



## Outdoor Lauf Workout 1

Livesession: Ostermontag 05.04.21

Need: nur gesunde Beine

By Ingo

### Warm up

4 Rds

200m Run,

10 Squats,

3 Squat jump

instep+rech

### Part 1

5 min lockers laufen + Anfersen, Skippings,  
Sidesteps

danach:

8 Rds

-every 2:00min-

150m schnell laufen + 6 Touch jump Touch

verbleibende Zeit von diesen 2 min locker laufen  
oder gehen

### Part 2

3 Rds

20/20 Standing Founder

3x Lunge + Twist e/s (etwa 3 halten)

20/20 Low Back Lunge, lockeres auslaufen

10min anschließend selbständig dehnen.

Core Sportclub presents:

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## HIIT Workout 2

Livesession: Dienstag 06.04.21

Need: DB

By Christian

### Warm up

3 Rds

(Dual)Bottoms Up KB Rack Carry ca. 30s

10x Scapular Push Ups on Elbows

20s Flutter Kicks

Frog Pump

10 Rocks

Instep + reach

### Part 1

20 min EMOM

Min 1: 60s Skippings fw,bw sw

Min 2: 8 DB Deadlifts + 8 DB Front Squats

Min 3: 8 Hollow Body Single Arm Floor Press e/s

Min 4: 4/4 Devils Press

### Part 2

6 Rds EMOM

20 Skippings

1 BP + 1 Touch jump Touch

### Part 3

6 Rds

30s Towl Deadlift

30s Towl Row

30 s Rest

### Part 4

6 Rds EMOM

20 Skippings

1 BP + 1 Touch jump Touch

### Part 5

6 min.

8 x 1-Leg Hip Bridge e/s

5 x Bird dogs e/s

3 x Shoulder Sweep

3 x Standing Back extension

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## HIIT Workout 3

Livesession: Mittwoch 27.01.21

Need: nix

By Lena

### Warm Up 12 min

30 sec Juming Jack

3x Burpee

5x Squat

5x Squat Jump

5x Push up

5x Planck Walk up e/s

Instep Strech

### Part 1

10 R

30 sec 4x high knees + 4x mountain climber

30 sec Rest

### Part 2

10R

30 sec Jump Touch Jump

10 sec Dips

10 sec Rest

### Part 3

10 min

6x Push up toe tip

10x Side Bridge + Crunch e/s

6x Bird Dog e/s

10x Back Extension

### Part 4

2R

Scorpion Stretch

Hip flex Complex



## HIIT Workout 4

Livesession: Donnerstag 28.01.21

Need: nix

By Christian

### Warm up

3 x Pump Stretch  
3 x Instep & Reach /r  
3 x Instep & Reach /l  
3 x 3rd World Stretch into stand  
3 x Thoracic stretch e/s  
1x TGU e/s

### Part 1

3Rds  
5 TGU e/s  
16 Rocks

### Part 2

16 min  
20 Skippings  
1 BP + Touch jump Touch  
60s Rest nach 4, 8, 12 min

### Part 3

16 min  
5 x Front Lunges e/s  
5 x Back Lunges e/s  
5 x Jumping lunges e/s  
6 x Plank Arm raise e/s  
6 x Plank Leg raise e/s  
3 x Diag. Plank Arm + Leg raise e/s  
6 x elev. Hip Bridges  
3 x elev. 1-Leg Bridges e/s

### Part 4 (max. 10 min.)

20/20 Standing Founder  
10 x 1-Leg Hip Bridge  
6 x Bird dogs e/s  
3 x Floor Angle  
10 x Floorback extension



## Functional Strength Workout 5

Livesession: Freitag 29.01.21

Need: 1 KB

By Fabrizo

### Warm Up (8 min.)

Lunge Complex e/s

6 x Goodmornings

6 x Situps

4 x Hand Release Push ups

5 x 6 Way Shoulder

Instep & Reach

### Part 1

35 Min.

(40/20)

Goblet KB/DB Invisible Chair Step ups

KB/DB Deadlift to Jump Squat

KB/DB Overhead Front/Back Lunge altn. Side

20/20 KB/DB 1-Leg Deadlift

Goblet KB/DB Cossak Squats

KB/DB American Swings

20/20 KB/DB weighted 1-Leg Glute Bridges

### Part 2 (8 Min.)

20 – 16 x KB/DB Russian Twist with Stop

6 x KB/DB 1-Arm Sit up e/s

10 x KB/DB Grizzly Hold and Pull Trough

10 x Star Crunch

### Part 3 (remaining Time)

20/20 Standing Founder

5 x Bird Dogs e/s

3 x Scorpion Stretch e/s

Inchworm Stretch

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## HITT Workout 6

Livesession: Samstag 30.01.21

Need: DB oder Wasserflasche

By Christian

Warm up

10min

30s Skippings

3x Inchworm

8x (Towel)OHS

8x (Towel) Crunch/ Sit up

4x Lunge e/s

3x Floor Slide

Hip Flexor + Instep

Part 1

20min.

5x Mr. Spectacular+Thruster

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

5x (Towel) OHS

5x Burpees (Squat Jump/Thrust)

30s 90 Squat sit

Part 2

4R

20s Sit ups

20s Flutter Kicks

20s Toes to Sky

20s 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 Streck/Cool Down/Talk