



# BASE

Livesession: Montag, 01.11.21

Need: DB/KB/BB

By Ingo

## Warm Up:

8min

3x Dot Drill

3er Lunge Complex

6x Halfway PU

3x PU

6x EO's e/s

20s Plank walk up

Instep + reach

## Part 1

Balance

8min

3x 360 Steps e/s

6x 1-Leg DL to skip e/s

3x Skip to stop e/s

6x banded skater opener

## Part 2

10min

5x Back Squat

90/90 Strech

20s Superman

## Part 3

4 Rds

30s/15s

Push up

Standing Toe Tip

Mt- climber

## Part 4

RT

5x 6 way shoulder

4x scorpion stretch

5x mantis

3x Standing Back Extension



# BASE

Livesession: Dienstag, 02.11.2021

Need: DB, KB, SB

By Ingo

## Warm up

3Rds

3 x Thoracic Bridge e/s

10 Squats

8 Push ups

6 Situps

3 x Plank into Instep to Squat t-spine rotation

## Deadlift Technik

### Part 1

15 min

5 x Deadlift HBD

3 x explo. Box Step up e/s

### Part 2

10 Min. Ladder - Start with 2

(+1 rep per side every round)

Front racked fw/bw lunges e/s

Balanced Bench Row e/s

### Part 3

8 Rds (30/20)

Touch jump touch

### Part 4

4 Rds

8x Facepull

30/30/30 AB Bridge Complex

6x Couldron

### Part 5

25er Jane Fonda

90/90 Strech



# **BASE**

**Livesession: Mittwoch 03.11.21**

**Need: BB /KB**

**By Svenja**

## Warm up

**I) 6 Min**

**2x Inchworms**

**5x Lunges e/s**

**20 sec Plank Walk Up**

**5x Squats**

**Instep into Pigeon**

**II) 6 Min**

**Mobility Shoulder & Hip**

## Part 1

**8 Min Skill-Work:**

**DB Snatch**

## Part 2

**10 Min**

**6x DB/KB Snatches e/s**

**6x Overhead Lunges e/s**

**6x DB/KB Clean e/s**

**6x Front Rack Lunges e/s**

**Floor Angel**

## Part 3

**10 Min**

**12x Dual DB/KB Front Rack Squat**

**12x Weighted Step-Up**

**12x Push-Up**

**12x Sit-ups**

## Part 4

**Bring Sally Up (with Squats)**



## **BASE**

**Livesession: Donnerstag 04.11.21**

**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

**10 min**

**8 x Scotty Bob (1x Push up + 1 Right & Left Row = 1 Rep)**

**10x Hoppity Hopp e/s**

**20x Seal Jacks**

**10x Step ups e/s**

### Part 2

**4 to 10 to 4**

**Squat Jumps**

**Thruster BB/DB**

**FW / BW / SW Skipping**

**(pro Seite also doppelte Anzahl)**

**Grizzly walk (1 Grizzly = 2 Steps For- and Backward)**

**Falschrum Burpees**

### Part 3

**3 Rds**

**20/20 Standing Founder**

**10 Rocks**

**Hip Flexor Strech**

**Scorpion Strech**



## **BASE**

**Livesession: Freitag 05.11.21**

**Need: KB / DB / BB**

**By: Fabrizio**

### Warm Up (6 min.)

**5 x Push ups**

**5 x Sit ups**

**5 x 6 Way Shoulder**

**5x Tall Kneeling Theraband Pull Aparts Supinates**

**5x Tall Kneeling Theraband Pull Aparts Pronated**

**Inch worm Stretch**

### Part 1 (15 min.)

**6-8 x Alternating 1-Arm Bias Inverted Row (30X0)**

**8-10 x Dual KB Floor Press (2020)**

**8-10 x Crush Grip DB Chest Press**

**Lat&Pec Stretch**

### Part 2 (16 min)

**Jumping Jacks @ moderate Pace**

**At 0, 4, 8, 120min. Mark complete**

**8 x Triceps Parallette Push Ups**

**8 x KB Crusch Grip Shoulder Press**

**8 x Bench Dips**

### Part 3 (16 min)

**Step Ups @ moderate Pace**

**At 0, 4, 8, 120min. Mark complete**

**8 x Supinated Inverted Rows**

**8 x KB Horn Grip Biceps Curls**

**8 x Banded Face Pulls**

### Part 4 (remaining Time)

**20/20 Standing Founder**

**3 x Shoulder Swepp e/s**

**3 x Scorpion Stretch**



## **BASE**

**Livesession: Samstag 07.11.21**

**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**

**Barbell Complex**

**20 weighed Stepup**

**20 Stepup**

**20 Push up**

**30s Rest**

### **Part 2:**

**Roxane**

**Burpee**

### **Part 3**

**2 Rds**

**5 x 6-way Shoulder**

**5 x Scorpion stretch**

**5 x Mantis**

**5 x Cat + Cow**