



BASE

Livesession: Montag, 27.09.21

Need: DB/KB/BB

By Ingo

Warm Up (8 min.)

2 Rds

3x Inchworm

8 x Rocks

3x Thorasic Bridge e/s

4 Rds

6x Squats

6 Pushups

4x Lunge+Twist e/s

instep

Part 1

Pyramide runter – hoch

60s Hippy Hopp

12 Goblet Squat

10 Manmaker

10 weighted Lunge e/s

40s Hippy Hopp

10 Goblet Squat

8 Manmaker

8 weighted Lunge e/s

30s Hippy Hopp

8 Goblet Squat

6 Manmaker

6 weighted Lunge e/s

Part 2 (10 min)

5x 6 way shoulder

15x Harmstring Hell

30x Glute Leg Lift e/s

Part 3

RT

Scorpion Strech

Mantis

Rocks



BASE

Livesession: Dienstag, 28.09.2021

Need: DB, KB, SB

By Ingo

Warm up

3 Rds

3 x Inchworm

3 x Standing Backextension

10 Squat

5 Lunge+ Twist e/s

5 Push up

Instep + reach

5 min

Deadlift Technik

Setup – Griff – Spannung - Lift

Part 1

12 min

6x Deadlift HBD

3 Box (Squat) jumps

90/90 Strech

Part 2

2 Rds

40 sec Sphinx press

40 sec push ups altern. diag hand to foot

40 sec Plank altern. Knee to hip rotation

Rest 60 sec

Part 3

2 Rds

40 sec U to Y (with towel or band)

40 sec Pike press

40 sec Burpee

Rest 60 sec

Part 4

6 Rds

30s jingle jangle or TjT

30s Rest

Part 5

3 min Plank Challenge

20sec Plank

60sec Frontbridge

20sec Plank

60sec Side Bridge

20sec Plank



BASE

Livesession: Mittwoch 29.09.21

Need: BB /KB

By Ingo

Warm Up: 4 Rounds

**10 x Air Squat
05 x Kossak Squat e/s
05 x Push Up
Kossak Stretch
Instep**

Part 1: 12 min

**6 x Slow Motion Squat (ass to grass)
6 x Loaded Squat Jump (Jedes Mal langsam ass to grass und dann so hoch springen wie möglich)
30 s rest**

Part 2:

**5min AMRAP
2-4-6-8-10-12...
Renegade Rows (+2 reps per round)
TJT
Plank walk up**

Part 3: 12 min

**6 x BB Thruster HBD
6 x inverted Row
90/90
Floor Slide**

Part 3:

**5 min AMRAP
2-4-6.... 1-Arm Sit up (+ 2 reps per round)
2-4-6.... Kayaker (+ 2 reps per round)
4 Back Extension**

Part 4

**2 Rds
20/20 Standing Founder
10 Rocks
Hip Flexor Strech
Scorpion Strech**



BASE

Livesession: Donnerstag 30.09.21

Need: KB, DB

By Ingo

Warm Up 8 min

20s Plank walk up

20 sec Jumping Hip Twist

5x Squat

5x Push up

3x Lunge e/s

30 sec high plank

Instep

5 Min

Front Rack Mobility

BWS - Shoulder

Part 1 12 min

8x Front Squat

3x Box Jumps

90/90

Part 2 12 min

8x DB Flys

8x Dips

8x Bench walk up e/s

Floor Slide

Part 3

20-16-10

DB Deadlifts

Renegade Row

Burpees

Part 4

RT

10 sec Couch Stretch e/s

3 x Scorpion Stretch e/s

6 x Back Extension



BASE

Livesession: Freitag 01.10.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (5 min.)

8 x Squats e/s

5 x Push Ups

5 x Sit ups

6 x Quadruped Shoukder Taps e/s

5 x Dead Bugs e/s

Instep & Reach

Part 1 (15 min.)

6 x Plank Theraband Lateral Walk e/s

8 x 1-Arm DB Trap-3 Raise e/S

8 x Scapular Inverted Rows (1 Sec Pause at top)

10 x Bench Lying DB Tricep Extensions

1 x Inchworm Stretch

Part 2 (15 min.)

8 x KB/DB Farmers Shoulder Press (20X1) e/s

8 x BB Narrow Grip Bench Press (20X1)

12 x Alternating DB Curls (30X1)

10 x Plate Body Saws (30X1)

Lat&Pec Stretch

Part 3 (AMRAP = 8 min.)

10 x Renegade Rows (1x Push up + 1 Right & Left

Row = 1 Rep)

20 x Hippidy Hopps

20 sec. Seal Jacks

Part 4 (remaining Time)

20/20 Standing Founder

4 x Bird Dog e/s

3 x Floor Angle

4 x Cat&Cow



BASE

Livesession: Samstag 02.10.21

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: 20 min

BB-Complex

30s Rest

BB-Complex

200m Run

Part 2

2 Rds

40 Front Bridge

40 Jumping jack

12 Push up

20 Squats

20 Bird Dog

40 Mountain climber

40 High Knee

40 Lunges

20 Burpees

Nix mehr 😊