



BASE

Livesession: Montag, 15.11.21

Need: DB/KB/BB

By Ingo

Warm Up:

3 Rds

10x Iron Cross

12x Sumo Squat

5x 6 Way shoulder

12x Facepull

2 Rds

8x Hip Bridge

30s Hollow Hold

3x excentric Push up

5x Floor slide

Part 1

15min

5x Bench Press

8x banded Military Press

Lat Strech

Part 2

8 to 1

KB / BB Deadlift

1-Leg elev. Hip Bridge e/s

Squat Jump

Part 3

3 Rds

60s Wall-Sit

60s Front Bridge

30/30 Standing Founder



BASE

Livesession: Dienstag, 16.11.2021

Need: DB, KB, SB

By Ingo

Warm up

8 min

10x Squat

5x Lunge

6x Push ups

3x Side Bridge roll over e/s

Instep into 90/90

Part 1

12 min

6x 1-Arm balanced Bench Press e/s

8x 1-Arm Tripod Row e/s

16 x Toes to sky

Rest

Part 2

16 min

4 x 1- Arm KB Lunge e/s

4 x KB Goblet Squat

4 x Jumping lunges e/s

4 x Squat jump

20s Rest

6 x Plank Arm raise e/s

6 x Plank Leg raise e/s

3 x Diag. Plank Arm + Leg raise e/s

6 x Push up

20s Rest

Part 3

300 Step up

Part 4

RT

Cat Cow

Scorpion Stretch

Instep into Pigeon

Roll Over V-Sit



BASE

Livesession: Mittwoch 17.11.21

Need: BB /KB

By Svenja

Warm up

4 min

6 x OVH Squat

5 x shoulder dislocates

5 x Scapular Push up

Push – Twist-Lift

4 min

10 Squat

4 Lunge e/s

Jumping Jack

4 min

6 x OVH Squat

5 x shoulder dislocates

5 x Scapular Push up

Push – Twist-Lift

Part 1 – ruhig, eigenes Tempo

15 Min

5x Shoulder Press HBD, steigern

Ultimate Shoulder stretch

Lat Stretch

30s slow shoulder Taps

Part 2

15 min

12 x KB Swing

6x Landmine 1-Leg DL e/s

6x Couldron e/s

Part 3

RT

20/20 Standing Founder

10 Rocks

Hip Flexor Stretch

Scorpion Stretch



BASE

Livesession: Donnerstag 18.11.21

Need: KB, DB

By Ingo

Warm Up

10 min

30 sec March in Place/Skippings

30 sec Jumping Jack

10x squat

5x push up

20sec plank walk up

Instep to Pigeon

Part 1

8min

4x Dips

4x Feet Elevated Push up

2-4x Clapping Push up

12x Toes to sky

Part 2

8 min

1,3,5 Rd nur RE / 2,4,6 nur LI

4x Bulgarian Split Squat mit Gewicht

4x 1-Leg DL

4x Squat Jumps

Part 3

3 Rds

30sec Hippy Hopp

15 sec rest

30 sec Bench walk up

15 sec rest

30 sec Fast Squats

15 sec rest

30 sec Burpees

60 sec rest

Part 4

2 Rounds

25x Jane Fonda

10x L-S-E-R

Part 5

2 Rds

Scorpion Stretch

Cat Cow



BASE

Livesession: Freitag 19.11.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (6 min.)

10 x Squats

8 x Good mornings

6 x Sit ups

4 x Burpee

2 x Table Rocks

Intep Stretch & Reach

Part 1(12 min.)

6-8 x Segemented Snatch Grip Dead Lift (4 Steps)

6-8 x Tall Kneeling mixed Shoulder Press e/s

6-8 x Split Stance DB RDL e/s

6-8 x 1-Arm weighted Sit ups e/s

Inch worm Stretch

Part 2 (12 min.)

12 x altern. KB Gorilla Rows

8 x Close Grip Bench Press

1 x Every Step pressed Turkish Getup e/s

8 x Banded Ab Crunches

Lat & Pec Stretch

Part 3 (3 Rounds) 40/20

Forward/Backward Lunge + Switch Lunge

Floor Pull Up to Push up

Lateral Bear Crawl to Skater Jump

Switching Squat to Jump Squat

Part 4(remaining Time)

8 x Floor Back extension

3 x Scorpion Stretch

1 x Pigeon Stretch

20 sec. Couch Stretch



BASE

Livesession: Samstag 20.11.21

Need: KB, DB

By Ingo

Warm Up 6 min

30 sec Jumping Jack
3x Burpee
5x Squat
5x Squat Jump
5x Push up
5x Planck Walk up e/s
Instep Strech

Danach

KB Complex üben =

6x 1 -Arm FW/BW Lunge in Rack Position RE

6x 1-Arm KB Swing RE

6x Clean + Press RE

6x Figure 8

6x 1 -Arm FW/BW Lunge in Rack Position LI

6x 1-Arm KB Swing LI

6x Clean + Press LI

Part 1

10 min

KB Complex

30 s Rest

Part 2

16 Rds

30x mountain climber 15/15

20x Step up

10x 15m Run

Part 3

2 Rds

Scorpion Stretch

Hip flex Complex