



Hybrid -FS Workout 1

Livesession: Montag 14.06.21

Need: DB/KB/BB

By Ingo

Warm up 10min

30s March in Place

3x Inchworm

8x (Towel)OHS

8x (Towel) Crunch/ Sit up

4x Lunge e/s

3x Floor Slide

Hip Flexor + Instep

Part 1

12min.

5x Front Squat (3111)

8-12x BB/DB Row

5x Mr. Spectacular+Thruster

5x Cursty Squat e/s

Part 2

12 min

5 x BB/DB Push Press

5 x BB/DB Split Squat e/s

6 x Ab wheel

30s weigthed Hollow Hold (Hollow Hang)

Part 3

3 Rounds

25x Jane Fonda

10x L-S-E-R

Part 4 2 Rds

Scorpion Stretch

Cat Cow



Hybrid - HIIT Workout 2

Livesession: Dienstag 15.06.21

Need: nix

By Christian

Warm Up:

12min

30 sec Jumping Jack

30 sec Jumping Hip Twist

10x Squat

5x Push up

5x Jumping Squat

10 Eos e/s

3rd World stretch

Part 1

20 Min Barbell Complex

6x Dead Lift

6x Row

6x Clean

6x Front Squat

6x Push Press

6x Back Squat

6x Push up

Instep stretch

Part 2

12 min

10x Floor Back Extension

6x Bird Dog

20x Flutter Kicks

20x EOs (Total)

20x Front Bridge + arm raise

20x mountain climbers (slow, total)

60 sec rest

Part 3

3 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings



Hybrid - FS Workout 3

Livesession: Mittwoch 16.06.21

Need: nix

By Lena

Warm Up

4 Rds

6x Heartbeat Squat

5x Scapular Push up

3x excentric Push up

8x Facepull

3x 6-way shoulder

Part 1

12 min

4x Curtis P (BB/DB)

6x lying BB Floor Press

8x Half BB Rollouts

Part 2

5 Rds

20s Sprint in Place

20s Squats

Part 3

4 Rds

20x banded Squat to Push Press

20x mountain climbers (slow, total)

20x Kayaker

20s Rest

Part 4

5 Rds

20s Sprint in Place

20s Push up

Part 5

2 R

Scorpion

Cat Cow

Instep into Pigeon



Hybrid Bodyweight Workout 4

Livesession: Donnerstag 17.06.21

Need: KB, DB

By Ingo

Warm up (3 Rds)

5 x Roll-over into V-Sit
8 x Pushups
8 x Squats
8 x Situps
Instep & Reach

Part 1 (15 min.)

10 - 12 x Squat Biceps curl to hinge row
6 – 8 x Half Kneeling KB Botton up Shoulder press
8 - 10 x Push up into Plank and pull trough

Part 2 (15 min.)

10-12 x KB/DB/BB Clean + Push press (Snatches)
10-12 x rotational Thruster or BB Thruster
12-14 x up & down explosive KB DL or BB DL

Part 3 (8 min.)

2 reps per round
Toes to Sky
Burpee

Part 4 (remaining Time)

8 x 1-Leg Hip Bridge
5 x Bird dogs e/s
3 x Shoulder Sweep
5 x Standing Back extension



Hybrid – HIIT Workout 5

Livesession: Freitag 18.06.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (8 min.)

3 Sets

Single Arm Bottoms Up KB Carry x 10s/arm

Scapular Push Ups x 10

Passive Hang on Rack x 20sec

Band Pull Aparts x 15 reps

Part 1

20 min:

20sec Hanging Leg Rais on BB on Rack

15s Bear Crawl Forwards

15s Bear Crawl Backwards

3 Pull Ups on Rack, alternativ aktiv Hang

10 Dual KB Clean and Push Press

15s Bear Crawl Forwards

15s Bear Crawl Backwards

Part 2 (10 min)

5 x Landmine 1-Leg Deadlift e/s

5 x Landmine Russian Twist e/s

5 x Goblet 1 ¼ lungeed Squat

90/90 stretch

Part 3

3 Rds

40s Frontbridge

30/30s waiters walk

12x banded Crosspull

5x Floor Slide

15s Hip Flexor e/s



Hybrid FS Workout 6

Livesession: Samstag 19.06.21

Need: KB , DB

By Ingo

Warm Up (8 min.)

20s 1-Arm KB/DB Over Head Hold + walk e/s

6 x Renegade Row and rotation (without weight) e/s

8 x Situps

4 x Hand Release Push ups

Instep & Reach

Part 1(EMOM) 25 Min.

(40/20)

KB/DB Half kneeling 1-Arm Botom up Shoulder Press
e/s

KB/DB altn. Gorilla Rows e/s

KB/DB altn. Kneeling Slasher to Halo

KB/DB kneeling Over Head Triceps Extension

KB/DB Renegade Manmaker

Part 2 (For Time)

30 Step ups or 80 KB/DB Toe Taps

Then

3-4-5-6-7

Grizzly Walk (1 rep = 4 Steps fw/ 4 Steps bw)

KB/DB Hollow Pull Over

Then-

30 Step ups or 80 KB/DB Toe Taps

Then-

3-3-2-2-1-1

KB/DB Turkish Get ups (1 rep = 1 TG e/s)

Inchworm Stretch

Then-

30 Step ups ore 80 KB/DB Toe Taps

Part 3

3 Rds

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension