



Hybrid - Functional Strength Workout 1

Livesession: Montag 17.05.21

Need: 1 KB ; 1 DB

By Ingo

Need: KB / DB / Band

By: Ingo

Fokus: Bench Press

Warm Up:

2 Rds

8x Banded Press

8x Scapular Push Ups

5x Banded Push Ups

30sce Foam Roll Stretch

30sce Superman

8x Heartbeat Squat

Part 1 20min.

6x Floor Press e/s

6x Deadlift single-leg

6x Bench Dips

8x Sit – Ups

5x Floor Slide

Part 2

12min

5x Bench Press

12 x Face Pull

Shoulder sweep

Part 3

4 Rds

30/10

Russian Twist

Alterming Heel Touch

Flutter Kicks

Cursty Squat



Hybrid -FS Workout 2

Livesession: Dienstag 18.05.21

Need:

By Christian

Warm up:

8min

30s Skater Band Walk

10 Theraband Goblet Squats

10 Scap Pull Up

Instep stretch

Part 1

**A1) Front Rack Drop Lunge: 30X0; 16-20reps
alternating legs; rest 75sec x 3 Sets**

**A2) Bent over Row: 8-10reps; rest
75sec x 3 sets**

**B1) Dual KB Front Squat 8-10reps; rest 75sec x
3 sets**

**B2) Incline Bench DB Prone Row: 30X1; 8-12reps;
rest 75sec x 3 sets**

Part 2

7min AMRAP

5 Lunges/leg

7 Box Jump Step Down

9 Ring Rows

rest 3mins

Part 3

7mins AMRAP

5 Burpees

7 Toes to Sky

9 Squats



Hybrid - HIIT Workout 3

Livesession: Mittwoch 19.05.21

Need: nix

By Lena

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

Pyramide runter und hoch und runter ... 20min

60s Skippings for, side, back, side

12 DB/KB Goblet Squats

10 Manmaker

12 DB Front Squats

40s Skippings for

10 DB/KB Goblet Squats

8 Manmaker

10 DB Front Squats

30s Skippings for

8 DB/KB Goblet Squats

6 Manmaker

8 DB Front Squats

Und dann wieder beginnen mit letzem Abschnitt aber aufwärts rückwärts bei 8 DB Front Squat

Part 2

10 min

5x YT or. 6-way Shoulder

10 x Handwalk Push up e/s

15 x Harmstring Hell e/s

40 x Glute-leg-lift e/s

Part 3

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch

3 x Crossed Harmstring stretch



Hybrid Workout 4

Donnerstag 20.05.21

Need: By Ingo

warm Up 8 min

30 sec March in Place/skipping

30 sec Tapping + Skip Stand

5x push up

20sec plank walk up

Instep to Pigeon

Part I 5 Rds

Schwerpunkt: Beinachsenstabi + Beinkraft

Leg-Work- Kombi:

30s Twist Squat e/s + Squat jump

30s Reverse Lunge + Jump + Side Lunge

30s 2xjump Lunge + doppel Jump

30s Rest

Part II 1 Rds

Balance nach Kraft

30/30s Cursty Squat Finger Tips into 1-Leg Stand

60s Side Plank X RE (oberes Bein in Bewegung bringen)

30/30s 1-Leg DL Finger Tips

60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part III 8min

20x Couch/Plank walk up

2x Clapping Push up

20 Eos

20 Flutter Kicks

Part IV 1 Rds

Balance nach Kraft

30/30s Cursty Squat Finger Tips into 1-Leg Stand

60s Side Plank X RE (oberes Bein in Bewegung bringen)

30/30s 1-Leg DL Finger Tips

60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part V 4 Rounds

30sec High Knee

15 sec rest

30 sec Mountain climber

15 sec rest

30 sec Skater

30 sec rest (weniger Pause als beim letzten mal)



Hybrid FS Workout 5

Livesession: Freitag 21.05.21

Need: KB , DB

By Fabrizo

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 I (12 Min.)

4-6 x KB/DB Tall Kneeling Shoulder Press e/s (30X0)

10 x KB/DB Tall Kneeling Pull Catches (21X1)

5 x KB/DB Tall Kneeling half Halo to triceps
extension e/s

Part II (5 Rounds)

(40/20)

KB/DB altn. 1-Arm clean into reverse Lunge

KB/DB Jumping DL to DL pull catch

KB/DB altn. lateral 1-Leg DL switches

Part III (12 min)

10 x altn High knee KB/DB transfer

10 x KB/DB Plank reaches

5 x Lunge Hold KB/DB transfer e/s

5 x 1-Leg DL KB/DB transfer e/s



Hybrid – HIIT Workout 6

Livesession: Samstag 22.05.21

Need: KB / DB / BB

By: Fabrizio

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.