



Functional Strength Workout 1

Livesession: Montag 22.03.21

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 Minute EMOM

6 x 1 ¼ front squats

8 x towel exccentric bent over row e/s

Part 2

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

2x front racked reverse lunges

2x 1-arm arm push press

Part 3

6 min

4 Dumbbell Hang Squat Cleans

4 Push Ups

Part 4

4 Rds

20 / 20 Side Bride

15er Harmstring Hell e/s

30 sec Supermanhold



HIIT Workout 2

Livesession: Dienstag 23.03.21

Need: Bodyweighth

By Christian

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 1

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 2

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 3

2 Rounds

25x jane fonda

10x L-S-E-R

PART 4

Hip mobility complex

Scorpion stretch



HIIT Workout 3

Livesession: Mittwoch 24.03.21

Need: nix

By Lena

Warm Up

12 min

10x Knee to elbow e/s
30 sec Jump Jacks / march in place
10x Squat to side reaches
5x Push up
10x Plank walk up
Inch Worm
Instep & reach

Part 1

7 min

1x Burpee
2x Push up
3x Air Squat
4x Alternating Lunge
5x Sit up

Part 2

3-4 rounds

30 sec Power, 15 sec Rest

Flying Stars

Plank Walk up + 1x Knee zum Elbow e/s

Squat+ kick

Push up + toe touch

Hollow hold

1 min rest

Part 3

10 rounds

30 sec Burpee

30 sec rest

Part 4

2 rounds

Instep to pigeon

Scorpion Strech



HIIT Workout 4

Livesession: Donnerstag 25.03.21

Need: KB/DB oder kleine Gewichte

By Christian

Warm Up

8 min

3x Dot Drill

30 sec Jumping Jack

10x Squat

5x Push up

5x Scapular Push up

10x EO's

Instep into Pigeon

Part 1

8min

6x 1-Leg Deadlift e/s – auch ohne Gewicht als Standwaage

6x Cursty Squat e/s

12x 1/2 Squat Hops

Part 2

10 min

30 sec power, 15 sec rest

Tapping + Komando (Hopp = Sprung / Hepp =
Ausfallschritt vor)

Push up

Squat Jack & reach
Mountain Climber

Rest 60 sec

Part 3

Sally Push up

Part 4

6 min

30/30/30 Ab Bridge Komplex

40 Flutter Kicks

5x kneeling Slasher to helo e/s

10x EO's

Part 5

Sally Squat

Part 6

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 26.03.21

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
4 x Alligator Push ups e/s
Instep & Reach

Part I (EMOM) 12 Min. all 3 moves on each minute

8-6 KB/DB Horn Curls
6-4 KB/DB Off Set Push ups e/s
8-6 KB/DB Russian Twist e/s

Part II (12 Min.)

6-4 KB/DB Hang Clean Push Press (snatch) + Press e/s
8-6 KB/DB Split Stance Row + tossing row e/s
10-8 KB/DB Swings

Part III (25 min to Complete)

50 x Jumping Lunges
40 x Crossing V-Sit ups
30 x Pike Push ups
20 x KB/DB Turkish Get ups
30 x Hand Release Push ups
40 x Sit ups
50 x Jumping Squats

Aua



HIIT + Functional Strength Kombi Workout

Livesession: Samstag 27.03.21

Need: KB /DB

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 20 min

6 x KB/DB Standing chest press
6x KB/DB Arm extending rotation
3 x KB/DB Around the World e/s
6 x KB/DB Front raise over head
6 x Goblet press

6 x Goblet Squat
3 x Front racked fw + bw Lunge e/s
6 x Goblet Squat
3 x Front racked fw + bw Lunge e/s

Part 3 20 min

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 4 Remaining Time

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