



Functional Strength Workout 1

Livesession: Montag 08.03.21

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

10 min

Kettlebell Kombi:

je 1 Rds - e/s

2 Split Stance Deadlift +
2 Split Stance KB Clean +
2 Split Stance Lunge +
2 Split Stance KB Press

Part 2

5R - 30 sec power, 15 sec Rest

Push up

Standing Toe Tip

Mountain Climber

Part 3

10min_(bei schwerem Gewicht evtl. Wdh Zahl skalieren)

Kong Komplex

15 x Bizep Curls

12 x High Pull

10 x Military Press

10 x Trizeps Press / Dips

Part 4

3R

30 sec Crap toe Touch

30 sec Russian Twist

30 sec Hollow hold

30 sec Back Extension

Part 5

2R

Camel Cow

Instep + Reach

Couch Stretch



HIIT Workout 2

Livesession: Dienstag 09.03.21

Need: Bodyweighth

By Christian

warm Up 8 min

30 sec March in Place/skipping
30 sec Tapping + Skip Stand
5x push up
20sec plank walk up
Instep to Pigeon

Part 1

10 min

Leg-Work- Kombi:

30s Twist Squat e/s + Squat jump
30s Reverse Lunge + Jump + Side Lunge
30s 3x Jump Lunge + 10 s Tapping
30s Rest

Part 2

1 Rds

30/30s Cursty Squat Finger Tips into 1-Leg Stand
60s Side Plank X RE (oberes Bein in Bewegung bringen)
30/30s 1-Leg DL Finger Tips
60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part 3

10min

30x Couch/Plank walk up
3x Clapping Push up (or Push up)
20x Eos
20x Flutter Kicks e/s

Part 4

1 Rds

30/30s Cursty Squat Finger Tips into 1-Leg Stand
60s Side Plank X RE (oberes Bein in Bewegung bringen)
30/30s 1-Leg DL Finger Tips
60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part 5

8 Rounds

30sec High Knee
30 sec Mountain Climber
30 sec Skater

30 sec rest

Part 6

2 Rds

Scorpion Stretch
Cat Cow

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 08.03. - 14.03.21



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 1

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 2

15 min AMRAP

1x Burpee

3x Squat

1x Burpee

2x Push up

2x Squat Jump

Part 3

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 4

2 Rounds

Instep into Pigeon

Cat Cow

Scorpion

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 08.03. - 14.03.21



HIIT Workout 4

Livesession: Donnerstag 11.03.21

Need: KB/DB oder kleine Gewichte

By Christian

Warm Up 8 min

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

Pyramide runter und hoch und runter ... 20min
60s Skippings for, side, back, side
12 DB/KB Goblet Squats
10 Manmaker
12 DB Front Squats
40s Skippings for
10 DB/KB Goblet Squats
8 Manmaker
10 DB Front Squats
30s Skippings for
8 DB/KB Goblet Squats
6 Manmaker
8 DB Front Squats

Und dann wieder beginnen mit letzem Abschnitt aber aufwärts rückwärts bei 8 DB Front Squat

Part 2

10 min
5x YT or. 6-way Shoulder
10 x Handwalk Push up e/s
15 x Harmstring Hell e/s
40 x Glute-leg-lift e/s

Part 3

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 12.03.21

Need: KB , DB

By Fabrizo

Warm Up (8 min.)

3 x YT-Shoulder Movement
8 x Squats
8 x Situps
3 x Thorasic Bridge e/s
Instep & Reach

Part 1

30 min EMOM

1. Min.: 5 – 10 x KB/DB Snatches oder (Clean and Push Press)
e/s
 2. Min.: 3 – 5 x KB/DB Clean Squat e/s
 3. Min.: 5 x KB/DB Gorilla Row to Plank e/s
- Start over after 3rd Minute

Part 2

12 min

2 x KB/DB Turkish Get Up (right)
15 x KB/DB Swings
2 x KB/DB Turkish Get Up (left)
15 x KB/DB Swings
90/90 Stretch

Part 3

ABS (3 Rds)

30s/10 (30 sec work/ 10 sec rest)
Reverse Tuck
Weighted Sit Ups
Side to Side
Kayaker

Part 4 Rest

10 x Floorback Extension
5 x Cat & Cow
3 x Scorpion Stretch e/s



HIIT

Livesession: Samstag 13.03.21

Need:

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

6 to 1
Jumping Squats
Thruster
Grizzly walk (1 Grizzly = 4 Steps For- and Backward)
2x Kayaker e/s
2x Burpees

Part 2

10 Rds
30s fast Stepup or Lunges
30s (10s halfway Push ups + 20s Push ups)
30s Rest

Part 4

1 to 6
Jumping Squats
Thruster
Grizzly walk (1 Grizzly = 4 Steps For- and Backward)
2x Kayaker e/s
2x Burpees

Part 3

10 x Floorback Extension
5 x Cat & Cow
3 x Scorpion Stretch e/s