



BASE

Livesession: Montag, 25.10.21

Need: DB/KB/BB

By Ingo

Warm Up:

2 Rds

8x Scapular Push Ups

8x Heartbeat Squat

30s Superman

4x slow Push up

Foam Roll

Lat + Pec Strech

Part 1 16min.

6x 1-Leg/Arm Floor Press e/s

6x 1-Leg Deadlift

6x 1-Leg Bench Dips e/s

5x Floor Slide/Floor Angel

Part 2

10min

5x Back Squat

5x Lunge fw/bw

3rd world strech

Part 3

3 Rds 30/10

Kayaker

Flutter Kicks

Cursty Squat

Front Bridge



BASE

Livesession: Dienstag, 26.10.2021

Need: DB, KB, SB

By Ingo

Warm Up

8 min

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1

6 min

6x 1-Leg Deadlift e/s

5x Cursty Squat in Goblet Hold e/s

4x 1 – Leg Bench Squat e/s

90 /90Strech

Part 2

12 min

5x Benchpress HBD

2x Clapping Push up

3x shoulder sweep

Part 3

„The big eagle“

14 Rds

20s Front racked Hold

6 KB Front Squat

20s Farmers Walk

20s Breathing Rest

Part 4

3R

20 sec Hollow Rock

20 sec Kayaker

20 sec Hollow hold

20 sec Back Extension

Part 5

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch



BASE

Livesession: Mittwoch 27.10.21

Need: BB /KB

By Ingo

Warm up

I) Barbell Work

4 Rds with empty bar

5x Goodmornings

5x Backsquats

5x Frontsquat

5x Shoulder Press

II) 6 Min

Mobility Shoulder & Hip

Part 1

8 Min Skill-Work:

Power Clean

Part 2

15 Min

Find daily 5 reps max:

5-5-5-5-5

Power Clean

Part 3

12 Min AMRAP

15x Power Cleans

10x Burpee over the bar

10x Sit-Ups

Part 4

Tabata Hollow Rock & Superman

Part 5 (RT)

Cooldown



BASE

Livesession: Donnerstag 28.10.21

Need: KB, DB

By Ingo

Warm Up

8 min

Lunge Complex e/s

6 x Situps

4 x Hand Release Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1

8 min

6x Contralateral Dumbbell Overhead Split Squat

+ 20s hold in last rep e/s

20 – 40sec Hollow Hang

8 min

5x Dumbbell Thruster (Ohne Schwung, sehr langsam)

5x Single Arm Seated Arnold Press e/s

Part 2

21 DB Row

18 DB Burpees

15 DB Front Racked Squat

12 DB Manmaker

9 Dual DB Front Rack Reverse Lunge/leg

18 DB Row

15 DB Burpees

12 DB Front Racked Squat

9 DB Manmaker

6 Dual DB Front Rack Reverse Lunge/leg

15 DB Row

12 DB Burpees

9 DB Front Racked Squat

6 DB Manmaker

3 Dual DB Front Rack Reverse Lunge/leg

Part 3

3 Rds

30s Pallof Press links

30s Pallof Press rechts

30s Frontbridge

30s Hollow Hold

30s Rest



BASE

Livesession: Freitag 29.10.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (10 min.)

1 x Square 1-Arm Bottom Up KB Carry e/s
6 x Scapular Push ups
20 sec. Dead Hang
10 x Band Pull Aparts

Part I (15 min.)

8 x DB Bench Press (31X0)
8 x BB Pendlay Row (30X1)
8 x Banded KB Triceps Extension (20X20)
8 x Supinated Invertetd Row (30X0)
Lat&Pec Stretch

Part II (15 min)

5 x Parallel Dead Bug Plate Switches
5 x Quadruped Crawl Forwards + 10 Shoulder Taps
5 x Quadruped Crawl Backwards + 10 Shoulder Taps
10 x Dual KB/DB Clean + Push Press
5 x Pull ups / TRX-Rows / Inverted Rows

Part III (remaining Time)

20/20 Standing Founder
3 x Shoulder Swepp e/s
3 x Scorpion Stretch



BASE

Livesession: Samstag 30.10.21

Need: KB, DB

By Ingo

Warm up

3 Rds

10x Iron Cross

12x Heartbeat Squat

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

Lat + Pec Strech

Part 1

Shoulder Press

Rack einrichten, Üben mit dem Stab

Part 2

10 min

4 x BB Shoulder Press – steigern HBD

3x Soulder Sweep

Part 3

Ladder down of

16|14|12|10|8|6|4|2

KB Swing

Burpees

Goblet Squat

Step ups x 2

Part 4

2 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Strech

Scorpion Strech