



BASE

Livesession: Montag, 13.09.21

Need: DB/KB/BB

By Ingo

Warm Up:

2 Rds

8x Banded Press

8x Scapular Push Ups

5x Banded Push Ups

30sce Foam Roll Stretch

30sce Superman

8x Heartbeat Squat

Part 1 20min.

6x Floor Press e/s

6x Deadlift single-leg

6x Bench Dips

8x Sit – Ups

5x Floor Slide

Part 2

12min

5x Bench Press

12 x Face Pull

Shoulder sweep

Part 3

4 Rds

30/10

Russian Twist

Alterming Heel Touch

Flutter Kicks

Cursty Squat



BASE

Livesession: Dienstag, 14.09.2021

Need: nix

By Ingo

Warm Up

2 Rds

3x Thoracic Bridge

3rd World stretch

6x OVH Squat + Hold

2 Rds

8 x Squats

3 x Lunge Complex

5 x Hip Bridge

15s x Front Bridge

5 x Goodmornings

Instep into Pigeon

Technik TGU

Ca 7-10 min

Part 1

20 min

1-2-3-4-5-... TGU e/s

20 weighted Step up

Part 2

In Teams of 2 for 14 min

+ 2 Reps e/r, starting at 2 Reps

Partner A macht Scotty Bob

Während Partner B KB Swings macht.

Wechsel, wenn A fertig usw.

Pausen können zusammen gemacht werden.

Part 3

2 Rounds

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



BASE

Livesession: Mittwoch 15.09.21

Need: BB /KB

By Ingo

Warm up:

**Movement Prep
Spine Waves**

4 Rds

8x Banded Press

8x Scapular Push Ups

4x Banded Push Ups slow

4x Squat

4 Squat jump

Shoulder dislocates

B) 3 Rounds

Instep Stretch

3rd world stretch

Floor Slide

Technik

Clean und Shoulder Press

Part 1

25 min

1-2-1 / 2-4-2 / 3-6-3

**4x Curtis P + Push Press (Hang Squat Clean, Lunge RE,
Lunge LI, Push Press + Push Press)**

sofort danach.....

20 s Tapping + fast Lunge

Hip Flexor

Part 2

3 Rounds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings



BASE

Livesession: Donnerstag 16.09.21

Need: KB, DB

By Ingo

Warm Up

6 min

Lunge Complex e/s

6 x Goodmornings

6 x Situps

4 x Hand Release Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1

21 Toes to sky

18 DB Burpees

15 Dual DB/BB Deadlift

12 Dual DB/BB Hang Squat Clean

9 Dual DB Front Rack Reverse Lunge/leg

20 Stepup ohne Gewicht

18 Toes to sky

15 DB Burpees

12 Dual DB/BB Deadlift

9 Dual DB Hang Squat Clean

6 Dual DB Front Rack Reverse Lunge/leg

30 Stepup ohne Gewicht

15 Toes to sky

12 DB Burpees

9 Dual DB/BB Deadlift

6 Dual DB/BB Hang Squat Clean

3 Dual DB Front Rack Reverse Lunge/leg

40 Stepup ohne Gewicht

Part 2

4 Rds

60s Step over Bench/Box

60s Bench walk up

30/30 Side Bridge

Part 3

3 Rds

30s Plank Holds

30s Bearcrawls

30s Frontbridge

30s Hollow Hold

30s Rest



BASE

Livesession: Freitag 17.09.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (6 min.)

10 x Prone to swimmer e/s

8 x Sit ups

5 x Front + Back Lunge e/s

4 x Alligator Push ups e/s

Instep Stretch & Reach

Part 1 (10min. EMOM)

6-8 x KB Horn Grip Curls

4-6 x KB Off set Push Ups

6-8 x KB Russian Twist

Part 2 (12 min.)

4-6 x 1-Arm Snatch (Clean & Press) + Shoulder Press e/s

6-8 x 1-Arm Split Stance Row + Tossing row e/s

8-10 x KB Swings

Inchworm Stretch

Part 3 (20 min. to Complete)

50 x Jumping Lunges

40 x Crossing V-Situps

30 x Pike Push Ups (Beginner: nur abwärts Bewegung)

20 x Turkish Get up (Beginner: nur abwärts Bewegung)

30 x Hand Release Push ups

40 x Situps

50 x Jumping quats

Part 4 (remaining Time)

20/20 Standing Founder

3 x Scorpion Stretch

3x Mantis

5 x Floor Back Extension



BASE

Livesession: Samstag 18.09.21

Need: KB, DB

By Ingo

Warm up

Warm Up (8 min.)

3 x Thoracic Bridge e/s

5 x Pushups

5 x Bird Dogs e/s

5 x Dead Bugs e/s

Inchworm Stretch

Part 1: 10 min

6 x Slow Motion Squat (Front/Goblet)

6 x Slow Motion Push up

30s Towl DL – auf Zug allout (im Club

Gartenschlauch)

Part 2: 20 min

6x Backsquat

4x Scotty Bob

6x Backsquat

4x Scotty Bob

200m Run

Part 3:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

Part 4:

3 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings