



## Functional Strength Workout 1 – Hybrid online

Livesession: Montag 03.05.21

Need: Handtuch KB or DB

By Ingo

Warm up 10min  
30s March in Place  
3x Inchworm  
8x (Towel)OHS  
8x (Towel) Crunch/ Sit up  
4x Lunge e/s  
3x Floor Slide  
Hip Flexor + Instep

### Part 1 12min.

5x Mr. Spectacular+Thruster  
5x Cursty Squat e/s  
5x Burpees or Squat Jump  
8-12x Row (@towel/Kiste/ Flaschen sonstiges)

### Part 2

16 min  
5 x Front Lunge / Back Lunge  
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 3

3Rds  
Je 40 sec.  
Plank hold  
Mantis  
Dead Bugs - alternated  
Side Bridge RE  
Side Bridge LI  
20/20 kneeling Founder



## HIIT Workout 2 – Hybrid online

Livesession: Dienstag 04.05.21

Need: Bodyweighth

By Christian

### Warm up

2 Rds

3x Inchworm

8 Rocks

3x Thorasic Bridge e/s

3 Rds

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

### Part 1

4 Rds

40 sec

Plank hold

Mantis

Dead Bugs - alternated

Side Bridge e/s

### Part 2

16min

8 x Squats

6 x Skater e/s

4 x Side Jumps + hold e/s

4 x Squat jumps

8 x Couch walk up

6 x Couch Dips

4 x Push up

4 x Alligator Push up

### Part 3

4 Rds

40 sec

Plank hold

Mantis

Dead Bugs - alternated

Side Bridge e/s

### Part 4

2 Rounds

10 Rocks

Hip Flexor Strech

Scorpion Strech



## HIIT Workout 3 – Hybrid online

Livesession: Mittwoch 05.05.21

Need: nix

By Lena

Warm up 12 min

30 sec run in place

30 sec Jumping Jack (diff. Variations)

5x Squat

5x Push up

5x Squat thrust

30 sec Front Bridge

Instep

### Part 1

20 min

15 Squat

10 Burpee

15 EOs / Bicycle Crunch

10 Burpee

15 Lunges e/s

10 Burpee

15 Dips

10 Burpee

10m Bear Crawl

10 Burpee

15 Dips

10 Burpee

15 Lunges e/s

10 Burpee

15 EOs / Bicycle Crunch

10 Burpees

15 Squat

### Part 2

10-12 min

10x Back Extension

10x mountain climber + leg twist e/s

5x Bird dog

5x Front bridge + twist

15x Hamstring to hell

### Part 3

2 R

Instep to Pigeon

Scorpion Stretch

Cat Cow



## HIIT Workout 4 – Hybrid online

Livesession: Donnerstag 06.05.21

Need: nix

By Christian

### Warm up

A: Movement Prep

B: 3 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

### Part 1

6 to 12 to 6

Squat Jumps

Thruster (DB; Flaschen ...)

FF / BW / SW Skipping (pro Seite also doppelte Anzahl)

Grizzly walk (1 Grizzly = 2 Steps For- and Backward)

Falschrum Burpees

### Part 2

10min

10 x Hamstring Hell e/s

2 x Calve Raise 10/10 sec Hold

30 sec Wall Sit

30 sec Superman Hold

30 sec Hollow Hold

### Part 3

2-3R

20 sec. Frontbridge

10 x Kayaker e/s

10 x Good Mornings

Scorpion stretch



## Functional Strength Workout 5

Livesession: Freitag 07.05.21

Need: 1 KB , DB

By Fabrizio

### Warm Up (8 min.)

10 x Prone Shoulder Extension to swimmer e/s

8 x Situps

5 x Forward/Backward Lunges e/s

4 x Alligator Push ups e/s

Instep & Reach

### Part 1

15 min.

6 KB/DB Clean e/s

9 KB/DB Over Head Squats e/s

12 KB/DB Push Press e/s

1 Grizzly stop walk (4 Steps forward + 10 Shoulder Taps then 4 Steps backward + 10 Shoulder Taps)

### Part 2

20 min

10 x KB/DB Horn Biceps Curls

4-6 x KB/DB Off Set Push ups e/s

20 KB/DB Russian Twist e/s

5 x Turkish Get ups – (Wechsel des Arms nach einem kompletten Durchlauf)

- optional 10 x Over Head Lunges (Wechsel des Arms nach einem kompletten Durchlauf)

10 x Burpees

### Part 3

Ladder (8 min):

3-6-9-...

KB/DB Sumo Deadlift into High Pull

KB/DB Goblet Squat

KB/DB Gorilla Row

Core Sportclub presents:

WEITER GEHT`S WORKOUTS 03.05. - 09.05.21



## Functional Strength

Livesession: Samstag 08.05.21

Need: nix

### Warm UP 8 Min

30 sec Skippings + Lunge  
30 sec Jumping Jack  
8x Squat  
8x Push up  
8x Plank Walk up e/s  
Instep to Pigeon

### Part 1 20 Min

11 Push ups  
22 dips  
33 Squats  
44 Lunges  
55 sit ups  
66 sec wall sit

### Part 2 10min

10 min  
30 sec Touch jump Touch + 1 BP  
30 sec Rest

### Part 3 3 Rounds

Instep into Pigeon  
2x Jefferson stretch into back extention  
3x Floor Angel  
3x windmill