



BASE

Livesession: Montag 12.07.21

Need: KB

By Ingo

Warm up (3Rds)

10x Plank to shoulder Tap e/s

20s Eccentric Squat

8 Lunge + Twist e/s

Instep to reach

Floor Slide

Part 1

12 min (1,3,5,7 ... Dual)

6 (Dual) KB Swing

6 (Dual) KB Clean

3 (Dual) KB Reverse Lunge e/s

Part 2

2 Rds

20/20s Cursty Squat Finger Tips into 1-Leg Stand

60s Side Plank X RE (oberes Bein in Bewegung bringen)

20/20s 1-Leg Stance and kick fw + sw

60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part 3

12 min

6x 1 Arm Bottom up shoulder Press in L-Sit e/s

6x sitting Reverse Flys

3x Floor Slide

Part 4

2R

20/20 Founder

6x Bird Dog e/s

10x Floor Back Ext.

90/90 Strech



BASE

Livesession: Dienstag 13.07.2021

Need: KB/DB

By Christian

Warm Up 2 Rds

3x Dot Drill

20 x Jumping Jack

10x Squat

10x Eos

20 Plank walk up

5 min

Mobility work

Hüfte + Schulter

Part 1

12 min

5x Backsquat

Elevated 90/90 Strech

20s Supermann

Part 2

10 min

30 sec, 15 sec rest

Push up

Standing Toe Tip (in Front & Back)

Mountain Climber

Rest 60 sec

Part 3

8 min

**6x 1-Leg Deadlift e/s – auch ohne Gewicht als
Standwaage**

6x Cursty Squat e/s

12x 1/2 Squat Hops

Part 4

6min

30 sec Crap toe Touch

30 sec Roll in

30 sec Russian Twist

30 sec Hollow hold

30 sec Back Extension

Part 5

Remaining Time

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch



BASE

Livesession: Mittwoch 14.07.2021

Need: KB/DB

By Ingo

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

5 min

Mobility Work

Schulter

Part 1

12 Min

5x Shoulder Press

Banded Lat Strech

Part 2

20 min

10 x Squats

6 x Skater e/s

4 x Side Jumps + hold e/s

2 x Squat jumps

10 x Plank walk up

6 x Bench Dips

4 x Push up

2 x Alligator Push up

20s Skippings on Place

Part 3

2 Rounds

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Donnerstag 15.07.21

Need: KB, Band, BB

By Ingo

Warm up

3 Rds

10x Iron Cross

banded shoulder dislocate

12x Sumo Squat

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

5 min Mobility Work

Sprunggelenke

Hüfte

Part 1

12 Min

5x Deadlift – steigern

90/90 Streck

6x banded Military Press

Part 2

8 Rds

20s Touch Jump Touch

20s weighted Step up

20s Rest

Part 3

8 min

6x Landmine Russian Twist

6x Hollow Hold + 1-Arm Press e/s

6x Plank Cross Pull e/s

Part 4

2 Rounds

10 Rocks

Hip Flexor Streck

Scorpion Streck



BASE

Livesession: Freitag 16.07.21

Need: DB/KB or BB

By Fabrizio

Warm Up (2 Sets)

1 x Square Bear Crawl (5 forward, 5 Sidesteps, 5 backwards, 5 Sidesteps)

15 Sec Chin Over Bar hold

10 Scapular Pull ups

15 Sec Bench Dips hold

10 Bench Dips

Part 2 (3 Rds)

6 x Bench Press (3 sec down)

6 x DB/KB Chainsaw Row e/s

10 x Situps

Lat & Pec Stretch

Part 3 (3 Rds)

6 x Weighted Hip Thrust

6 x Dual KB/DB Front Rack Bench Step Down e/s

10 x Theraband Clamshell Side Plank e/s

Part 4 (5 min.)

Turkish Get Up – Technik

Part IV (For Time)

1-2-3-4

Turkish Get Up Rechts

2-4-6-8

Floor Back Extension

1-2-3-4

Turkish Get Up Left

2-4-6-8

Toes to Sky



BASE

Livesession: Samstag 17.07.21

Need: KB, DB

By Ingo

Warm Up: 4 Rounds

10 x Air Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1: 10 min

6 x Slow Motion Squat (Front/Goblet)

6 x Slow Motion Push up

30s Towl DL – auf Zug allout (im Club Gartenschlauch)

Part 2:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

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:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

Part 5

2 Rds

20 / 20 Side Bride

20er Harmstring Hell e/s

30 sec Supermanhold