



BASE

Livesession: Montag 16.08.21

Need: BB, DB

By Lena

Warm Up 6 min

30 sec Juming Jack
3x Burpee
5x Squat
5x Squat Jump
5x Push up
5x Planck Walk up e/s
Instep Strech

Danach

KB Complex üben =
6x 1 -Arm FW/BW Lunge in Rack Position RE
6x 1-Arm KB Swing RE
6x Clean + Press RE
6x Figure 8
6x 1 -Arm FW/BW Lunge in Rack Position LI
6x 1-Arm KB Swing LI
6x Clean + Press LI

Part 1

10 min
KB Complex
30 s Rest

Part 2

10 R
20s mountain climber
20s fast Air Squat
20 sec Rest

Part 2

10R
20s Jump Touch Jump
20s Dips
20s Rest

Part 3

8 min
6x Push up toe tip
10x Side Bridge + Crunch e/s
6x Bird Dog e/s
10x Back Extension

Part 4

2R
Scorpion Stretch
Hip flex Complex



BASE

Livesession: Dienstag 17.08.2021

Need: KB/DB

By Ingo

Warm Up

8 min

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

5 min Mobility Work

Shoulder + HWS

Deadlift Erklärung

Part 1

12 Min

6 x Deadlift

8 x KB/DB Push Press (Left)

8 x KB/DB Bent over Row (Left)

6 x Deadlift

8 x KB/DB Push Press (Right)

8 x KB/DB Bent over Row (Right)

30s Rest

Part 2

4 rounds

30 sec Power, 15 sec Rest (16min)

Burpee

Plank Walk up + 1x Knee zum Elbow e/s

Squat+ kick

Push up + toe touch

High knee

Hollow hold

1 min rest

Part 3

10 min

20 – 16 x KB/DB Russian Twist with Stop

6 x KB/DB 1-Arm Sit up e/s

10 x KB/DB Grizzly Hold and Pull Trough

10 x Star Crunch



BASE

Livesession: Mittwoch 18.08.21

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 Front Squat

Mobility Work Hüfte für FS

Evtl. Freie Übungszeit

Part 1 – ruhig, eigenes Tempo

15 Min

5x Front Squat HBD, steigern

3x Box jump

90/90 Strech

Part 2

10 Minute

EMOM

6 x 1 – Leg Deadlift e/s (jeder eine KB Größe höher als sonst)

6 x 1 - Arm lunged bent over row e/s

Part 3

10 Min.

ladder (+1 rep per side every round)

2x 1 – Leg Bench Squat e/s

2x 1-arm arm push press e/s

Streching remaining time



BASE

Livesession: Donnerstag 19.08.21

Need: BB, DB

Schwerpunkt: Strength + Work capacity

By Ingo

Warm Up (8 min.)

20/20 1-Arm KB/DB Over Head Hold + walk e/s

6 x Renegade Row and rotation (without weight) e/s

8 x Situps

4 x Hand Release Push ups

Instep & Reach

Part 1

4 Rds

40/20

KB/DB kneeling 1-Arm Botom up Shoulder Press e/s

KB/DB altn. Gorilla Rows e/s

KB/DB altn. Kneeling Slasher to Halo

KB/DB kneeling Over Head Triceps Extension

KB/DB Renegade Manmaker

Part 2 (For Time)

30 Step ups

Then-

3-4-5-6-7

Grizzly Walk (1 rep = 4 Steps forward/ 4 Steps Backward)

KB/DB Hollow Pull Over

Then-

40 Step ups

Then-

3-3-2-2-1-1

KB/DB Turkish Get ups (1 rep = 1 Turkish Get up each side)

L-Sit Lift overs

Then-

50 Step ups

Part 3

3 Rds

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension



BASE

Livesession: Freitag 20.08.21

Need: DB/KB or BB

By Fabrizio

Warm Up (2 Rds)

10 x Squats

Lunge Complex

6 x Situps

6 x Floor Back Extension

5 x Push Ups

Instep Stretch & Reach

Part 1 (8 min.)

10 x 1-Leg Hip Bridge + 15 sec hold at Last Rep e/s

6 x Standing on 20kg Plate + Reverse Lunge to knee

Lift e/s

Pigeon Stretch

Part 2 (15 min.)

5 x Sumo Dead Lift (3 Sec Down)

6 x Deficit Weighted Lunge (Front and Rear Foot on Plates - max 15kg Plates)

6 x Goodmornings

8 x Alternating Cossak Squats

Part 3 (2 Rounds – Time Cap 20 min.)

50 Step Ups

12 x BB/DB Front Squats

10 x Mr. Spectacular

12 x BB/DB Front Squats

50 Step Ups

Rest as needed



BASE – Achtung bei schönem Wetter laufen wir im Hof

Livesession: Samstag 21.08.21

Need: DB, BB

By Ingo

Warm up

3 Rds

(Dual)Bottoms Up KB Rack Carry ca. 30s

10x Deep Breath

3 Rds

10 Rocks

10 Squats

Instep + reach

3 Rds – Technikausführung sauber. Zeit nehmen

3x BB Bent over Row

3x Clean

3x Front Squat

3x Push Press

Part 1

10 Min

6x BB Bent over Row

3x BB Clean

6x BB Front Squat

3x BB Push Press

1min Rest

Part 2

5 Rds

Min 1: 60s Skippings fw,bw sw

Min 2: 8 DB Deadlifts + 8 DB Front Squats

Min 3: 8 Hollow Body Single Arm Floor Press e/s

Min 4: 4/4 Devils Press

200m Run

Part 3

Remaining time

5 x Bird dogs e/s

3 x Shoulder Sweep

3 x Standing Back extension