



BASE

Livesession: Montag, 04.10.21

Need: DB/KB/BB

By Ingo

Warm up

2 Runden

5x Lunge + Twist e/s

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

12 min.

6x Hardstyle push up

6x banded Shoulder Press

20s Hollow Hang

Shoulder Sweep

Part 2

10 min

20x weighted step up

10x 1 Leg- Hip Bridge e/s

Part 3

12 min.

3x/6x Pull up / TRX Row

45sec. Facepull

3x Floor Slide

Part 4

10 min

10x weighed step up (more weighth)

5x weighed 1 Leg- Box Squat e/s

Part 5

Remaining Time

Cat + Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Dienstag, 05.10.2021

Need: DB, KB, SB

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 - runter

60s fast Stepup

10 Goblet Squat

8 Manmaker

40s fast Stepup

8 Goblet Squat

6 Manmaker

30s fast Stepup

6 Goblet Squat

4 Manmaker

Part 2

2 Rds

5x 6 way shoulder

15x Harmstring Hell

30x Glute Leg Lift e/s

Part 3

RT

Scorpion Strech

Mantis

Rocks



BASE

Livesession: Mittwoch 06.10.21

Need: BB /KB

By Ingo

Warm up

3 Rds

10x Iron Cross

12x Heartbeat Squat

5x 6- way shoulder (max.2kg)

Part 1

3 Rds

20 Push up

30 Squats

40 Step up

Part 2

Lader of:

2-4-6-6-4-2

BB Deadlift

BB Row

BB Clean

BB Front Squat

Weighted Situp x 2

Part 3

3 Rds

20 Push up

30 Squats

40 Step up

Part 3

2 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Donnerstag 07.10.21

Need: KB, DB

By Ingo

Warm up

Movement Prep

5 min

8er kreisen mit Stange

5 OHS mit Stange

Ride it down in den instep stretch

5 min

Lateral Skater Band Walk

8 banded Goblet Squats

5 Scap Push up

Instep stretch

Rack Einführung, Rack Position,
Ablauf Erklärung

Part 1

15 Min

8 x Front Squat (BB or KB)

40s waiters Walk

3x Floor Angel

Part 2

6min (AMRAP)

2 Scotty Bob

3 Box Jump (Box Steps or Squat Jump)

4 inverted Row

Part 3

3 Rds

30/30/30 AB Bridge Complex

6x Paloff Press e/s

15er Jane Fonda

Part 4

Remaining Time

Scorpion stretch

Peanut

Cat + Cow



BASE

Livesession: Freitag 08.10.21

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 Shoulder Taps e/s

5 x Dead Bugs e/s

Instep & Reach

Part I (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 II (15 min.)

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

8 x BB Narrow Grip Bench Press (20X20)

12 x Alternating DB Curls (30X1)

10 x Plate Body Saws (30X1)

Lat&Pec Stretch

Part III (AMRAP = 8 min.)

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

Row = 1 Rep)

20 x Hippydy Hopps

20 sec. Seal Jacks

Part IV (remaining Time)

20/20 Standing Founder

4 x Bird Dog e/s

3 x Floor Angle

4 x Cat&Cow



BASE

Livesession: Samstag 09.10.21

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:

40 min of

20 BB Front Squat

20 weighed Stepup

20 Push up

20 Sit up

200m Run im Hof, ansonsten

Burpee-Squat Ladder

2-4-6-4-2

Burpee + Squat

Part 2

2 Rds

5 x 6-way Shoulder

5 x Scorpion stretch

5 x Mantis

5 x Cat + Cow