



## **BASE**

**Livesession: Montag, 06.12.21**

**Need: DB/KB/BB**

**By Ingo**

### Warm up

**10 min**

**10 Rocks**

**10 kneeling to Standing**

**10 Sit up**

**8 Push up**

**3x Instep & reach**

### Part 1

**12min.**

**2 TGU e/s**

**12 KB Swing**

**4 Squat/Box Jump**

**4x Shoulder Sweep**

### Part 2

**4 Rds**

**30/30 1- Arm DB Hold knelling to stand**

**30s Gorilla Row**

**30/30s 1-Leg DL**

**30s Rest**

### Part 3

**4 Rds**

**30/30 Lat banded Bird Dog Standing Founder**

**15/15 Front Bridge Row**

**30/30 Sinde Bridge**

**30s Y+T**



## **BASE**

**Livesession: Dienstag, 07.12.2021**

**Need: DB, KB, SB**

**By Ingo**

### Warm up

**2 Rds**

**Inchworm**

**3rd World stretch**

**2rds**

**8 Squat**

**20s Plank walk up**

**20s Frontbridge**

**instep + reach**

### Part 1

**2-4-6-8-6-4-2**

**Manmaker**

**Weighted Walking Lunges e/s**

**Standing Curl to Press**

**Russian Triangle x2**

**Touch Jump Touch (hin-zurück =1)**

### Part 2

**3 Rds**

**30/15**

**Pushup hold**

**Dead Bugs**

**Side Bridge 20/20/20**

**Hollow Hold**

### Part 3

**2 Rds**

**6x Plank Crossover**

**6x Slaher to helo**

**40 s Front Bridge**



## **BASE**

**Livesession: Mittwoch 08.12.21**

**Need: BB /KB**

**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

**12 min**

**8 x Heartbeat Squat**

**8 x KB/DB Push Press (Left)**

**8 x KB/DB Bent over Row (Left)**

**8 x Heartbeat Squat**

**8 x KB/DB Push Press (Right)**

**8 x KB/DB Bent over Row (Right)**

### Part 2

**30-20-10**

**DB Hang Squat Clean into Thruster**

**Burpees over DB**

### Part 3

**4 Rds**

**30s EO's**

**30s Front Bridge**

**30s FlutterKicks**

**30s Rest**



## **BASE**

**Livesession: Donnerstag 09.12.21**

**Need: KB, DB**

**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**

### **Part 1**

**12 Minute EMOM**

**6 x 1 ¼ Front Squats BB**

**8 x 1 - Arm lunged DB bent over row e/s**

### **Part 2**

**12 Min. ladder (+1 rep per side every round)**

**Front racked reverse lunges**

**1-arm DB push press**

### **Part 3**

**6 min ohne Pause**

**6 BB Hang Squat Cleans**

**6 Push Ups**

### **Part 4**

**3 Rds**

**20 / 20 Side Bridge**

**15er Harmstring Hell e/s**

**30 sec Supermanhold**



## **BASE**

**Livesession: Freitag 03.12.21**

**Need: KB / DB / BB**

**By: Fabrizio**

### **Warm Up (6 min.)**

**6 x Banded pull aparts pronated & supinated**

**5 x Push ups**

**Lunge Complex**

**3 x Thorasic Bridge & Reach e/s**

### **Part 1 (12 min.)**

**6 x BB Bench Press (3011)**

**15 sec Chin over Bar Isometric Hold**

**15 sec Bench Dip Stretch + 10 Bench Dips**

**8 x Seasaws Plank**

### **Part 2 (12 min.)**

**4 x 4 Step Quadruped Crawl + 10 Shoulder Taps**

**8 x BB Pendlay Row (21x1)**

**5 x 1-Leg DB Bicep Curls e/s**

**4 x Offset Push Ups e/s**

**Lat & Pec Stretch**

### **Part 3 (12 min.)**

**1-2-3-4-5 Turkish Get up HBD (Right)**

**2-4-6-8-10 Inverted Row / Pull up**

**1-2-3-4-5 Turkish Get up HBD (Left)**

**2-4-6-8-10 Toes to Sky / Knees to Bar**

### **Part 4 (Remaining Time)**

**20 / 20 Standing Founder**

**4 x Scorpion Stretch**

**4 x Mantis**

**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**

**15 min**

**6x Back Squat**

**3x Box Jump**

**90/90**

### **Part 2**

**3 Rds**

**30 sec Tabletop toe grabs**

**30 sec Dynamic Plank**

**30 sec Knee Touch Twist**

**30 sec Side Plank Knee to Elbow e/s**

**30 Rest**

**30 sec Flutterkicks**

**30 sec Toes to sky**

**30 sec Heel Taps**

**30 sec Side Plank roll**

**30 sec Plank Crunch**

**30 Rest**

**30 sec Alternate Toe Touch**

**30 sec Bicycle Crunch**

**30 sec Reverse Crunch**

**30 sec Side Crunch**

**30 sec Mountain Climber**

### **Part 3**

**3 Rds**

**5 x Inchworm**

**3 x Standing Backextension**

**Pigeon Stretch**