

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 19.04. - 25.04.21



Functional Strength Workout 1

Livesession: Montag 19.04.21

Need: Handtuch

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 1 - Arm lunged 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 20.04.21

Need: Bodyweighth + KB

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:

12 min

4 x 1- Leg Screw Press e/s

4 x Loaded Goblet Squat Jump (Jedes Mal langsam ass to grass und dann so hoch springen wie möglich)

30 s rest

Part 2

12 min

4x Deadlift (im Club auf Technik, zuhause 1-Leg DL)

4x Scotty Bob

Floor Angel

Part 3

4 Rounds

30 sec mountain climber

10x EO`s e/s

30s Burpee

10x Toe`s to sky

30 sec side bridge e/s

Part 4

2 rounds

Instep to Pigeon

Scorpion

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HIIT Workout 3

Livesession: Mittwoch 21.04.21

Need: nix

By Lena

Warm Up:

12min

30 sec Jumping Jack

30 sec Jumping Hip Twist

10x Squat

5x Push up

5x Jumping Squat

10 Eos e/s

3rd World stretch

Part 1

20 Min Barbell Complex

6x Dead Lift

6x Row

6x Clean

6x Front Squat

6x Push Press

6x Back Squat

6x Push up

Instep strech

Part 2

3 Rounds

30sec Burpees

15 sec rest

30 sec Jumping jack (+touch the Floor / Flying Star)

15 sec rest

30 sec Montain climber

15 sec rest

30 sec High Knee

60 sec rest

Part 3

2-3 Rounds

10x Back Extension

10x Butterfly

10x Flutter Kicks e/s

10x Bicycle Crunch e/s

30sec Hollow Hold

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HIIT Workout 4

Livesession: Donnerstag 22.04.21

Need: nix

By Christian

Warm up 10min.

20s Jumping Jacks

8x Squats

6x Push ups

10x Bicycle Crunch e/s

4x Lunge e/s

Mobility Drill

Part 1)

13R

xRx1 Push up (1-7-1)

xRx2 Lunge e/s (2-14-2)

xRx3 Sit ups (3-21-3)

xRx4 Shoulder Press (4-28-4)

Part 2)

5R

20s Touch Jump Touch

20s Rest

Part 3)

4R

20/20 Founder

10x Floor Back Ext.

30/30 Side Bridge

15er Hamstring Hell + Kicks e/s



Functional Strength Workout 5

Livesession: Freitag 23.04.21

Need: 1 KB , DB

By Fabrizio

Warm up (3 Rds)

5 x Roll-over into V-Sit

8 x Pushups

8 x Squats

8 x Situps

Instep & Reach

Part I (15 min.)

10 - 12 x Squat Biceps curl to hinge row

6 – 8 x Half Kneeling KB Botton up Shoulder press e/s

8 - 10 x Push up into Plank and pull trough

Part II (15 min.)

10-12 x KB/DB Clean + Push press (Snatches) e/s

10-12 x rotational Thruster e/s

12-14 x up & down explosive KB DL

Part III (8 min.) AMRAP

2-4-6-8-10-12 ...(+2 reps per round)

Toes to Sky

Burpee

Part IV (remaining Time)

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



Functional Strength

Livesession: Samstag 24.04.21

Need: DB oder Wasserflasche, KB

Warm Up (8 min.)

20sec/20sec 1-Arm KB/DB Over Head Hold + walk e/s

6 x Renegade Row and rotation (without weight) e/s

8 x Situps

4 x Hand Release Push ups

Instep & Reach

Part 1(EMOM) 25 Min.

(40/20)

KB/DB Half kneeling 1-Arm Botom up Shoulder 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 Renegade Manmaker

Part 2 (For Time)

30 Step ups or 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-

30 Step ups or 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-

30 Step ups ore 80 KB/DB Toe Taps

Part 3

3 Rds

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension