



BASE

Livesession: Montag 26.07.21

Need: KB, DB

By Ingo

Warm up

2 Rds

20 Stepup

8 Push up

6 Toe Tap + halten im herabschauenden Hund

Instep stretch

2 Rds

8 x Over Head Squat + Dislocates

3rd world stretch

Banded Lat Stretch

Pec Stretch

Part 1

15 min

6x Benchpress HBD

3x Clapping Push up

Floor Slide

Part 2

12 min

5x 1-Leg DL e/s

5x 1-Leg Box Squat e/s

5x 1-Leg Bench Stepup + KB in Rackpos. e/s

Part 3

10 min

6x Coudron in Schrittstellung

20s/20s Lateral banded Side Bridge

20s Hollow Hold + Pullover



BASE

Livesession: Dienstag 27.07.2021

Need: KB/DB

By Christian

Warm Up

2 Rds

3x Dot Drill

20 x Jumping Jack

10x Squat

10x Eos

20 Plank walk up

2 Rds

3x 1-Leg DL e/s

Elevated 90/90 Strech

Erklärung Technik Sumo DL

5 min freies Üben + coachen

Part 1

15 min

5x Sumo Deadlift

3x Box(Squat) Jumps

30s Rest

20s Supermann

Part 2

3 Rds

30 sec, 15 sec rest

Tapping + alle 10 s in Burpee

Standing Toe Tip (in Front & Back)

Touch jump Touch

Rest 60 sec

Part 3

8 min

6x Landmine Russian Twist

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

6x Plank Cross Pull e/s



BASE

Livesession: Mittwoch 28.07.2021

Need: KB/DB

By Ingo

Warm up

2 Rds

3x Inchworm

8 Rocks

3x Thorasic Bridge e/s

2 Rds

6 x Overhead Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

5 min

Technikerklärung BS

Mobility Work

Hüfte

Part 1

15 Min

5x Back Squat

3x Box Squat jump

90/90 Strech

Part 2

3 Rds

30 sec Crap toe Touch

30 sec Plank walk up

30 sec Kayaker

30 sec Hollow hold

30 sec Rest

Part 3

8 min

6x Slow Motion Push up

6x Slow Motion Facepull

3x Floor Angel e/s

Part 4

Sally in Goblet Squat

Streching remaining time



BASE

Livesession: Donnerstag 29.07.21

Need: DB

Schwerpunkt: Work capacity

By Ingo

Warm up

3 Rds

10x Iron Cross

banded shoulder dislocate

12x Sumo Squat

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

Part 1

200 Stepups

Thruster Technik + 1-Arm Thruster

5 min freies Üben

Part 2

60x 1-Arm Thruster 30/30 + 5 Burpees (3 Manmaker)
+ 30 (weigthed) Lunges 15/15

40x 1-Arm Thruster 20/20 + 5 Burpees (3 Manmaker)
+ 20 (weigthed) Lunges 10/10

20x 1-Arm Thruster 10/10 + 5 Burpees (3 Manmaker)
+ 10 (weigthed) Lunges 5/5

Part 2

200 Stepups

Part 3

3 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Freitag 30.07.21

Need: DB/KB or BB

By Fabrizio

Warm Up (2 Rds)

12 x Altern. Quadruped Limb Lifts

8 x Y-Shoulder Lift on Bench

30 sec Plank Hold

2 x Scotty Bob e/s

Instep Stretch

Part 1 (3 Rds)

8 x Farmers DB/KB Shoulder Press e/s

10 x BB Narrow Grip Bench Press

10 x Altern. DB Curls

3 x Table Rocks

Part 2 (3 Rds)

12 x Hippiity Hop

7 x DB Renegade Rows e/s

7 x 1-Arm DB Power Clean and Press e/s

3 x Floor Angle e/s

Part 3 (5 Rds)

2 x Burpee Box Jump

**4 x Pull Ups / Banded Pull ups / Body Row (aka
Inverted Row)**

6 x Jump Squats

10 x Step Ups

Part 4 (Remaining Time)

20/20 Standing Founder

Instep Stretch into Pigeon

3 x Shoulder Sweep

3 x Scorpion Stretch



BASE – Achtung bei schönem Wetter im Hof

Livesession: Samstag 31.07.21

Need: DB, BB

By Ingo

Warm Up: 3 Rounds

10 x Air Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1: 40 min

Biathlon Staffel =

2 MA a 4 max / Welche MA hat die meisten Runden?

10 Back Squat

10 Push up

10 Situp

+ werfen + laufen (und evtl. in die Strafrunde bei

Fehlwurf 😊)

Part 2

2 Rds

5 x 6-way Shoulder

5 x Scorpion stretch

5 x Mantis

5 x Cat + Cow