



Hybrid -FS Workout 1

Livesession: Montag 07.06.21

Need: DB/KB/BB

By Ingo

Warm up (3Rds)

3 x Thorasic Bridge e/s

10 Squats

8 Push ups

6 Situps

3 x Plank into Instep to Squat t-spine rotation

Part 1

12 min

5 x front squats e/s

5 x bent over row to clean e/s

Part 2

12 Min. ladder (+1 rep per side every round)

- front racked reverse lunges (Standbeinseite ist Kettlebellseite)

1-Arm push press

Part 3

10 Min. (40/20)

DL

Goblet squats

Part 4

10 Min. AMRAP

10 x DL pull catch squat press

10 x DB/KB Swings

10 x lateral lunge KB/DB switches



Hybrid - HIIT Workout 3

Livesession: Dienstag 08.06.21

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

60 sec rest

Part 4 2 Rounds

25x Jane Fonda

10x L-S-E-R

Part 5 2 Rds

Scorpion Stretch

Cat Cow



Hybrid - FS Workout 4

Livesession: Mittwoch 09.06.21

Need: nix

By Lena

Warm Up

12 min

Barbell/DB Complex

Instep stretch

Part 1

12 min

4x Curtis P (BB/DB)

4x Jumping Squat (total)

4x mantis

Part 2

8 min EMOM

6x DB/BB Thruster

4x Burpees

Part 3

10 min

10x Floor Back Extension

6x Bird Dog

20x Flutter Kicks

20x EOs (Total)

20x Front Bridge + arm raise

20x mountain climbers (slow, total)

Part 4

2 R

Scorpion

Cat Cow

Instep into Pigeon



Hybrid Bodyweight Workout 5

Livesession: Donnerstag 10.06.21

Need: KB, DB

By Ingo

Warm up

A: Movement Prep

B: 3 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

1 Min Squat – all out

Part 1

1-8

Burpee

Touch jump Touch

1 Min Push up – all out

Part 2

4 Rds 40/10

Halfway Pushups (halten tief + kleine pushes)

Blackburn (1 Rd V, 2 Rd T, 3 Rd A, 4 Rd W)

Dead Bugs (diagonal Arm and Leg raises)

Halfway Squats (halten tief – kleine Sprünge)

Rocking the Boat (aus Hollow Hold in Rolle in Hollow Hold)

1 Min Squat – all out

Part 3

8 - 1

Burpee

Touch jump Touch

1 min Push up – all out

Part 4

3 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings



Hybrid – HIIT Workout 6

Livesession: Freitag 11.06.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (8 min.)

3 x Thoracic Bridge e/s

5 x Pushups

5 x Bird Dogs e/s

5 x Dead Bugs e/s

Inchworm Stretch

Part 1(10 min)

4 x Offset KB Push up e/s

6 x KB/DB Chainsaw Row e/s

8 x altern. KB/DB Kneeling Hip to Halo

10 x altern. KB/DB Floor Press (Top Down)

Part 2 (10 min)

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

1 x KB/DB Clean + 1 x KB/DB Clean & Push press + 1
x KB/DB Clean & Press e/s

10 x KB/DB Swings

Pigeon Stretch

Part 3 (10 min) AMRAP

4 x Pike Press

6 x altern. Gorilla Rows

8 x Hand Release Burpees

60 sec. Toe Taps

8 x Hand Release Burpees

6 x altern. Gorilla Rows

4 x Pike Press

Part 4 (10 min) AMRAP

4 x up & down explosive KB/DB Deadlift

6 x KB/DB Push Press e/s

8 x Toes to Sky

60 sec. Lunges

8 x Toes to Sky

6 x KB/DB Push Press e/s

4 x up & down explosive KB/DB Deadlift



Hybrid FS Workout 6

Livesession: Samstag 12.06.21

Need: KB , DB

By Ingo

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

Strength Balance SuperSet #1

2-3 Sets:

1. Contralateral Dumbbell Overhead Split

Squat 2110; 6-8/leg

2. Single Arm Active Bar Hang; 20-30sec/arm

Strength Balance SuperSet #2

2-3 Sets:

1. Dumbbell Hip Thrust; 20X1; 12-15reps;

2. Single Arm Seated Arnold Press; 31X0; 6-8/arm;

Part 2

21 Toes to sky

18 DB Burpees

15 Dual DB/BB Deadlift

12 Dual DB/BB Hang Squat Clean

9 Dual DB Front Rack Reverse Lunge/leg 50/35

18 Toes to sky

15 DB Burpees

12 Dual DB/BB Deadlift

9 Dual DB Hang Squat Clean

6 Dual DB Front Rack Reverse Lunge/leg

15 Toes to sky

12 DB Burpees

9 Dual DB/BB Deadlift

6 Dual DB/BB Hang Squat Clean

3 Dual DB Front Rack Reverse Lunge/leg

Part 3

4 Rds

30s Plank Holds

30s Bearcrawls

30s Frontbridge

30s Hollow Hold

30s Rest