



## **BASE**

**Livesession: Montag, 11.10.21**

**Need: DB/KB/BB**

**By Ingo**

### **Movement Prep**

#### **Warm Up (8 min.)**

**10 x Y+V**

**6 x 1-Leg Hip Bridge e/s**

**5 x Forward/Backward Lunges e/s**

**4 x Alligator Push ups e/s**

**Instep & Reach**

#### **Part 1**

**15 min.**

**6 BB Deadlifts HBD**

**4 KB/DB 1-Arm Over Head Lunges e/s**

**Shoulder Sweep**

#### **Part 2**

**20 min**

**4-6 x KB/DB Off Set Push ups e/s**

**20 KB/DB Russian Twist e/s**

**5 x Turkish Get ups – (Wechsel des Arms nach einem kompletten Durchlauf)**

**10 x Burpees**

#### **Part 3**

**Ladder (8 min):**

**3-6-9-...**

**KB/DB Sumo Deadlift into High Pull**

**KB/DB Goblet Squat**

**KB/DB Gorilla Row**



## **BASE**

**Livesession: Dienstag, 12.10.2021**

**Need: DB, KB, SB**

**By Ingo**

### Warm up:

**3 Rds**

**10 Rocks**

**3 Thorasic Bridge**

**10 knelling to standing 5/5**

**8 Push up**

**Instep + reach**

### Part 1

**Skill Turkish Get up**

### Part 2

**12 min**

**2x ½ TGU e/s**

**2x TGU e/s**

**Shoulder sweep**

**Camel + Cat**

### Part 3

**4 Rds**

**30s/30s 1-Arm DB Hold kneeling to standing**

**30s Hammer Grip KB Good Mornings**

**30s/30s 1-Leg Deadlift**

**30s Rest**

### Part 4

**4 Rds**

**30/30 Lateral banded Bird Dog e/s**

**30/30s 1 Arm KB Press in Hollow Hold**

**30s YT**



# **BASE**

**Livesession: Mittwoch 13.10.21**

**Need: BB /KB**

**By Svenja**

## Warm up

**I) 6 Min**

**4x Burpees**

**8x Squat**

**12x Sit-Ups**

**16x Jumping Jacks**

**II) 6 Min**

**Mobility Shoulder & Hip**

## Part 1

**6 Min Skill-Work:**

**Clean Pull**

## Part 2

**18 min EMOM**

**1st 6x 1. und 2. Zug**

**2nd 6x Hang Clean Pull**

**3rd 6x Frontsquat 2-1-2**

## Part 3

**8 Min AMRAP**

**4x Burpees**

**4x Box Jumps**

**8x Sit-Ups**

## Part 4

**Tabata Hollow & Superman**

## Part 5 (RT)

**Cooldown**



# BASE

Livesession: Donnerstag 14.10.21

Need: KB, DB

By Ingo

## Warm up:

6 Min

30s March on Place (High Knee)

6 Alligator Push up

6 Cossak Squat e/s

30s Plank walk up

3 Inchworm

Instep + reach

## Part 1

12min

5x BB Back Squat HBD

5 x 1-Arm KB Rack Squat e/s

5 x Front Lunges e/s

5 x Back Lunges e/s

30s Rest

## Part 2

12min

6x BB Bench Press HBD

6 x KB Straight Arm Russian Twist e/s

6x KB Crossover Plank e/s

## Part 3

Reps Time for 5 min

10 mt-climber

2 Burpee

## Part 4

5 min

Cooldown 1

<https://www.youtube.com/watch?v=4gc15lla700>



## **BASE**

**Livesession: Freitag 15.10.21**

**Need: KB / DB / BB**

**By: Fabrizio**

### Warm Up (6 min.)

**10 x Bent over Band Pull Aparts**

**6 x Drop Lunge to Knee Lift e/s**

**30 sec. Quadruped Shoukder Taps**

**Inch worm Stretch**

### Part 1 (16 min.)

**8 x BB Back Squat Split Stance e/s (2110)**

**8 x Pull ups / Inverted Row (2011)**

**8 x Cyclist KB/DB Front Squat (31X0)**

**8 x Split Stance Chainsaw Row e/s (20X2)**

**90/90 Stretch**

### Part 2

**A: 5 min. AMRAP**

**2-4-6-8-10-12 .... +2 Reps per round**

**Renegade Rows**

**\*10 Mountain Climbers between each Round**

**B: 5 min. AMRAP**

**2-4-6-8-10-12 .... +2 Reps per round**

**Heel Side Touses**

**\*2 Burpee Box Jumps between each Round**

**C: 5 min. AMRAP**

**2-4-6-8-10-12 .... +2 Reps per round**

**Alternating DB Thrusters**

**\*15 Jumping Jacks**

### Part 3 (remaining Time)

**20/20 Standing Founder**

**3 x Shoulder Swepp e/s**

**3 x Scorpion Stretch**

**20 sec. Couch Stretch**



## BASE

Livesession: Samstag 16.10.21

Need: KB, DB

By Ingo

**A: Movement Prep**

**B: 3 x DOT-Drill**

6 x Squats

6 x Push ups (auf den Knien oder an Tischkante)

6 x Sit Ups

5 x Birddog e/s

Instep & Reach

### Part 1

20 min

20 weighted Step up

6x shoulder Press in Lunge Position e/s

6x Slow Heartbeat Squat + 10 s Squat Hold in der letzten Wdh

### Part 3

	1	2	3	4	5	6	5	4	3	2	1
Push ups	2	5	8	11	14	17	18	15	12	9	6
Sit ups	3	6	9	12	15	18	17	14	11	8	4
Squats	4	7	10	13	16	19	16	13	10	7	5

### Part 4

2 Rds

20/20 Standing Founder

20/20 kneeling Founder

Instep Stretch into 3rd-World Stretch +

Toe touch Complex 3/3/3