



BASE

Livesession: Montag, 08.11.21

Need: DB/KB/BB

By Ingo

Warm Up:

A: Movement Prep

B: 6min

3x OVH Squat

6x Squat

3x Heartbeat Squat

Instep + reach

C: 2 Rds

3x Thorasic Bridge

3x Bottom up Press e/s

3rd world stretch

Part 1

5 Rds

40/20

Halfknelling alt. Shoulder Press

Gorilla Row

Renegade Row

Part 2

1Rd

30 Step up

-

3-4-5-6

Grizzly walk

KB Floor Press

-

30 Step up

-

3-4-5-6

KB Front Squat

KB Reverse Lunge

-

30 Step up

Part 3

3 Rds

30s Front Bridge

30s Kayaker

30s Hollow Hold

30s Back Extension



BASE

Livesession: Dienstag, 09.11.2021

Need: DB, KB, SB

By Ingo

Warm up

10 min

10x Squat

5x Lunge

6x Push ups

3x Side Bridge roll over e/s

Instep into 90/90

PART 1

12 min

8x Back Squat BB/DB

4x Reverse Lunge BB/BD e/s

4x kn. Half Moon e/s

Part 2

12 min

2-3-4

Scotty Bob

Dual KB Deadlift

Floor Slide

Part 3

3 Rounds 30 sec POWER - 15 sec REST

30 sec Bench walk up

30 sec Truster

30 sec Burpees

30 sec Hoppity Hopp

60 min Rest

Part 4

2 Rounds

Cat Cow

Scorpion Stretch

Instep into Pigeon

Roll Over V-Sit



BASE

Livesession: Mittwoch 10.11.21

Need: BB /KB

By Svenja

Warm up

8 min

10 x Squat

5 x Kossak Squat e/s

5 x Push Up

5x KB Deadlift

Kossak Stretch

Instep

Part 1 – ruhig, eigenes Tempo

15 Min

5x Deadlift HBD, steigern

3x Box jump

90/90 Strech

Part 2

25 min

15–35 sec Hollow Hang or Deadhang im L

10x KB Swing

10x weighted Step ups

10x Step ups

Part 3

3 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Donnerstag 11.11.21

Need: KB, DB

By Ingo

Warm Up:

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep

Part 1:

3 Rds

6x Lunged Bottom up Press e/s

20/20s Bottom up waiters walk

30s Rest

Part 2

A: Amrap - 8 min

3 Mr. Spectacular

3 Burpees

B: Amrap - 16 min

10 Goblet Squats

20 Eo's

30 Flutter Kicks

C: Amrap - 8 min

3 Manmaker

5 Pushup

Part 3

2 Rounds

Cat Cow

Scorpion Stretch

Instep into Pigeon

Roll Over V-Sit



BASE

Livesession: Freitag 12.11.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (8 min.)

10 x Squats

8 x Good mornings

6 x Sit ups

4 x Burpees

2 x Table Rocks

Intep Stretch & Reach

Part 1(14 min.)

6 x BB Box/Bench Squat (21X1)

6 x Sumo Dual KB Deadlift (2020)

6 x Plank Hold with DB Pull trough e/s

Pigeon Stretch

Part 2 (14 min.)

6 x Dual KB Bulgarian Split Squat e/s

8 x 1-Leg Elevated Hip Bridge e/s

10 x KB Squat Jumps

90/90 Stretch

Part 3 (3 Rounds)

40 Work/20 rest

6 x Mountain Climbers + 6 High Knees

Sprinter Sit ups

Plank Walks

Plank diagonal toe touch to Tuck Jump

Part 4 (remaining Time)

20/20 Standing Founder

8 x Floor Back extension

3 x Scorpion Stretch

20 sec. Couch Stretch



BASE

Livesession: Samstag 13.11.21

Need: KB, DB

By Ingo

Warm Up: 4 Rounds

10 x Air Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1: 10 min

6 x Slow Motion Squat (Front/Goblet)

6 x Slow Motion Push up

30s Towl DL – auf Zug allout (im Club Gartenschlauch)

Part 2:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

Part 3

3 Rounds

30sec High Knee

15 sec rest

30 sec Jumping jack

15 sec rest

30 sec Mountain climber

15 sec rest

30 sec Skater

60 sec rest

Part 4:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

Part 5

2 Rds

20 / 20 Side Bride

20er Harmstring Hell e/s

30 sec Supermanhold