



Hybrid FS Workout 1

Livesession: Montag 28.06.21

Need: DB/KB/BB

By Ingo

Warm up

8min

3x Inchworm

5x Heartbeat Squat + Ride it down

3x Thorasic Bridge e/s

5x Lunge + Twist e/s

Instep stretch

Part 1

12min.

5x Bench Press

3x (Clapping) Push up

Floor Slide

Part 2

12 min

6x Back Squat

30x weighed Step up

Hip Flexor

Part 3

8 Min

4x Mr. Spectacular

4x Lunge + Twist e/s

4x Squat jump

8x DB Row e/s

Part 4 2 Rds

20s Flutter Kicks

20s Toes to sky

20s Eo's

20s Rest

Part 5

Remaining Time

6er Shoulder Blaster

2x 20/10 Calve Raise

30sec Glute Leg Bridge e/s

Cat + Cow



Hybrid - HIIT Workout 2

Livesession: Dienstag 29.06.21

Need: nix

By Christian

Warm up

2 Rds

3x Inchworm

8 Rocks

3x Thoracic Bridge e/s

3 Rds

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

Part 1

4 Rds

40 sec

Plank hold

Mantis

Dead Bugs - alternated

Side Bridge e/s

Part 2

16min

8 x Squats

6 x Skater e/s

4 x Side Jumps + hold e/s

4 x Squat jumps

8 x Couch walk up

6 x Couch Dips

4 x Push up

4 x Alligator Push up

Part 3

4 Rds

40 sec

Plank hold

Mantis

Dead Bugs - alternated

Side Bridge e/s

Part 4

2 Rounds

10 Rocks

Hip Flexor Strech

Scorpion Strech



Hybrid - FS Workout 3

Livesession: Mittwoch 30.06.21

Need: nix

By Lena

Warm up

2 Runden

5x Lunge + Twist e/s

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

12 min.

6x Hardstyle push up

6x banded Shoulder Press

20s Hollow Hang

Shoulder Sweep

Part 2

10 min

40x step up

5x 1 Leg- Hip Bridge (hold 2sec.)

Part 3

12 min.

3x/6x Pull up / TRX Row

45sec. Facepull

3x Floor Slide

Part 4

10 min

40x step up

5x 1 Leg- Box Squat e/s

Part 5

Remaining Time

Cat + Cow

Instep + Reach

Couch Stretch



Hybrid Workout 4

Livesession: Donnerstag 01.07.21

Need: KB, DB

By Ingo

Schwerpunkt Deadlift

Warm up

A)

2 Rds

10x Rocks

5x Shoulder dislocate (mit Stange)

5x Scapular Push up

5x 1-Leg Hip Bridge

Deadlift Technik erklären

B)

C) 3 Rds

12x banded Deadlift

C) 5 min

freies üben Deadlift

Part 1

20 min.

5x Deadlift – langsam steigern

20x Hamstring Hell 1/Rd

15sec. Hip Flexor Stretch

Part 2

10 min

6x Floor Press

6x Curl to Press

30sec. Plank walk up

5x Floor Slide

Part 3

2 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings



Hybrid – HIIT Workout 5

Livesession: Freitag 02.07.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (8 min.)

4 x BB Deadlift (light weight)

4 x BB Row (light weight)

4 x Push ups or BB Floor press (light weight)

4 x BB Over-Unders

Instep & Reach

Part 1 (12 Min.)

8 x Segmented BB Deadlifts (4 Steps up wards/ 4 Steps down wards)

8 x KB Swings

10 x Step ups

pigeon Stretch

Part 2 (12 Min.)

8 x BB Bench Press (Tempo: 31X1 = 3sec down, 1 sec Hold, eXplosiv up, 1sec Hold)

8 x Bench Dips

10 x Russian Twist e/s

Lat & Peck Stretch

Part 3 (12 min.)

8 x Racked Body Row

8 x alternating DB Curls e/s

2x Banded Square walk

(Skater Band Walk Forward, Lateral Band Walk L, Skater Band Walk Backward, Lateral Band Walk R)

Part 4 (6 min.)

20sec Front Bridge

15 sec Adduction Bias Side Plank e/s

10 x Dead Bug

5 x DB In & Out



Hybrid FS Workout 6

Livesession: Samstag 03.07.21

Need: KB, DB

By Ingo

Warm up

Movement Prep

5 min

8er kreisen mit Stange

5 OHS mit Stange

Ride it down in den instep stretch

5 min

Lateral Skater Band Walk

8 banded Goblet Squats

5 Scap Push up

Instep stretch

Rack Einführung, Rack Position,
Ablauf Erklärung

Part 1

15 Min

8 x Front Squat (BB or KB)

40s waiters Walk

3x Floor Angel

Part 2

6min (AMRAP)

2 Scotty Bob

3 Box Jump (Box Steps or Squat Jump)

4 inverted Row

Part 3

3 Rds

30/30/30 AB Bridge Complex

6x Paloff Press e/s

15er Jane Fonda

Part 4

Remaining Time

Scorpion stretch

Peanut

Cat + Cow