



BASE

Livesession: Montag 09.08.21

Need: BB, DB

By Lena

Warm up

10 min

10x Squat

5x Lunge

6x Push ups

3x Side Bridge roll over e/s

3x Reverse Burpee

Instep into Pigeon

PART 1

12 min

8x Back Squat BB/DB

4x Reverse Lunge BB/BD e/s

4x kn. Half Moon

Instep Stretch

Part 2

12 min

3x Scotty Bob

15x Toes to Sky

10x Dips

10x slow dig. Mountain climer e/s

30 sec Front Bridge (+alt. Hip Dip)

Part 3

3 Rounds 30 sec POWER - 15 sec REST

30 sec Bench toe tip

30 sec Squat Trust

30 sec Hoppity Hopp

30 sec Jumping Jack

60 min Rest

Part 4

2 Rounds

Cat Cow

Scorpion Stretch

Instep into Pigeon

Roll Over V-Sit



BASE

Livesession: Dienstag 10.08.2021

Need: KB/DB

By Ingo

Warm Up

8 min

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1

6 min

6x 1-Leg Deadlift e/s

6x Cursty Squat in Goblet Hold e/s

6x 1 – Leg Bench Squat e/s

90 /90Strech

Part 2

16 min

5x Benchpress HBD

2x Clapping Push up

3x shoulder sweep

Part 3

6 min

6x lateral banded 1-Leg Deadlift e/s (Band von der Seite an KB Griff)

6x front banded Cursty Squat e/s (Band von vorn und dann in Squat, evtl mit KB als Goblet Squat)

6x lateral banded 1 – Leg Bench Squat e/s (Band von der Seite, Arme ausstrecken)

90 /90Strech

Part 4

3R

20 sec Crap toe Touch

20 sec Hollow Rock

20 sec Kayaker

20 sec Hollow hold

20 sec Back Extension

Part 5

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch



BASE

Livesession: Mittwoch 04.08.21

Need: BB/DB

By Ingo

Warm up

8 min

10 x Air Squat

5 x Kossak Squat e/s

5 x Push Up

5x KB Deadlift

Kossak Stretch

Instep

10 min

Technikerklärung Deadlift

Mobility Work Hüfte

Freie Übungszeit

Part 1 – ruhig, eigenes Tempo

15 Min

5x Deadlift HBD, steigern

3x Box jump

90/90 Strech

Part 2

In Teams of 2.

(Also z.B. Box A + Box B, Ein Partner arbeitet, der andere hat Pause.
Wechsel und Anzahl der Wdh beliebig = Strategie absprechen)

100 Push up

200 Squats

300 Skippings (jeder Skip pro Bein zählt 1)

Streching remaining time



BASE

Livesession: Donnerstag 12.08.21

Need: BB, DB

Schwerpunkt: Strength + Work capacity

By Ingo

Warm up

**3 Rds
10x Iron Cross
12x Heartbeat Squat
5x 6- way shoulder (max.2kg)**

Part 1

**10min
Shoulder Press
Rack einrichten, Üben mit dem Stab**

Part 2

**12 min
4 x BB Shoulder Press
3x Soulder Sweep**

Part 3

**25 min
15–35 sec Hollow Hang or Deadhang im L
10x KB Swing
10x weighted Step ups
10x Step ups**

Part 4

**2 Rds
20/20 Standing Founder
10 Rocks
Hip Flexor Strech
Scorpion Strech**



BASE

Livesession: Freitag 13.08.21

Need: DB/KB or BB

By Fabrizio

Warm Up

2 Rds

6 x Prone Shoulder Extension to swimmer e/s

6 x Situps

6 x Forward/Backward Lunges e/s

6 x Alligator Push ups

Instep & Reach

Part 1

10 min

5 x Split Stance DB Romanian Deadlift e/s

6 x Dual DB Bent Over Row to External Rotation

4 x Broad Jumps

3 x Dead Bugs e/s

Part 2

EMOM (10 min.) all 3 Moves on each Minute)

6-8 KB/DB Horn Grip Curls

4-6 KB/DB Offset Push Ups e/s

6-8 KB/DB Russian Twist e/s

Part 3 (CONDITIONING)

A: 5 min. AMRAP

1-2-3-4-5-6...

1-Arm DB Bench Press R

1 x Turkish Get up per Arm

1-Arm DB Bench Press L

2 min. Rest

B: 5 Min. AMRAP

1-2-3-4-5-6...

Bench Dips / Bar Dips

15 Sec. Touch-Jump-Touch

2 min. Rest

C: 5 Min. AMRAP

1-2-3-4-5-6...

L-Sit Lift Overs (tap feet on each side = 1 rep)

15 Sec. Tappings



BASE – Achtung bei schönem Wetter laufen wir im Hof

Livesession: Samstag 14.08.21

Need: DB, BB

By Ingo

Warm Up:

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep

Part 1:

3 Rds

6x Lunged Bottom up Press e/s

20/20s Bottom up waiters walk

30s Rest

Part 2

A: Amrap - 8 min

3 Mr. Spectacular

3 Box Jumps

B: Amrap - 20 min

200m Run im Hof

10 Squats

20 Eo's

C: Amrap - 8 min

3 Manmaker

5 Pushup

Part 3

2 Rounds

Cat Cow

Scorpion Stretch

Instep into Pigeon

Roll Over V-Sit