



BASE

Livesession: Montag, 22.11.21

Need: DB/KB/BB

By Ingo

Warm up

8min

3x Inchworm

5x Heartbeat Squat + Ride it down

3x Thoracic Bridge e/s

5x Lunge + Twist e/s

Instep stretch

Part 1

12min.

5x Bench Press

3x (Clapping) Push up

Floor Slide

Part 2

12 min

6x Back Squat

30x weighed Step up

Hip Flexor

Part 3

8 Min

4x Mr. Spectacular

4x Squat jump

8x Crossover Plank

Part 4 2 Rds

20s Flutter Kicks

20s Toes to sky

20s Eo's

20s Rest

Part 5

Remaining Time

6er Shoulder Blaster

2x 20/10 Calve Raise

30sec Glute Leg Bridge e/s

Cat + Cow



BASE

Livesession: Dienstag, 23.11.2021

Need: DB, KB, SB

By Ingo

Warm up

2 Runden

5x Lunge + Twist e/s

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

12 min.

8x Hardstyle push up

6x banded Shoulder Press

20s Hollow Hang

Shoulder Sweep

Part 2

10 min

40x step up

5x 1 Leg- Hip Bridge (hold 2sec.)

Part 3

12 min.

3x/6x Pull up / TRX Row

45sec. Facepull

3x Floor Slide

Part 4

10 min

6x BB Russian Twist e/s

6x Palloff Press e/s

6x Slasher to helo e/s

Part 5

Remaining Time

Cat + Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Mittwoch 24.11.21

Need: BB /KB

By Ingo

Warm Up

10 min

30 sec March in Place/Skippings

30 sec Jumping Jack

10x squat

5x push up

20s plank walk up

Instep to Pigeon

Part 1

2 Rds

30sec Hoppity Hopp

10 sec rest

30 sec Bench walk up

10 sec rest

30 sec Fast Squats

10 sec rest

30 sec Burpees

Part 2

16 min

10 DB Thruster

5 Scotty Bob

30 Step up or 30 mt-climber or 6 Sprints if pos.

Part 3

2 Rds

30sec Hoppity Hopp

10 sec rest

30 sec Bench walk up

10 sec rest

30 sec Fast Squats

10 sec rest

30 sec Burpees

60 sec rest

Part 4

2 Rounds

25x Jane Fonda

10x L-S-E-R



BASE

Livesession: Donnerstag 25.11.21

Need: KB, DB

By Ingo

Warm up

Movement Prep

5 min

8er kreisen mit Stange

5 OHS mit Stange

Ride it down in den instep stretch

5 min

Lateral Skater Band Walk

8 banded Goblet Squats

5 Scap Push up

Instep stretch

**Rack Einführung, Rack Position,
Ablauf Erklärung**

Part 1

15 Min

8 x Front Squat (BB or KB)

40s waiters Walk

3x Floor Angel

Part 2

6min (AMRAP)

2 Scotty Bob

3 Box Jump (Box Steps or Squat Jump)

4 inverted Row

Part 3

3 Rds

30/30/30 AB Bridge Complex

6x Paloff Press e/s

15er Jane Fonda

Part 4

Remaining Time

Scorpion stretch

Peanut

Cat + Cow



BASE

Livesession: Freitag 26.11.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (6 min.)

6 x Banded pull aparts

Lunge Complex

6 x Sit ups

3 x Alligator Push ups e/s

2 x Table Rocks

Intep Stretch & Reach

Part 1 (12 min.)

6 x 1 ¼ Bench Press

5 x 1 ¼ DB Tripod Row e/s

10 x 1 ¼ Russian Twist

6 x KB Tall Knee into Squad hold

Part 2 (12 min.)

4 x banded Push ups

5 x Inverted Row / Pull Ups

10 x altern. Seated Zottman Curls

10 x banded 1-Leg Hip Thrust + Last rep 10 sec hold

Part 3 (7 min. AMRAP)

5 x Lunges e/s

6 x Box Jumps

8 x Inverted Rows

Part 4 (7 min. AMRAP)

5 x Burpees

7 x Toes to Sky

9 x Squats

Part 5(remaining Time)

20/20 Standing Founder

3 x Scorpion Stretch

5 x Cat and Cow

3 x Floor Angel



BASE

Livesession: Samstag 27.11.21

Need: KB, DB

By Ingo

Warm Up

6 min

5 x Lunges e/s

6 x 1-Leg Hip Bridge e/s

10 sec. KB/DB Goodmorning Hold

10 sec. Side Bridge e/s

4 x KB Swings

3 x Inchworm

Part 1

20 Minute Grind ...

10x DB Crawl

6x Standing BB Russian Twist e/s

4x SB Toss & Case

30 Step ups

Part 2

20 Minute Grind ...

3x Lunged Bottom up Press e/s

5x Kneeling Plate Half Moon e/s

8x SB Clean & Squat e/s

100m Indoor Run

Part 3

8 min

20sec Front Bridge

15 sec Adduction Bias Side Plank e/s

10 x Dead Bug

5 x DB In & Out