30s 1- Arm Plank Hold e/s
30s Rocks

Part 2

12 min
12x Dumbbell Hip Thrust
6x Single Arm Seated Arnold Press (31X0);
30 s Floor Angel

Part 3

3 Rds
Mini Leg Blaster

Part 4

3 Rds
Shoulder Blaster
Shoulder sweep

Part 5

3 Rds
Mini Leg Blaster

Part 6

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

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 15.03. - 21.03.21



HIIT Workout 2

Livesession: Dienstag 16.03.21

Need: Bodyweighth

By Christian

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 17.03.21

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 1 8 min

3x Dips

3x Elevated Push up

3x Clapping Push up

8x Toes 2 sky

Part 2 8 min

3x Bulgarian split squat

3x Squat Jumps

3x Lunges e/s

10x Sit ups

Part 3 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 4 2 Rounds

25x Jane Fonda

10x L-S-E-R

Part 5

Scorpion Stretch

Cat Cow



HIIT Workout 4

Livesession: Donnerstag 18.03.21

Need: KB/DB oder kleine Gewichte

By Christian

Warm up 8 min

30s Skippings

3x Inchworm

8x (Towel)OHS

8x (Towel) Crunch/ Sit up

4x Lunge e/s

3x Floor Slide

Hip Flexor + Instep

Part 1 16 min.

5x Mr. Spectacular + DL

5x Thruster

5x Lunge + (Towel-) Twist e/s

5x Burpees (Squat Jump/Thrust)

8-12x Row (@towel/Kiste/ Flaschen sonstiges)

20s Isometric Row (towel)

Part 2 6R

30s EO's

30s Flutter Kicks

30s Toes to Sky

30s Rest

Part 3 2-3R

6er Shoulder Blaster

20s Taschentuch mit dem Fuß aufheben e/s

20/10 Calve Raise

30s 2-Leg Couch Curl

30s Glute Leg Lift e/s

5-10min Strech/Cool Down/Talk



Functional Strength Workout 5

Livesession: Freitag 12.03.21

Need: KB , DB

By Fabrizo

Warm Up (8 min.)

10 x Prone Shoulder Extension to swimmer e/s

8 x Situps

5 x Forward/Backward Lunges e/s

6 x alternating Pigeons e/s

Instep & Reach

Part 1 (15 min)

6 x 1-Arm KB/DB Shoulder press in altern. front and back
Lunge position e/s

6 x 1-Arm KB/DB Swing into Snatch + 3 sec. OH Hold e/s

6 x 1-Arm KB/DB Front Squat into oblique twist e/s

Part 2 (15 min)

4 x knee elevated bird dogs into crawl pull through e/s

20 sec 1-Arm KB/DB suitcase knee to chest hold e/s

6 x KB/DB Russian Triangle (or tall sit to side transfer)

15 x KB/DB Hollow Flutter Kicks

Part 3 (AMRAP)

6 min.

40 Toe Taps

2-4-6-8-10-12 (+2 reps each Round)

Altn. KB/DB Gorilla Rows

Part 4 (AMRAP)

6 min.

40 Seal Jumping Jacks

2-4-6-8-10-12 (+2 reps each Round)

Altn. 1-Arm KB/DB Hang Squat Cleans

10 x Floorback Extension

5 x Cat & Cow

3 x Scorpion Stretch e/s

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 15.03. - 21.03.21



Functional Strength

Livesession: Samstag 20.03.21

Need:

Warm up

3 Rds

3 x Inchworm

3 x Standing Backextension

10 Squat

5 Lunge+ Twist e/s

5 Push up

Instep + reach

Part 1

8 min

12x Towel KB Row

20s Towel pull

20s Towel Pull OVH Squat

Part 2

12min

4 elevated KB /DB lateral Lunge e/s

6 Goblet Squat

8 Squat Jumps

30s Rest

Part 3

10min

6 Half Kneeling Crush Grip DB Press

6 Tall Kneeling DB Push Press / slow Eccentric e/s

6 Front racked KB Hold + shoulder Press e/s

30s Rest

Part 4

3 Rds

20s/20s Side Plank Rotation

20s Hollow Hold

20s Backextension

20s Rest