



## Functional Strength Workout 1

Livesession: Montag 01.02.21

Need: 2 KB ; 2 DB

By Ingo

### Workout 1

Livesession: Montag 29.03.21

Need: KB / Band / DB

By: Ingo

#### Warm Up: 4 Rounds

10 x Air Squat  
05 x Kossak Squat e/s  
05 x Push Up  
Kossak Stretch  
Instep

#### Part 1: 12 min

6 x Slow Motion Squat (ass to grass)  
6 x Loaded Squat Jump (Jedes Mal langsam ass to grass  
und dann so hoch springen wie möglich)  
30 s rest

#### Part 2:

5min AMRAP  
2-4-6-8-10-12... Renegade Rows (+2 reps per round)  
4 Plank walk up

#### Part 3: 12 min

6 x Lunges erhöht (wenn möglich) Knie weit über die  
Fußspitzen schieben und Körper aufrecht  
3 x Loaded Jumping Lunge e/s (ähnlich wie Loaded Squat  
Jump)  
30 s Rest

#### Part 4:

5 min AMRAP  
2-4-6.... 1-Arm Sit up (+ 2 reps per round)  
2-4-6.... Kayaker (+ 2 reps per round)  
4 Back Extension



## HIIT Workout 2

Livesession: Dienstag 30.03.21

Need: DB

By Christian

### Warm up

A: Movement Prep

B: 3 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

### Part 1

12 Rds

10s Skippings

10sTouch jump Touch

### Part 2

4 Rds 40/10

Halfway Pushups (halten tief + kleine pushes)

Blackburn (1 Rd V, 2 Rd T, 3 Rd A, 4 Rd W )

Dead Bugs (diagonal Arm and Leg raises)

Halfway Squats (halten tief – kleine Sprünge)

Rocking the Boat (aus Hollow Hold in Rolle in Hollow Hold)

### Part 3

8 Rds

20s Skippings

20s Touch jump Touch

### Part 4

3 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings

### Part 5

3 Rds

5 x Inchworm

3 x Standing Backextension

Pigeon Stretch



## HIIT Workout 3

Livesession: Mittwoch 31.03.21

Need: 2 Wasserflaschen

By Lena

Warm Up 12 min

30 sec Butt Kicks

30 sec side Jumps

7x Squat

7x Push up

3x Lunge e/s

3x Plack roll e/s

Instep +reach

3rd world stretch

Part I 15 min

10x Squat

10x Lunge

10x Jumping Lunge

5x Squat Jump

10x Push up

10x Dips

Part II 3 rounds

30 sec Toes 2 Sky

30 sec Sitting crunch

30 sec Front bridge + hip twist

30 sec Draw an 8

30 sec Hollow hold

30 sec Rest

Part III (8) 10 rounds

(15-)20 sec Flying star

(15-)20 sec mountain climber

20 sec Rest

Part IV 2 rounds

Instep to Pigeon

Floor Angel

Cat Cow



## HIIT Workout 4

Livesession: Donnerstag 01.04.21

Need: nix

By Christian

### Warm Up 10 min

30 sec Jumping Jack

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

### Part 1 6min

2x Push up

3x Squat

4x Sit up

### Part 2 R - 30 sec power, 15 sec rest

Squat Thrust

Standing Toe Tip (in Front & Back)

Squat Jack & reach

Mountain Climber

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Rest 60 sec

### Part 3 6 min

2x Lunge e/s

3x Planck roll e/s

4x Dips

### 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 2R

Camel Cow

Instep + Reach

Couch Stretch



## Functional Strength Workout 5

Livesession: Freitag 02.04.21

Need: 1 KB

By Fabrizo

### Warm Up (2 Rounds)

5 x Table Rocks

6 x Push ups

8 x Sit ups

30sec Quadruped Planche

12 x Prone Y on Floor

### Part I (3 Rounds.)

8-10 x 1-Arm KB/DB Farmers Press e/s

(20X1 = 2sec abwärts, 0sec. unten halten, eXplosiv aufwärts,  
1sec. oben halten)

10-12 x 1-Arm KB/DB Floor Press w opp limb raise e/s

(20X2 = 2sec. abwärts, 0sec. unten halten, 2sec aufwärts, 0sec.  
oben halten)

8-10 x Alternate 1-Arm KB/DB Curls e/s

(30X1 = 3sec abwärts, 0sec. unten halten, eXplosiv aufwärts,  
1sec. oben halten)

### Part II (3 Rounds)

100 x KB/DB Toe Taps

10 x DB/KB Burpees

80 x KB/DB Toe Taps

8 x Burpees

60 x KB/DB Toe Taps

### Part III (2-3 Rounds)

5 x Elevator Flutter Kicks

8 x Elevator 1-Arm DB/KB Curls e/s

8 x Elevator Chair Dips



## Functional Strength Workout 6

Livesession: Samstag 03.04.21

Need: 1 KB oder 1 DB

By Ingo

### Warm up:

3 Rds

30s March on Place (High Knee)

6 Alligator Push up

6 Cossak Squat e/s

30s Plank walk up

3 Inchworm

Instep + reach

### Part 1

Reps Time for 2 min

10 mt-climber

2 Burpee

### Part 2

12 min

5x KB Rack Cursty Squat e/s

5 x 1 Arm KB Rack Squat e/s

30 Halfway Squats

30s Rest

### Part 3

Reps Time for 2 min

10 mt-climber

2 Burpee

### Part 4

12 min

6x DB/KB L-Sit Press e/s

6 x KB Straight Arm Russian Twist e/s

6x KB Crossover Plank e/s

### Part 5

Reps Time for 4 min

10 mt-climber

2 Burpee

### Part 6

3 Rds

30 s Frontbridge

30s Kayaker

30s Hollow Hold

30s Floor Backextension