



BASE

Livesession: Montag 06.09.21

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 07.09.2021

Need: nix

By Christian

Warm up (3 Rds)

A: Movement Prep

B: 2 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

Part 1

25min

10 weighted Stepup

20 Stepups

Then do 4 rds for time

8 Squats

4 Push up

Part 2

Zirkel des Grauens

12 min

30 Gas /15 Pause

Grätsch Situp (re/li im Wechsel)

Mt-climber

DB Thruster

Skippings

Plank Toe grab

Sidesteps

Part 3

5 min

10 Rocks

4x Floor Angel e/s

Ultimate shoulder stretch



BASE

Livesession: Mittwoch 08.09.21

Need: BB /KB

By Ingo

Warm up:

A) 8-7-6-5-4-3-2-1

Squat (Jump)

Push up

Sit-up

B) 3 Rounds

Instep Stretch

Peanut

Floor Slide

Technik Clean

Part 1

15 min

3x Power Clean + Push Press

sofort danach.....

2x Burpees

Hip Flexor + Pigeon Stretch

Part 2

6 Rounds

10x Dips

10x Push ups

12er Harmstring Hell e/s

Part 3

6 Rounds

10x KB Floor Press

5x Inverted Row

3x Squat to Stand

Part 4

3 Rounds

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



BASE

Livesession: Donnerstag 09.09.21

Need: KB, DB

By Fabrizio

Warm Up (2 Rds)

8 x Squats

3 x Lunge Complexe

5 x Hip Bridge

15sec x Front Bridge

5 x Goodmornings

Instep into Pigeon

Part 1 (15 min.)

3-Way Hip Banded External Rotation (Lean Forward, Neutral position, Lean Backwards)

15 reps each position

10 x KB/ BB Romanian Dead Lift

8 x Bench Brid Dog Row e/s

8 x KB Goblet Squat to Bench/Box (3 sec. Down)

Part 2 (5 Rounds = 20 min.)

Each Round A+B

A (2min = 75 sec. work to get 45 sec. rest):

10 x Step Ups

10 x DB Burpee Bench Step Over

B (2min = 75 sec. work to get 45 sec. rest):

4 x DB/KB Deadlift

4 x DB/KB Power Clean

4 x DB/KB Thruster

20 x Seal Jacks

Part 3 (remaining Time)

20/20 Standing Founder

3 x Scorpion Stretch

3x Mantis

5 x Floor Back Extension



BASE

Livesession: Freitag 25.06.21

Need: KB / DB / BB

By: Ingo

Warm Up

2 Rds

3x Inchworm

8 Rocks

3x Thorasic Bridge e/s

3 Rds

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

Part 1

Pyramide runter und hoch!

60s Skippings for, side, back, side

12 DB/KB Goblet Squats

10 Manmaker

12 DB Front Squats

40s Skippings for

10 DB/KB Goblet Squats

8 Manmaker

10 DB Front Squats

30s Skippings for

8 DB/KB Goblet Squats

6 Manmaker

8 DB Front Squats

**Und dann wieder beginnen mit letzem Abschnitt aber
aufwärts rückwärts bei 8 DB Front Squat**

Part 2

300 Stepup

Part 3

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch

3 x Crossed Hamstring stretch



BASE

Livesession: Samstag 11.09.21

Need: KB, DB

By Ingo

Warm up

10min
10m Lateral Skater Band Walk
10 banded Goblet Squats
5 Scap Pull Up
5 Scap Push up
Instep stretch

Part 1

10 Min

8 x Front Rack Reverse Lunge (BB/DB/KB) e/s
40s Farmers Carry or Hold (heavy weight)
3x Floor Angel

Part 2

7min AMRAP
3 Lunges/leg
5 Box Jump Step Down
7 inverted Rows

Part 3

10 min
6x Split Stance Deadlift (BB/DB) e/s
6x Pallof Press e/s

Part 4

7mins AMRAP
3 Burpees
5 Hang Leg Raise (BB on Rack)
7 Squats

Part 5

2 Rds
20/20 Standing Founder
20 x 1 Leg-Hip Bridge e/s
10 x Goodmornings