



Hybrid FS Workout 1

Livesession: Montag 21.06.21

Need: DB/KB/BB

By Ingo

Warm up 10min

12x Bent over Pull Aparts

10x Step up to knee lift

10 Quadruped shoulder taps

3x Thorasic Bridge e/s

Part 1

12min.

5x Back Squat

30s aktiv Hang

Part 2

12 min

6x Cyclist Front Squat

6x Chainsaw Row e/s

Part 3

5 Min

2x Renedage Row + 2 Reps e/s / Rd

30s touch jump touch

Part 4 2 Rds

5 min

Alternating DB Thruster e/s

30s Skippings in Place

Part 5

20/20s Standing Founder

10 Floor Backextension

20/20 s kneeling Founder

Scorpion stretch

Cat + Cow



Hybrid - HIIT Workout 2

Livesession: Dienstag 22.06.21

Need: nix

By Christian

Warm Up

10 min

30 sec Jumping Jack

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1 6min

2x Push up

3x Squat

4x Sit up

Part 2 R - 30 sec power, 15 sec rest

Squat Thrust

Standing Toe Tip (in Front & Back)

Squat Jack & reach

Mountain Climber

Rest 60 sec

Part 3 6 min

2x Lunge e/s

3x Planck roll e/s

4x Dips

Part 4 3R

30 sec Crap toe Touch

30 sec Roll in

30 sec Russian Twist

30 sec Hollow hold

30 sec Back Extension

Part 5 2R

Camel Cow

Instep + Reach

Couch Stretch



Hybrid - FS Workout 3

Livesession: Mittwoch 23.06.21

Need: nix

By Lena

Warm up:

A) 10-9-8-7-6-5-4-3-2-1

Squat (Jump)

Push up

Sit-up

B) 3 Rounds

Instep Stretch

Peanut

Floor Slide

Part 1 8 Rounds

3x Power Clean + Push Press

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2x Burpees

Hip Flexor + Pigeon Stretch

Part 2 6 Rounds

10x Dips

10x Push ups

12er Harmstring Hell e/s

Part 3 6 Rounds

10x KB Floor Press

5x Inverted Row

3x Squat to Stand

Part 4 3 Rounds

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



Hybrid Bodyweight Workout 4

Livesession: Donnerstag 24.06.21

Need: KB, DB

By Ingo

Warm up (3 Rds)

A: Movement Prep

B: 2 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

Part 1)

20min

30 Stepups

30 Squats

30 Push up

Part 2)

Zirkel des Grauens

25 min

30 Gas /15 Pause

Grätsch Situp (re/li im Wechsel)

Mt-climber

Airplane (Bauch auf Stuhl – Arme und Beine hoch)

Skippings

Plank Toe Grap (im Wechsel)

Sidesteps (mit Tempo)

Part 3)

5 min

10 Rocks

4x Floor Angel e/s

Scorpion stretch

Ultimate shoulder Stretch



Hybrid – HIIT Workout 5

Livesession: Freitag 25.06.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (6 min.)

5 x BB / KB Deadlift

5 x Pushups

5 x 6-Way Shoulder

3 x Cossak Squats e/s

Inchworm Stretch

Part 1 (12 min)

3-5 x Frog Stance BB Deadlift (Mischung aus Sumo und Konventionellem Deadlift) HBD

3-5 x KB/DB Cossack Squat e/s

1x 1-Arm KB Clean + KB Clean & Push Press e/s

Instep Stretch

Part 2 (12 min)

6-8 x KB/DB 1-Leg Deadlift e/s

15 x Weighted Hip Thrust + Last rep Hold 15 sec at Top

14-20 x KB/DB Swings

Part 3 (8 Rds)

Every 90 Sec.

1., 3., 5., 7. Round

4 x BB or Dual KB Deadlift

6 x BB or Dual KB Power Clean

10 sec High Knees @ 100 % Pace

2., 4., 6., 8., Round

4 x Altn. 1-Arm Devils Press (1x Offset Push-up + 1-Arm Clean&Push Press)

6 x Altn. 1-Arm Hang Squat Clean

10 sec Jumping Jacks @ 100% Pace

Part 4 (8 min)

20/20 Standing Founder

20/20 kneeling Founder

Hip Flexor into Pigeon stretch e/s

3 x Scorpion stretch e/s

3 x Mantis stretch e/S



Hybrid FS Workout 6

Livesession: Samstag 26.06.21

Need: KB , DB

By Ingo

Warm up

10min
10m Lateral Skater Band Walk
10 banded Goblet Squats
5 Scap Pull Up
5 Scap Push up
Instep stretch

Part 1

10 Min

8 x Front Rack Reverse Lunge (BB/DB/KB) e/s
40s Farmers Carry or Hold (heavy weight)
3x Floor Angel

Part 2

7min AMRAP
3 Lunges/leg
5 Box Jump Step Down
7 inverted Rows

Part 3

10 min
6x Split Stance Deadlift (BB/DB) e/s
6x Pallof Press e/s

Part 4

7mins AMRAP
3 Burpees
5 Hang Leg Raise (BB on Rack)
7 Squats

Part 5

2 Rds
20/20 Standing Founder
20 x 1 Leg-Hip Bridge e/s
10 x Goodmornings