



BASE

Livesession: Montag 30.08.21

Need: DB/KB/BB

By Ingo

Warm up

4Rds

6x Heartbeat Squat

5x Scapular PU

3x excc. PU

8x Facepull

3x 6-way shoulder

Part 1

12min.

5x KB Stepup + rev. Lunge + Pushpress

6x 1-Arm/Leg Floor Press e/s

90/90 or Floor Slide

Part 2

5 Rds

30s Sprint

30s Squats

Part 3

12 min

20x bandend Squat + Pushpress

20x mt-climber

20x Kayaker

20s Rest

Part 4

5 Rds

30s Sprint

30s Push up

Part 4

2 Rds

Scorpion Stretch

Cat Cow

Instep + reach



BASE

Livesession: Dienstag 31.08.21

Need: nix

By Ingo

Warm Up

10 tiefe Atemzüge in Bauchlage. Hände vor die Stirn
6x Thorasic Bridge e/s

6 min

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1

15 min

3/4/5 Backsquat HBD, dazwischen je 30s Rest,
Gewicht so auswählen das 3 gut machbar sind 5
aber sehr schwer.

danach

6x 1-Leg Hip Bridge e/s

Part 2

6R - 30 sec power, 15 sec rest

Push up

Standing Toe Tip diagonal

Mountain Climber

Rest 60 sec

Part 3

6 min – Herausforderung, nach Belastung noch

Koordinationsarbeit

Life-Kinetic- Feldhopser

Part 4

3R

30 sec Crap toe Touch

30 sec Kayaker

30 sec Hollow hold

30 sec Back Extension

Part 5

2R

Camel Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Mittwoch 01.09.21

Need: nix

By Ingo

Warm Up

Movement Prep

+ 10 tiefe Atemzüge in Bauchlage

2 Rds

Single Arm Bottoms Up KB Carry x 10s/arm

Scapular Push Ups x 10

Passive Hang on Rack x 20sec

**Erklärung Shoulder Press +
hinführende Übungen dazu**

**Erklärung KB Deadlift +
hinführende Übungen dazu**

Part 1

20 min:

4x BB/DB Shoulder Press HBD

15s Bear Crawl Forwards

15s Bear Crawl Backwards

8x KB Deadlift (evtl mit Band erschweren oder BB)

15s Bear Crawl Forwards

15s Bear Crawl Backwards

30s Floor Slide

Part 2

12 min

5 x Landmine 1-Leg Deadlift e/s

5 x Landmine Russian Twist e/s

5 x Goblet 1 ¼ lungeed Squat

90/90 stretch

Part 3

Cool Down + Zusammen mit Trainer in der Gruppe



BASE

Livesession: Donnerstag 02.09.21

Need: KB, DB

By Ingo

Warm up

3 Rds

5 x Roll-over into V-Sit

8 x Pushups

8 x Squats

8 x Situps

Instep & Reach

Part 1

15 min.

10 - 12 x Squat Biceps curl to hinge row

6 – 8 x Half Kneeling KB Botton up Shoulder press

8 - 10 x Push up into Plank and pull trough

Part 2

15 min.

10-12 x KB/DB/BB Clean + Push press (Snatches)

10-12 x rotational Thruster or BB Thruster

12-14 x up & down explosive KB DL or BB DL

Part 3

8 min.

+2 reps per round

Toes to Sky

Burpee

Bench walk up x 2

Part 4

remaining Time

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



Hybrid – HIIT Workout 5

Livesession: Freitag 03.09.21

Need: KB / DB / BB

By: Fabrizio

Warm Up

2 Rds

8 x Squats

10 x Quadruped Shoulder Taps

5 x Bird Dog e/s

5 x Theraband Lateral Crawl

5 x Kneeling Theraband Pull Aparts Supinated

5 x Kneeling Theraband Pull Aparts Pronated

Part 1

15 min.

10 x Alt. KB Bench Press Top Down (3 sec down)

10 x BB Row (2 sec down)

10 x Banded KB Bench Pull Over (3 sec down)

Lat & Pec Stretch

Part 2

10 min.

30 sec. Touch Jump Touch

10 x Inverted Row / 5 Pull Ups

6 x T Push ups

10 x Alternating Gorilla Rows

30 sec. Alternating Skater Jump and Hold

Part 3

10 min.

30 sec. Seal Jacks

5 x Yoga Push ups

8 x Toes to Sky

10 x Alternating KB Push Press

30 sec. Jumping Jacks

Part 4

remaining Time

20/20 Standing Founder

3 x Scorpion Stretch

3x Mantis

5 x Floor Back Extension



Hybrid FS Workout 6

Livesession: Samstag 04.09.21

Need: KB, DB

By Ingo

Warm Up (8 min.)

20s 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

25 Min.

3 Scotty Bob

9 DB Front Squats

15 weighted DB Step up e/s

200m Run

Part 2

30 Step ups

Then

3-4-5-6-7

Grizzly Walk (1 rep = 4 Steps fw/ 4 Steps bw)

KB/DB Hollow Pull Over

Then

40 Step ups

Then

4-8-12-16

KB Swing

1-Leg Hip Bridge e/s

Then

50 Step ups

Part 3

3 Rds

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension