



BASE

Livesession: Montag, 20.09.21

Need: DB/KB/BB

By Ingo

Warm Up (8 min.)

3 Sets

Single Arm Bottoms Up KB Carry x 10s/arm

Scapular Push Ups x 10

Passive Hang on Rack x 20sec

Band Pull Aparts x 15 reps

Part 1

20 min:

20sec Hanging Leg Rais on BB on Rack

15s Bear Crawl Forwards

15s Bear Crawl Backwards

3 Pull Ups on Rack, alternativ aktiv Hang

10 Dual KB Clean and Push Press

15s Bear Crawl Forwards

15s Bear Crawl Backwards

Part 2 (10 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 strech

Part 3

3 Rds

40s Frontbridge

30/30s waiters walk

12x banded Crosspull

5x Floor Slide

15s Hip Flexor e/s



BASE

Livesession: Dienstag, 21.09.2021

Need: DB, KB, SB

By Ingo

Warm Up 6 min

30 sec Jumping Jack

3x Burpee

5x Squat

5x Squat Jump

5x Push up

5x Planck Walk up e/s

Instep Strech

Part 1

Equipment need:

DB, SB, KB

Timecap 30min

22 Pushup

22 Hang Leg raise

22 DB Hang Squat Cleans

22 Plank walkup e/s

22 SB All 4 Drag 11/11

22 DB Deadlifts

22 Stepup

22 Walking Lunges

22 Squat Jumps

22 DB Burpees

2x20s active Bar Hang

22 Renegade Row

22 DB Front Squat

22 Stepup

22 KB Swings

22 Burpees

22 Thrusters (95/65 lb)

22 Dips

22 Renegade Row

22 Touch jump Touch

22 Stepup

Part 2

4 Rds

30s EO's

30s Front Bridge

30s FlutterKicks

30s Rest

Part 3

2 Rds

3 x Pump Stretch

3 x Instep & Reach /r

3 x Instep & Reach /l

3 x 3rd World Stretch into stand

3 x Thoracic stretch e/s



BASE

Livesession: Mittwoch 22.09.21

Need: BB /KB

By Ingo

Warm up

2 Rds

20s Plank walk up

9 Squat + Hands up Shoulder Press nach jedem 3.

6 Shoulder Tap + halten im herabschauenden Hund

Instep stretch

2 Rds

8 Dislocates

3rd world stretch

Banded Lat Stretch

Pec Stretch

Part 1

10 min (work fast)

30 Banded Tricep Push Downs

30 Banded Bicep Curls

30 Banded Face Pulls

1 min Rest

Part 2

12 min

3x Squating DB Overhead Press in 3 Stufen

6x Bear Plank Shoulder Taps e/s

30s Rest

20s Supermann

Part 3

„The Eagle“

8 Rds

8 KB Front Squat

20 sec Farmers Walk

KB dürfen nicht aus der Hand gelegt werden.

Part 4

2 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Stretch

Scorpion Stretch



BASE

Livesession: Donnerstag 23.09.21

Need: KB, DB

By Ingo

Warm Up 8 min

30 sec Heel to Butt

30 sec Jumping Hip Twist

5x Squat

5x Push up

3x Lunge e/s

30 sec high plank

Instep

Part 1 12 min

8x 1 – Leg Bulgarian Split Squat e/s

8x Side Lunge (total)

8x Jumping Lunge (total)

8x Squat

8x EO's/Bicycle Crunch e/s

Part 2 12 min

8x Push ups

8x Dips

8x Alligator Push ups

8x Plank walk up

10x Back Extension

Part 3 3 Rounds

30 sec Skippings FW/BW

30 sec Squat fast

30 sec Bench walk up

30 sec Mountain Climber

60 sec Rest

Part 4

3 Rds

Instep into Pigeon

Couch Stretch

Calf Stretch

Pec Stretch

Cobra



BASE

Livesession: Freitag 24.09.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (8 min.)

6 x 1-Leg Hip Bridge e/s

15 sec. Weighted Goodmorning Hold

10 x Squats

5 x Sit ups

4 x Push ups

Instep & Reach

Part 1 (12 min.)

8 x 1-Leg Deficite KB Deadlift (3110 = 3sec abwärts, 1sec. unten halten, 1sec. aufwärts, 0sec. oben halten)

8 x KB/DB Suitcase long step Lunge e/s (30X0 = 3sec. abwärts, 0sec. unten halten, eXplosiv aufwärts, 0sec. oben halten)

8 x 1-Arm Tripod Row e/s

Pigeon Stretch

Part 2 (12 min.)

10 x KB/DB Hip Thrust (20X2) Last Rep 15 sec. hold in upper Position

10 x BB 1 ¼ Back Squat s(2110)

8 x 1-Arm DB Bench Press e/s

Instep Stretch

Part 3 (12 min. EMOM = Every Minute On the Minute)

1st. Min. – 20 x KB Swings

2nd. Min. –8-10 x altern. Dual KB/DB Front Racked Backlunge into Box Step ups

3rd. Min. – 30 sec. Dual KB/DB hollow flutter kicks

After 3rd. Min. repeat, so you will get 4 Rounds in 12 min.

Part 4 (remaining Time)

10 sec Lunged Couch Stretch e/s

3 x Scorpion Stretch e/s

6 x Back Extension



BASE

Livesession: Samstag 25.09.21

Need: KB, DB

By Ingo

Warm Up: 3 Rounds

10 x Air Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1: 40 min

10 Back Squat

10 Push up

20 Hoppity Hopp

200m Run davon 50m im Steigerungslauf

Part 2

2 Rds

5 x 6-way Shoulder

5 x Scorpion stretch

5 x Mantis

5 x Cat + Cow