



BASE

Livesession: Montag 05.07.21

Need: KB

By Ingo

Warm up

3 Rds

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

12min.

4x 1-Arm Clean Twist + lunged Squat + Sh. Press

4x 1- Arm lunged Bent over Row

3x Floor Angel

Part 2

4 Rds

30 sec Mt-Climber

15 sec rest

30 sec High Knee

15 sec rest

30 sec Touch jump Touch

15 sec rest

Part 3

3 Rds

4x Russian Twist e/s

4x Ab wheel

30s Kayaker

30s Hollow Hold

Part 4

2 Rds

20/20 Standing Founder

10x Floor Back Extension

15er Glute Leg Bridge + Hydrant Kick



BASE

Livesession: Dienstag 06.07.221

Need: KB/DB

By Christian

Warm up

2 Rds

3x Inchworm

8 Rocks

3x Thorasic Bridge e/s

3 Rds

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

Part 1

3 Rds

30s Touch Jump Touch

30s Step up

30s Rest

Part 2

(EMOM) 25 Min.

(40/20)

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

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 3

3 Rds

30s Touch Jump Touch

30s Step up

30s Rest

Part 4

2 Rounds

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Mittwoch 07.07.21

Need: DB/KB or BB

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

3 Rds 40/20

KB/DB Deadlift to Jump Squat

KB/DB Goblet Squat

20/20 KB/DB 1-Leg Deadlift

Goblet KB/DB Cossak Squats

Part 2

16 min

5 x Front Lunges e/s

5 x Back Lunges e/s

5 x Jumping lunges e/s

6 x Plank Arm raise e/s

6 x Plank Leg raise e/s

3 x Diag. Plank Arm + Leg raise e/s

6 x elev. Hip Bridges

3 x elev. 1-Leg Bridges e/s

Part 3

10 min

20 – 16 x KB/DB Kayaker with Stop

6 x KB/DB 1-Arm Sit up e/s

10 x KB/DB Grizzly Hold and Pull Trough

10 x Star Crunch



BASE

Livesession: Donnerstag 08.07.21

Need: KB, Band, BB

By Ingo

Schwerpunkt Benchpress

Warm up

3 Rds

10x Iron Cross

5/5/5 banded shoulder dislocate

12x Sumo Squat

5x 6- way shoulder (max.2kg)

15x Facepull

2Rds

8x Hip Bridge (hold 3s on top)

30sec Hollow Hold

3x excentric Push up

5x Floor Slide

Part 1

15 min.

5x Bench Press - steigern

6x banded Military Press

Banded Lat-Strech

Part 2

8 to 1

KB Deadlift (12/16er KB)

1-Leg Hip Bridge e/s

Squat Jump

Part 3

2 x 3min.

60sec. Wall Sit

60sec. Front Bridge

30/30 Standing Founder



BASE

Livesession: Freitag 09.07.21

Need: KB / DB /BB

By: Fabrizio

Warm Up

2 Runden

10x Rocks

5x Shoulder dislocate

5x Scapular Push up

5x glut Bridge Overhead Reach e/s

3 Runden

3x Scotty Bob (ohne Gewicht – aufdrehen)

5x single leg Deadlift e/s

20 s Plank walkup

Into Instep + reach

Part 1 (12 Min.)

8 x Deadlifts

3x Squat Jump

90/90

Part 2 (10 Min.)

5 x 1-Leg Box (Bench) Squat

5 x 1-Leg Deadlift

5x 1- Arm Hollow Hold Press

Part 3 (5 min) AMRAP

2 - 4 – 6 – 8 – 10 ...(+ 2 each Round)

DB/KB altern. Gorilla Rows

5 Burpees

Part 4 (5 min) AMRAP

2 - 4 – 6 – 8 – 10 ...(+ 2 each Round)

Toes to Sky

15 Jumping Jacks

Part 5 (5 min) AMRAP

2 - 4 – 6 – 8 – 10 ...(+ 2 each Round)

DB/KB altern. Thrusters

20 Toe Taps



BASE

Livesession: Samstag 10.07.21

Need: KB, DB

By Ingo

Movement Prep

**8x Heartbeat Squat
5x Alligator Push up
5x Ankle Mobility Squat
30sec. Hollow Hang
Instep Strech**

Part 1

5-8 min.

Technik

- Spannung
- Atmung
- Fersendruck
- Hüfte zuerst

Hilfsmittel:

Bänder / Plates

Part 2

12min.

**6x Backsquat
2x Squat Jump
5 Atemzüge – Anchored Bridge
5x banded shoulder discolate**

Part 3

10min. EMOM

**5x 1-Arm Military Press e/s
5x DB Hang Squat Clean**

Part 4

Remaining Time

**15er Jane Fonda e/s
15x banded Crosspull
Hip Flexor Stretch
Scorpion strech**