



BASE

Livesession: Montag, 29.11.21

Need: DB/KB/BB

By Ingo

Warm up

8min

5x Lunge+Twist e/s

10x Heel to but e/s

10x Skippings e/s

20s Plank walk up

Instep to reach

Part 1

12min.

6x Bulgarien Split Squat

6x Side Lunge e/s

6x Hollow Hold Press

Part 2

1-2-3-4-4-3-2-1

Manmaker

Thruster

Part 3

8 Min

8x DB Flys

12x Bench Dips

3x Floor Angel

Part 4 2 Rds

20/20 Standing Founder

10x Floor Back Ext.

Scorpion stretch

Cat + Cow

Part 5

Remaining Time

6er Shoulder Blaster

2x 20/10 Calve Raise

30sec Glute Leg Bridge e/s

Cat + Cow



BASE

Livesession: Dienstag, 30.11.2021

Need: DB, KB, SB

By Ingo

Warm up

3 Runden

5x Lunge + Twist e/s

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

Assesment:

1min PU

1min Squat

1min Dips

1min Lunges

1min E0's

1min Flutter Kicks

Note....

Part 2

16 min

50% of reps

Squat

Dips

(10 x Hipity Hopp)

E0's

Part 3

16 min.

50% of reps

Push ups

Lunges

(5 x Kneeling Plate Halfmoon e/s)

Flutter Kicks

Part 4

10 min

6x Plank Crossover

6x Slaher to helo

40 s Front Bridge



BASE

Livesession: Mittwoch 01.12.21

Need: BB /KB

By Ingo

Warm Up (8 min.)

3 Sets

Single Arm Bottoms Up KB Carry x 10s/arm

Scapular Push Ups x 10

Passive Hang on Rack x 20sec

Band Pull Aparts x 15 reps

Part 1

20 min:

20sec Hanging Leg Rais on BB on Rack

15s Bear Crawl Forwards

15s Bear Crawl Backwards

3 Pull Ups on Rack, alternativ aktiv Hang

10 Dual KB Clean and Push Press

15s Bear Crawl Forwards

15s Bear Crawl Backwards

Part 2 (10 min)

5 x Landmine 1-Leg Deadlift e/s

5 x Landmine Russian Twist e/s

5 x Goblet 1 ¼ lungeed Squat

90/90 strech

Part 3

3 Rds

40s Frontbridge

30/30s waiters walk

12x banded Crosspull

5x Floor Slide

15s Hip Flexor e/s



BASE

Livesession: Donnerstag 02.12.21

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

Part 1

Equipment need:

DB, SB, KB

Timecap 30min

22 Pushup

22 Hang Leg raise

22 DB Hang Squat Cleans

22 Plank walkup e/s

22 SB All 4 Drag 11/11

22 DB Deadlifts

22 Stepup

22 Walking Lunges

22 Squat Jumps

22 DB Burpees

2x20s active Bar Hang

22 Renegade Row

22 DB Front Squat

22 Stepup

22 KB Swings

22 Burpees

22 Thrusters (95/65 lb)

22 Dips

22 Renegade Row

22 Touch jump Touch

22 Stepup

Part 2

4 Rds

30s EO's

30s Front Bridge

30s FlutterKicks

30s Rest

Part 3

2 Rds

3 x Pump Stretch

3 x Instep & Reach /r

3 x Instep & Reach /l

3 x 3rd World Stretch into stand

3 x Thoracic stretch e/s



BASE

Livesession: Freitag 03.12.21

Need: KB / DB / BB

By: Fabrizio

Warm Up (8 min.)

5 x Lunges e/s

7 x 1-Leg Hip Thruster e/s

10 sec. KB/DB Goodmorning Hold

4 x KB Swings

6 x Goblet Squats

3 x Inchworm

Part 1 (12 min.)

8-10 x BB Back Rack Split Squat e/s (2110)

6-8 x Chin Ups / Supinated Inverted Row

12 x Lateral Box Step Over

Pigeon Stretch

Part 2 (12 min.)

8-10 x Cyclist Front Squats (31X0)

8-10 x Chainsaw Row e/s

20 sec Quadruped Shoulder Taps

Instep Stretch

Part 3 (12 min. EMOM = Every Minute On the Minute)

1st. Min. – 20 x KB/DB Swings

2nd. Min. – 5 x KB/DB Front Rack Backlunge into high knee and shoulder press e/s

3rd. Min. – 30 sec. KB/DB hollow flutter kicks

After 3rd. Min. repeat, so you will get 4 Rounds in 12 min.

Part 4 (Remaining Time)

5 x Cat & Cow

4 x Thoracic Bridge & Reach e/s

90/90 Stretch

3 x Instep Stretch & alternating Reach



BASE

Livesession: Samstag 04.12.21

Need: KB, DB

By Ingo

Warm Up

2 Rds

3x Inchworm

8 Rocks

3x Thorasic Bridge e/s

3 Rds

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

Part 1

Pyramide runter und hoch!

60s Jingle Jangle im Black room

12 DB/KB Goblet Squats

10 Manmaker

12 DB Front Squats

40s Jingle Jangle im Black room

10 DB/KB Goblet Squats

8 Manmaker

10 DB Front Squats

30s Jingle Jangle

8 DB/KB Goblet Squats

6 Manmaker

8 DB Front Squats

**Und dann wieder beginnen mit letzem Abschnitt aber
aufwärts rückwärts bei 8 DB Front Squat**

Part 2

300 Stepup

Part 3

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis stretch

3 x Crossed Harmstring stretch