



BASE

Livesession: Montag, 18.10.21

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 Back Squat

3 Squat jump or Boxjump

90/90 Strech

Part 2

15 min

8 x DB Flys e/s

12 x DB Bench Row

Part 3

2 Rds

40 DB Goblet Squats

10 DB Scotty Bob

20 DB Goblet Squats

5 DB Scotty Bob

60s Rest

Part 4

RT

20/20 Standing Founder

3 x Scorpion Stretch

20 sec. Couch Stretch



BASE

Livesession: Dienstag, 19.10.2021

Need: DB, KB, SB

By Ingo

Warm up:

8 Min

5x Walking Lunge

5x Push Ups

3x Jumping Lunge

5x Clapping Push Ups

Instep Stretch

Lat + Pec Stretch

Part 1

10 Rounds

30 Second TjT

30 Hippity Hopp

30s Rest

Part 2

20 Minute for Grind

8x DB Pass Through e/s (schwere DB)

8x Slasher to helo e/s

5x Mr. Spectacular @ 12/16kg

60s Rest

Part 3

2 Rds

20/20 Standing Founder

20/20 kneeling Founder

Instep Stretch into 3rd-World Stretch +

Toe touch Complex 3/3/3



BASE

Livesession: Mittwoch 20.10.21

Need: BB /KB

By Svenja

Warm up

I) Barbell Work

4 Rds with empty bar

6x Deadlift

6x Row

6x Frontsquat

6x Shoulder Press

II) 6 Min

Mobility Shoulder & Hip

Part 1

8 Min Skill-Work:

Power Clean

Part 2

15 min EMOM

1st 6x Clean Pull

2nd 6x High Hang Power Clean

3rd 6x Front Rack Reverse Lunges e/s

Part 3

8 Min AMRAP

10 Deadlifts

10 Push-Ups

20 sec Touch Jump Touch

Part 4

Tabata Frontbridge & Swimmer

Part 5 (RT)

Cooldown



BASE

Livesession: Donnerstag 21.10.21

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(10 min)

4 x Offset KB Push up e/s

6 x KB/DB Chainsaw Row e/s

8 x altern. KB/DB Kneeling Hip to Halo

10 x altern. KB/DB Floor Press

Part 2 (10 min)

5 x KB/DB 1-Leg Deadlift e/s

1 x KB/DB Clean + 1 x KB/DB Clean & Push press + 1

x KB/DB Clean & Press e/s

10 x KB/DB Swings

90/90 Strech

Part 3

3 Rds

30s Touch Jump Touch

15s rest

30s Burpees

15s rest

30s Mountain climber

15s rest

30s Skater

15s Rest

Part 4

5 min

20/20 Standing Founder

3 x Shoulder Swepp e/s

3 x Scorpion Stretch

20 sec. Couch Stretch



BASE

Livesession: Freitag 22.10.21

Need: KB / DB / BB

By: Fabrizio

Warm up:

Movement Prep

2 Rds

10 Rocks

3 Table Rocks

3 Thorasic Bridge

Part 1:

Superset 1:

Dumbbell press 3x10-12

Hanging leg raise 3x12-15

Superset 2:

Inv Row 3x12-15

Barbell push press 3x8-10

Superset 3:

Bent over row 3x 5+5

Barbell curl 3x10+10

Part 2:

12min

8x KB Swing

20s Goblet Squat Hold

20/20 Split Lunge Hold

20s Rest

Part 3:

6min

5 x YT Shoulder Movement

4 x Scorpion stretch

3 x Mantis

3 x Crossed Hemstring stretch



BASE

Livesession: Samstag 24.10.21

Need: KB, DB

By Ingo

A: Movement Prep

B: 3 x DOT-Drill

6 x Squats

6 x Push ups

6 x Sit Ups

5 x Birddog e/s

Instep & Reach

Part 1

25 min

Barbell Complex

200m Run

Part 2

300 Step ups

Part 3

2 Rds

20/20 Standing Founder

20/20 kneeling Founder

Instep Stretch into 3rd-World Stretch +

Toe touch Complex 3/3/3