



BASE

Livesession: Montag 02.08.21

Need: BB, DB

By Ingo

Warm up

10min

30 sec march in place

30sec Jumping Jack

8x Deadlift KB

8x Goblet Squat

8x Hand release Push up

Instep Stretch

PART 1

12Min

6x Deadlift HBD

3x Box Jump / Squat Jump

Hip Flexor Stretch

PART 2

10 min

3x Curtis P

2x Burpee

Shoulder dislocated

PART 3

12 Rounds

10x Squat

5x Burpees

PART 4

2 Rounds / remaining time

10x Back extension

10x Bird dog

30 sec Superman hold

10x Scapular push up

PART V

Foam Roll Legs



BASE

Livesession: Dienstag 03.08.2021

Need: KB/DB

By Ingo

Warm up

2 Rds

20s Plank walk up

9 Squat + Hands up Shoulder Press nach jedem 3.

6 Shoulder Tap + halten im herabschauenden Hund

Instep stretch

2 Rds

8 Dislocates

3rd world stretch

Banded Lat Stretch

Pec Stretch

Part 1

10 min (work fast)

30 Banded Tricep Push Downs

30 Banded Bicep Curls

30 Banded Face Pulls

1 min Rest

Part 2

12 min

3x Squating DB Overhead Press in 3 Stufen

6x Bear Plank Shoulder Taps e/s

30s Rest

20s Supermann

Part 3

„The Eagle“

8 Rds

8 KB Front Squat

20 sec Farmers Walk

KB dürfen nicht aus der Hand gelegt werden.

Part 4

2 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Stretch

Scorpion Stretch



BASE

Livesession: Mittwoch 04.08.21

Need: BB/DB

By Ingo

Warm up

2 Rds

3x Inchworm

8 Rocks

3x Thorasic Bridge e/s

2 Rds

6 x Squat jumps – Hinge vorher

6 x Push up

30s Hollow Rocks

10 min

Technikerklärung Hang Squat Clean

Mobility Work Hüfte

Part 1 – ruhig, eigenes Tempo

20 Min

3x Sean Special = HSC + Front Squat

3x Squat jump

3x Jump Lunge e/s

90/90 Strech

Part 2

EMOM do

2 Burpees

While you do

5 Rds of:

20 Bench walk up

20 KB Swing

20 Bench Dips

Streching remaining time



BASE

Livesession: Donnerstag 05.08.21

Need: BB, DB

Schwerpunkt: Work capacity

By Ingo

Warm up

3 Rds

10x Iron Cross

12x Heartbeat Squat

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

Part 1

3 Rds

30 Push up

40 Squats

50 Step up

Part 2

Lader of:

2-4-6-8-6-4-2

BB Deadlift

BB Row

BB Clean

BB Front Squat

Weighted Situp x 2

Part 3

3 Rds

20 Push up

40 Squats

60 Step up

Part 3

2 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Freitag 06.08.21

Need: DB/KB or BB

By Fabrizio

Warm Up (2 Rds)

4 x Push ups

6 x KB Dead lifts

8 x Sit ups

5 x Floor Backextension

4 x Lunges e/s

Instep into Pigeon

Part 1 (10 min.)

8 x Alternating KB/DB Bench Press Top Loaded

8 x Tripod DB Row e/s

8 x Straight Arm Banded Lat Pull Down e/s

3 x Table Rocks

Part 2(10 min.)

**5 x Deficite Sumo KB Deadlift (Füße stehen auf max.
10 Kg Plates)**

**5 x KB Front Racked Bench/Box Step Down e/s
(Abwärtsbewegung langsam ausführen)**

1x Banded Square walk

**(Skater Band Walk Forward, Lateral Band Walk L,
Skater Band Walk Backward, Lateral Band Walk R)**

Pigeon Stretch

Part 3 (12 min.)

4 x Renegade Rows (1 rep = 1 Push up + R/L Row)

6 x BB/DB Push Press

8 x EO's e/s

20 sec Tapping

10 sec High Knee

20 sec Tapping

8 x EO's e/s

6x BB/DB Push Press

4x Renegade Rows

Rest 60 sec.

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 laufen wir im Hof

Livesession: Samstag 07.08.21

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 of

20 BB Front Squat

20 weigthed Stepup

20 Push up

20 Sit up

200m Run im Hof, ansonsten

Burpee-Squat Ladder

2-4-6-4-2

Burpee + Squat

Part 2

2 Rds

5 x 6-way Shoulder

5 x Scorpion stretch

5 x Mantis

5 x Cat + Cow