



## Hybrid -FS Workout 2

Livesession: Dienstag 25.05.21

Need:

By Christian

### Warm up:

8min

30s Skater Band Walk

10 Theraband Goblet Squats

10 Scap Push Up

Instep stretch

### Part 1

2 Rds

20 DB // BB Hang Squat Cleans

20 Burpees over DB//BB

### Part 2

7 Rds

14 Goblet Squats

14 alt. Gorilla Rows e/s

(zuhause: 20 Squats + 20 Pushups)

### Part 3

2 Rds

20 DB // BB Hang Squat Cleans

20 Burpees over DB//BB

### Part 4

8 min

5 x banded Lunge Push Out

7 x Kayaker

9 x TRX Rows



## Hybrid - HIIT Workout 3

Livesession: Mittwoch 26.05.21

Need: nix

By Lena

Warm up 10 min

30 sec run in place

10x shining star

7x Sit up

5x Push up

Instep stretch

Part 1 4 rounds 30 sec Power, 15 sec Rest (16min)

Plank Walk up + 1xKnee zum Elbow e/s

Squat+ kick

Push up + toe touch

Hollow hold

1 min rest

Part 2 2 rounds

Shoulder blaster

3x Floor Angel

Part 3

Sally - Squat

Part 4 4 Rounds

30 sec mountain climber

10x EO's e/s

Toe's to sky

30 sec side bridge e/s

Part 5 2 rounds

Standing back extension

Instep to Pigeon

Couch stretch



## Hybrid - HIIT Workout 4

Livesession: Donnerstag 27.05.21

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

8 min

16 x Kang Squats

14 x Cossack Squats

12 x Ice Skater

### Part 2

3 Rds

30 sec Tabletop toe grabs

30 sec Dynamic Plank

30 sec Knee Touch Twist

30 sec Side Plank Knee to Elbow e/s

30 Rest

30 sec Flutterkicks

30 sec Toes to sky

30 sec Heel Taps

30 sec Side Plank roll

30 sec Plank Crunch

30 Rest

30 sec Alternate Toe Touch

30 sec Bicycle Crunch

30 sec Reverse Crunch

30 sec Side Crunch

30 sec Mountain Climber

### Part 3

2 Rds

20/20 St. Founder

8 x 1-Leg Hip Bridge e/s

5 x Bird dogs e/s

3 x Shoulder Sweep

3 x Standing Back extension



## Hybrid FS Workout 5

Livesession: Freitag 28.05.21

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 1

4 Rds

3x In-Place Lunge with Barbell e/s in Front Squat

Narrow Grip

Elevated Pigeon Stretch

### Part 2

10 Rds

3x 1-Arm DB /KB Clean + Press + OVH Lunge e/s

12x Hippy Hops

3/6x Clapping Push Ups (or 12 Push ups)

### Part 3

4 Rds

3x In-Place Lunge with Barbell e/s in Back Squat

Position

Elevated Pigeon Stretch

### Part 4

4 Rds

30s Plank Holds

30s Bearcrawls

30s Frontbridge

30s Hollow Hold

30s Rest



## Hybrid – HIIT Workout 6

Livesession: Samstag 29.05.21

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 1

20 Minute Grind ...

10x DB Crawl

5x Standing BB Russian Twist e/s

5x SB Toss & Case

### Part 2

20 Minute Grind ...

3x Lunged Bottom up Press e/s

5x Kneeling Plate Half Moon

3x SB Clean & Squat e/s

### Part 3

8 min

5 x Heartbeat Curty Squat

5 x Lunge Hold KB/DB transfer e/s

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