



# BASE

Livesession: Montag 23.08.21

Need: BB, DB

By Lena

## Warm Up 10 min

12x Bent over Row  
10x Step up to knee lift  
10x quadruped shoulder taps  
3x Thorasic Bridge e/s

### Part 1

15 min

6x Cyclist Front Squat  
8x Bench Row  
Floor Angel

### Part 2

6 min

Scotty Bob + 1 Rep/Rd  
30s Touch jump Touch  
30s Rest

### Part 3

6 min

Alternating 1-Arm Thruster e/s + 1 Rep/Rd  
30s Tappings  
30s Rest  
20s Rest

### Part 4

3 Rds

30s loaded Circle Crawls LI  
30s loaded Circle Crawls RE  
30s Hollow Hold  
30s Back Extension



## **BASE**

**Livesession: Dienstag 24.08.2021**

**Need: KB/DB**

**By Ingo**

### Warm Up

#### **Movement Prep**

**8 min**

**5x Lunge + Twist e/s**

**20s Plank walk up**

**Instep + reach**

**3 rd world stretch**

**5 min Mobility Work**

**Shoulder + HWS**

**Deadlift Erklärung**

### Part 1

**12 Min**

**6x Bulgarien Split Squat**

**3x Deep Goblet Sq. Hold a 20s**

**30s Rest**

### Part 2

**12 min**

**6x 1-Arm excc. Bench Press e/s**

**3x fast Alligator Push up**

**30s Rest**

### Part 3

**3 Rds**

**30s Palloff Press LI**

**30s Pallof Press RE**

**30s Front Bridge**

**30s Hollow Hold + Floor Press LI**

**30s Hollow Hold + Floor Press RE**

### Part 4

**2 Rds**

**20/20 Standing Founder**

**4x Standing Backextension**

**Scorpion Stretch**

**Cat + Cow**



## **BASE**

**Livesession: Mittwoch 25.08.21**

**Need: BB/DB**

**By Ingo**

**Warm up**

**Movement Prep**

**10x Deep Breath in Bauchlage 2,5kg auf unteren Rücken**

**6 min**

**10 x Squat**

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

**5 x Push Up**

**5x 1 – leg KB Deadlift e/s**

**Instep + reach**

**Ca. 5 min**

**Technikerklärung Deadlift**

**Freie Übungszeit**

**Part 1 – ruhig, eigenes Tempo**

**15 Min**

**5x Deadlift HBD, steigern**

**3x Box jump**

**elevated pigeon stretch**

**Part 2**

**30-20-10 Burpees**

**30-20-10 Sit-Ups**

**1 minute Rest**

**30-20-10 Push-Ups**

**30-20-10 Walking Lunge**

**1 minute Rest**

**30-20-10 Back Extensions**

**30-20-10 Jumping Jack**

**Stretching remaining time**



## 15 Touch jump Touch

### BASE

Livesession: Donnerstag 26.08.21

Need: BB, DB

Schwerpunkt: Work capacity

By Ingo

### 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

5 min AMRAP

2 - 4 - 6 - 8 - 10 ...(+ 2 each Round)

DB/KB altern. Gorilla Rows

5 Burpees

### Part 2

5 min AMRAP

2 - 4 - 6 - 8 - 10 ...(+ 2 each Round)

Toes to Sky

### Part 3

5 min AMRAP

2 - 4 - 6 - 8 - 10 ...(+ 2 each Round)

DB/KB altern. Thrusters

20 Toe Taps

### Part 4

25 min

5x BB Coudron e/s

5x BB 1 Leg Deadlift

5x 1-Arm Situ p e/s

30 Step up

### Stretching remaining Time



## **BASE**

**Livesession: Freitag 27.08.21**

**Need: DB/KB or BB**

**By Fabrizio**

### Warm Up (2 Rds)

5 x Lunges e/s

5 x YT -Shoulder Movement

15 sec Front Bridge

3 x Thorasic Bridge e/s

4 x Push Ups

Instep Stretch & Reach

### Part 1 (8 min.)

6 x Bottom Up KB Shoulder Press + 15 sec. Bottom Up KB Rack Hold /R

6 x Bottom Up KB Shoulder Press + 15 sec. Bottom Up KB Rack Hold /L

15 sec. Body/Inverted Row Hold (feet elevated for challenge)

Inchworm Stretch

### Part 2 (12 min.)

5 x 1 ¼ Barbell Z-Press / KB Z-Press e/s

10 x Crunsh Grip KB Bent over Row

5 x KB Halo e/s

8 x Sit ups

### Part 3 ( 15 min.)

20 Hipidi Hop

-directly into-

1-2-3-4-5-6

Pull ups / Inverted Row (x2)

KB Diamand Push ups / Bench Dips (x2)

Lateral roll into Burpee

-finisher-

20 Step ups

### Part 4 (10 min)

20 Situps

15 Toe touches

10 Crossing V-Situps

5 Hollow Rocks



## **BASE – Achtung bei schönem Wetter laufen wir im Hof**

**Livesession: Samstag 28.08.21**

**Need: DB, BB**

**By Ingo**

### Warm up

**8min**

**10m Lateral Skater Band Walk**

**10 banded Goblet Squats**

**5 Scap Pull Up**

**5 Scap Push up**

**Instep stretch**

### Part 1

**8 Min**

**8 x Front Rack Reverse Lunge (BB/DB/KB) e/s**

**40s Farmers Carry or Hold (heavy weight)**

**3x Floor Angel**

### Part 2

**8 Min**

**4x BB Couldron e/s**

**4x Ab wheel**

**30s Kayaker**

**30s Hollow Hold + Band push out**

### Part 3

**30 min**

**Build Team of 2**

**A. 100 Squats / 50 Pushup**

**B. Run or Step up**

**Sobald A fertig ist, läuft er raus und wechselt mit B. B läuft solange wie A für 100 Sq + 50 PU braucht. B macht nun 100 Sq + 50 Push ups**

**Welches Team hat die meisten Wechsel geschafft?**