



## Functional Strength Workout 1

Livesession: Montag 12.04.21

Need: Handtuch

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 Slow Motion Push up

30s Towl Pull in Squat Position

### Part 2:

8 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

+ Gimmicks 😊

### Part 3: 12 min

30s Towl Deadlift (oder Gaddeschlauch)

30s Towl Row

8 Squat jump

8 Dips

30 s Rest

### Part 4:

8 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

+ Gimmicks 😊

### Part 5

4 Rds

20 / 20 Side Bride

20er Harmstring Hell e/s

30 sec Supermanhold

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## HIIT Workout 2

Livesession: Dienstag 13.04.21

Need: Bodyweighth

By Christian

Warm up 10 min

30 sec run in place/jumping Jacks

10x Squats

10x Lunges

7x Sit up

5x Push up

Instep stretch

Part 1

4 rounds

30 sec Power, 15 sec Rest (16min)

push up + toe touch

high knee

kick trough

3x jumping jack into high plank

crab toe touches

1min rest

Part 2

2 rounds

Shoulder blaster

Part 3

Sally - Squat

Part 4

4 Rounds

30 sec mountain climber

10x EO´s e/s

10x Toe´s to sky

30 sec side bridge e/s

Part 5

2 rounds

Instep to Pigeon

Scorpion

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## HIIT Workout 3

Livesession: Mittwoch 14.04.21

Need: nix

By Lena

Warm Up 12 min

30 sec March in Place/Jumping Jack different styles

30 sec Mountain climber

10x Squat

5x Push up

3x (1x Burpee+1x reverse Burpee)

Instep into Pigeon

### Part 1

4 Rds

30 sec POWER 15 sec REST

Jump Jack Burpee

Criss Cross Squat

Push up + Knee Tab

4x Ankle Touch 4x butt Kicks

Crab and reach

Mountain Climber

1min Rest

### Part 2

3 Rds

30 sec Back Extension

30 sec Bird Dog

30 sec Front Bridge (+ Hip Dips)

30 sec EOs

30 sec Roll in

30 sec Hollow Hold

30 sec Rest

### Part 3

2 Rds

Squat and reach

Cat Cow

Walk the dog into cobra



## HIIT Workout 4

Livesession: Donnerstag 15.04.21

Need: nix

By Christian

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

### Part 1

8min  
6x 1-Leg Deadlift e/s – auch ohne Gewicht als Standwaage  
6x Cursty Squat e/s  
12x ½ Squat Hops

### Part 2

12 min 30 sec power, 15 sec rest  
Push up  
Standing Toe Tip (in Front & Back)  
Squat Jack & reach  
Mountain Climber

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Rest 60 sec

### Part 3

10 min  
10 toes to sky  
30/30/30 Ab Bridge Complex  
40 Flutter Kicks  
5x kneeling Slasher to helo e/s

### 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

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 16.04.21

Need: 1 KB , DB

### Warm Up (8 min.)

15sec/15sec 1-Arm KB/DB Over Head Hold e/s  
6 x Renegade Row and rotation (without weight) e/s  
8 x Situps  
4 x Hand Release Push ups  
Instep & Reach

### Part I(EMOM) 28 Min.

(40/20)  
KB/DB altn. Shoulder Z-Press e/s  
KB/DB altn. Gorilla Rows e/s  
KB/DB altn. Kneeling Slasher to Halo  
KB/DB kneeling Over Head Triceps Extension  
KB/DB Diamond Push ups  
KB/DB Half kneeling 1-Arm Shoulder Press e/s  
KB/DB Squat Bicep Curls

### Part II (For Time)

80 KB/DB Toe Taps  
Then-  
3-4-5-6-7  
Grizzly Walk ( 1 rep = 4 Steps forward/ 4 Steps Backward)  
KB/DB Hollow Pull Over  
Then-  
80 KB/DB Toe Taps  
Then-  
3-3-2-2-1-1  
KB/DB Turkish Get ups (1 rep = 1 Turkish Get up each side)  
Inchworm Stretch  
Then-  
80 KB/DB Toe Taps

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## Functional Strength

Livesession: Samstag 17.04.21

Need: DB oder Wasserflasche, KB

### Warm up (3 Rds)

6 x Alligator Push up

6 x Kossak Squat

20 x Squats

8 x Plank walk up

3 Inchworm

Instep & Reach

### Part I (15 min.)

10 x KB Deadlift pull catch squat press

12 x KB Swings

12 x Push up into Crossover plank

### Part II (15 min.)

10 x Lateral Lunge DB Switches

10x 1 1/4 KB Floor press e/s

10 x Chainsaw KB Rows e/s

### Part III (8 min.) AMRAP

5 x Burpees

7 x Toes to Sky

9 x Squats

### Part IV (4 Rds)

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension