



Online Hybrid - Functional Strength Workout 1

Livesession: Montag 10.05.21

Need: 1 KB ; 1 DB

By Ingo

Need: KB / DB

By: Ingo

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 (90/90)

Part 1

12 min

6x Contralateral Dumbbell Overhead Split Squat (2110) e/s

30s 1- Arm Plank Hold e/s

30s Rocks

Part 2

12 min

12x Dumbbell Hip Thrust

6x Single Arm Seated Arnold Press (31X0);

30 s Floor Angel

Part 3

3 Rds

Mini Leg Blaster

Part 4

3 Rds

Shoulder Blaster

Shoulder sweep

Part 5

3 Rds

Mini Leg Blaster

Part 6

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch

3 x Crossed Hamstring stretch



Online Hybrid - HIIT Workout 2

Livesession: Dienstag 11.05.21

Need: Bodyweighth

By Christian

Warm up 10min.

20s Jumping Jacks
3er Lunge Complex
3x Alligator Push up e/s
10x Sit ups
10x Squats
Instep + reach

Part 1 20min.

5x Cursty Squat e/s
20s 1-Leg Deadlift e/s
20s 1-Leg Hip Bridge 10/10
20s Pike Push ups

Part 2

60x 1-Arm Thruster 30/30 + 5 Burpees (3 Manmaker) + 30
(weigthed) Lunges 15/15

40x 1-Arm Thruster 20/20 + 5 Burpees (3 Manmaker) + 20
(weigthed) Lunges 10/10

20x 1-Arm Thruster 10/10 + 5 Burpees (3 Manmaker) + 10
(weigthed) Lunges 5/5

Part 2 4R (8min.)

25x Jane Fonda
10x L-S-E-R
Scorpion Stretch
Cat Cow



Online Hybrid - HIIT Workout 3

Livesession: Mittwoch 12.05.21

Need: nix

By Lena

Warm Up 12 min

30 sec Heel to Butt
30 sec Jumping Hip Twist
5x Squat
5x Push up
3x Lunge e/s
30 sec high plank
Instep

Part I 12 min

8x Bulgarian Split Squat e/s
8x Side Lunge (total)
8x Jumping Lunge (total)
8x Squat
8x EO's/Bicycle Crunch e/s

Part II Oberkörper 10 min

8x Push ups
8x Dips
8x Aligator Push ups
8x Plank walk up
10x Back Extension

Part III Rumpf 3 Rounds (inbetween 10 sec Rest)

30 sec Jumping Jack + Knee raise
30 sec Squat Trust + Jump
30 sec Bench Toe Tip
30 sec Mountain Climber
60 sec Rest

Part IV Stretching 5min

Instep into Pigeon
Couch Stretch
Calf Stretch
Pec Stretch
Cobra



ZUHAUSE Workout 4

Vaddertach - Aua

Donnerstag 13.05.21

Need: du dich selbst, hau rein

Wo: Zuhause

By Ingo

Warm Up

4 Rds,
8 Squat,
8 Plank walkup,
instep stretch + reach

Part I 2 Rds

30 sec Front Bridge
30 Jumping jack
8 Push up
12 Squats
12 Bird Dog
30 Mountain climber
30 High Knee
30 Lunges
15 Burpees

Part II 2 Rds

8 jingle jangle
200m schneller Lauf
200m lockerer Lauf
2min Rest

Part III 2 Rds

40 sec Front Bridge
40 Jumping jack
12 Push up
20 Squats
20 Bird Dog
40 Mountain climber
40 High Knee
40 Lunges
20 Burpees

Part IV Stretching 5min

Instep into 90/90
Couch Stretch
Calf Stretch
Pec Stretch
Cobra



Functional Strength Workout 5

Livesession: Freitag 14.05.21

Need: KB , DB

By Fabrizo

Warm Up (8 min.)

5 x Lunges e/s

14 x 1-Leg Hip Thruster (7/7)

10 sec. KB/DB Goodmorning Hold

10 sec. Side Bridge e/s

4 x KB Swings

3 x Inchworm

Part I (12 min.)

8 x 1-Leg KB/DB Deadlift e/s

(3110 = 3sec abwärts, 1sec. unten halten, 1sec. aufwärts,
0sec. oben halten)

8 x KB/DB Suitcase long step Lunge e/s

(30X0 = 3sec. abwärts, 0sec. unten halten, eXplosiv
aufwärts, 0sec. oben halten)

Pigeon Stretch

Part II (12 min.)

10 x KB/DB Hip Thrust

(20X2) Last Rep 15 sec. hold in upper Position

10 x KB/DB Goblet 1 ¼ Squat

(2110)

Instep Stretch

Part III (12 min. EMOM = Every Minute On the Minute)

1st. Min. – 20 x KB/DB Swings

2nd. Min. – 5 x KB/DB Front Rack Backlunge into high
knee and shoulder press e/s

3rd. Min. – 30 sec. KB/DB hollow flutter kicks

After 3rd. Min. repeat, so you will get 4 Rounds in 12 min.



Online Hybrid - HIIT

Livesession: Samstag 15.05.21

Need:

Warm up

3 Rds
3 x Inchworm
3 x Standing Backextension
10 Squat
5 Lunge+ Twist e/s
5 Push up
Instep + reach

Part 1 3 Rds

40 sec Plank walk ups
40 sec Flutterkicks
40 sec Seated knees to chest raises

Rest 60 sec

Part 2 3 Rds

40 sec Sphinx press
40 sec push ups altern. diag hand to foot
40 sec Plank altern. Knee to hip rotation

Rest 60 sec

Part 3 3 Rds

40 sec U to Y (with towel or band)
40 sec Pike press
40 sec Burpee

Part 4 6 Rds
30s jingle jangle or TjT
20s Rest

Part 5 2 Rds
20/20 Standing Founder
R / Instep Stretch + Instep & Reach
Into 3rd-World Stretch +
L / Instep Stretch + Instep & Reach
Toe touch Complex 1/1/1
Scorpion Stretch