



BASE

Livesession: Montag 19.07.21

Need: KB

By Ingo

Warm up

Movement Prep

8 min

5x Lunge + Twist e/s

10x Heel to Butt e/s

20s Plank walk up

Instep and reach

Part 1

12 min

6x Bulgarien Split Squat

6x Side Lunge e/s

6x Hollow Hold Press e/s

Part 2

Ladder of

1-2-3-4-4-3-2-1

Manmaker

Thruster

Burpee

Part 3

8 min

8x DB lying Flys

8x Bench Dips

3x Floor Angel

Part 4

2 Rds

20/20 Founder

10x Floor Back Ext.

Scorpion Strech

Cat + Cow



BASE

Livesession: Dienstag 20.07.2021

Need: KB/DB/BB

By Ingo

6 min

5 Split Stance Dumbbell Deadlift e/s

10 Dual DB Bent Over Row to External Rotation

5 Heartbeat Squat

Instep and reach

Part 1

A1) 8 min

6x Sumo Deadlift; 3131,

Rest 60sec

A2) 8min

8x Barbell Z Press; 3021

Rest 60sec

B1) 8 min

6x Split Stance Dumbbell Deadlift e/s; 3110

Rest 60sec

B2) 8min

8x Seated Alternating Dumbbell Arnold Press: 2111

Rest 60sec

Part 2

8 min AMRAP: 1-2-3-4-5 (Gewicht nicht zu schwer)

Scotty Bob

Squat Jump x2

L-Sit Lift Over KB (tap feet on each side = 1 rep) x2

1 Turkish Get Up e/s between each Rd

Mobility



BASE

Livesession: Mittwoch 21.07.2021

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

Part 3
15 min
5x Backsquat HBD
4x Squat jump
90/90

Part 2

8 min
4 x Pike Press
6 x altern. Gorilla Rows
8 x Hand Release Burpees
60 sec. Toe Taps

Part 3

8 min
4x Heartbeat Squat (letzte 5s halten)
6x Goblet Squat (schnelle Ausführung)
20/20 Hollow Hold + 1 Arm KB Rack Hold

Part 4

6 min.
30sec. Plank walk up
30sec. Wall sit
30sec. Lateral banded Superman Hold
30sec. Rest



BASE

Livesession: Donnerstag 22.07.21

Need: KB, Band, BB

By Ingo

Warm Up

8 min

Lunge Complex e/s

6 x Situps

4 x Hand Release Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1

8 min

6x Contralateral Dumbbell Overhead Split Squat

+ 20s hold in last rep e/s

20 – 40sec Hollow Hang

8 min

5x Dumbbell Thruster (Ohne Schwung, sehr langsam)

5x Single Arm Seated Arnold Press e/s

Part 2

21 Toes to sky

18 DB Burpees

15 Dual DB/BB Deadlift

12 Dual DB/BB Hang Squat Clean

9 Dual DB Front Rack Reverse Lunge/leg 50/35

18 Toes to sky

15 DB Burpees

12 Dual DB/BB Deadlift

9 Dual DB Hang Squat Clean

6 Dual DB Front Rack Reverse Lunge/leg

15 Toes to sky

12 DB Burpees

9 Dual DB/BB Deadlift

6 Dual DB/BB Hang Squat Clean

3 Dual DB Front Rack Reverse Lunge/leg

Part 3

2 Rds

30s Pallof Press links

30s Palloff Press rechts

30s Frontbridge

30s Hollow Hold

30s Rest



BASE

Livesession: Freitag 23.07.21

Need: DB/KB or BB

By Fabrizio

Warm Up (2 Rds)

Lunge Complex (5 Lunges e/s, 5 Side Lunges e/s, 5 Back Lunges e/s)

5 x Dead Bug e/s

3 x Scotty Bob e/s

5 x Floor Backextension

Hip Flexor

Part 1 (3 Rds)

20 x Lateral Banded Walk over Plate (Höhe = 10kg Plate)

12 x Altern. Goblet Crusty Squats

10 x Sit ups

Pigeon Stretch

Part 2(3 Rds)

8 x KB/DB/BB Front Squat

4 x Jumping Lunges e/s

8 x DB Tripod Row e/s

Part 3 (12 min) EMOM = Every Minute on the Minute

1. Min.

16 x Kettlebell Swings

2. Min.

6-8 x DB Burpee Box Step ups (Box/Bench lowest height)

3. Min.

30 sec. Russian Twist

Nach der 3. Min. die Übungen im Minutentakt wiederholen (4 Durchgänge)

Part 4 (Remaining Time)

20/20 Standing Founder

4 x Bird Dog e/s

3 x Floor Angle

4 x Cat&Cow



BASE

Livesession: Samstag 17.07.21

Need: KB, DB

By Ingo

Warm Up

6min

6x OHS mit der Stange

6x banded Bent over Row

6x DB Clean + Press

Instep Stretch

Part 1

8 min

Deadlift Technik

Clean Technik

Ablauf BB-Complex wiederholen

Part 2

25 min

Barbell/DB Complex

je 30s Rest

Barbell/DB Complex

20 weigthed Stepup

20 Stepup

Je 30s Rest

Part 3

10 min

10x Floor Back Extension

6x Bird Dog

20x Flutter Kicks

20x EOs (Total)