



## Functional Strength Workout 1

Livesession: Montag 26.04.21

Need: Handtuch

By Ingo

Need: KB / DB / Wasserflaschen

By: Ingo

Warm Up (8 Rounds or 8min.)

8 x Squats

6 x Push ups

8 x Sit ups

Instep Stretch

Part 1 (3 Rounds or 15 min)

8 x Heartbeat Squat

8 x KB/DB Push Press (Left)

8 x KB/DB Bent over Row (Left)

8 x Heartbeat Squat

8 x KB/DB Push Press (Right)

8 x KB/DB Bent over Row (Right)

Part 2(3 Rounds or 10 min.)

8 Pike Pushups

20 x weighted Butterfly reverse (leichtes Gewicht max.4 Kg  
oder eine 1,5 Liter Flasche Wasser)

- optional 40 Butterfly reverse (ohne Gewichte)

Part 3 (20 min.)

15 x KB/DB Sumo Deadlift into High Pull

10 x Burpees

2 x Turkish Get ups e/s



## HIIT Workout 2

Livesession: Dienstag 27.04.21

Need: Bodyweighth + KB

By Christian

### Warm up

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

### Part 1

4 Rds  
Mini-Leg Blaster  
10 x Squats  
5 x Lunge e/s  
5 x jumping Lunges  
5 x jumping Squat  
30s Rest

### Part 2

4 Rds  
20s Tappings  
20s Push up

### Part 3

20min  
Bis min 10 je 1 Wdh dazu ab min 10 je eine Wdh runter  
Grizzly walk (1 Grizzly = 4 Steps For- and Backward)  
Skippings (1 Skip = 1RE+1xLI=  
Dips x 2

### Part 4

4 Rds  
20s Plank walk up  
20s Push up

### Part 5

4Rds  
Mini-Leg Blaster  
10 x Squats  
5 x Lunge e/s  
5 x jumping Lunges  
5 x jumping Squat

### Part 4

2 Rds  
5 x 6-way Shoulder  
4 x Scorpion stretch  
5 x Mantis stretch  
3 x Crossed Harmstring stretch

Core Sportclub presents:

WEITER GEHT'S WORKOUTS 26.04. - 02.05.21



## HIIT Workout 3

Livesession: Mittwoch 28.04.21

Need: nix

By Lena

Warm up 12 min

30 sec run in place

10x shining star

10x Squat

7x Sit up

5x Push up

Instep stretch

Part 1

4 rounds

30 sec Power, 15 sec Rest (16min)

Burpee

Plank Walk up + 1x Knee zum Elbow e/s

Squat+ kick

Push up + toe touch

High knee

Hollow hold

1 min rest

Part 2

2 rounds

Shoulder blaster

Part 3

Sally - Squat

Part 4

3 Rounds

30 sec mountain climber (slow)

30 sec EO's e/s

30 sec Toe's to sky

30 sec side bridge e/s

30 sec Rest



## HIIT Workout 4

Livesession: Donnerstag 29.04.21

Need: nix

By Christian

### Warm Up 12 min

30 sec March in Place/skipping

30 sec Jumping Jack

10x squat

5x push up

20sec plank walk up

Instep to Pigeon

### Part 1 8min

3x Dips

3x Elevated Push up

2x Clapping Push up

8x Toes 2 sky

### Part 2 8 min

3x Bulgarian split squat

3x Squat Jumps

3x 1-Leg DL e/s

### Part 3 3 Rounds

30sec High Knee

15 sec rest

30 sec Jumping jack

15 sec rest

30 sec Mountain climber

15 sec rest

30 sec Skater

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60 sec rest

### Part 4 2 Rounds

25x Jane Fonda

10x L-S-E-R

### Part 5 2 Rds

Scorpion Stretch

Cat Cow



## Functional Strength Workout 5

Livesession: Freitag 30.04.21

Need: 1 KB , DB

By Fabrizio

### 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

28 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



## Functional Strength

Livesession: Samstag 01.05.21

Need: DB oder Wasserflasche, KB

### 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