



## **BASE**

**Livesession: Montag, 13.12.21**

**Need: DB/KB/BB**

**By Ingo**

## **BASE**

**Montag 13.12.21**

**Need: DB**

**By Christian**

### Warm up

**8 min**

**(Dual)Bottoms Up KB Rack Carry ca. 30s**

**10x Scapular Push Ups on Elbows**

**20s Flutter Kicks**

**10 Squat**

**10 Rocks**

**Instep + reach**

### Part 1

**20 min EMOM**

**Min 1: 60s Skippings fw,bw sw**

**Min 2: 8 DB Deadlifts + 8 DB Front Squats**

**Min 3: 8 Hollow Body Single Arm Floor Press e/s**

**Min 4: 4/4 1- Arm Devils Press**

### Part 2

**12 min**

**5x BB Deadlift**

**5x Bent over Row**

**5x Front Squat**

**30 s Rest**

### Part 3

**6 Rds EMOM**

**1 BP + 6 Touch jump Touch**

**2 BP + 5 Touch jump Touch**

**3 BP + 4 Touch jump Touch**

**4 BP + 3 Touch jump Touch**

**5 BP + 2 Touch jump Touch**

**6 BP + 1 Touch jump Touch**

### Part 4

**6 min.**

**8 x 1-Leg Hip Bridge e/s**

**5 x Bird dogs e/s**

**3 x Shoulder Sweep**

**3 x Standing Back extension**



# BASE

Livesession: Dienstag, 14.12.2021

Need: DB, KB, SB

By Ingo

## Warm up

3 x Thorasic Bridge e/s

10 Squats

8 Push ups

6 Situps

3 x Plank into Instep to Squat t-spine rotation

## Part 1

15 Min

Ladder of Deadlift

7 | 5 | 3 | 3 | 4 | 5 - Gewicht steigern bis 3 Wdh, gleiches Gewicht beibehalten und wieder aufwärts.

60 s Rest - zwischen den Sätzen

## Part 2

10 min

8 x sit. Alt. Curl to Press

5 x Landmine Russian Twist e/s

5 x 1 ¼ Goblet Squat

90/90 strech

## Part 3

10 min

40s Frontbridge

30/30s waiters walk

12x banded Crosspull

5x Floor Slide

15s Hip Flexor e/s



## **BASE**

**Livesession: Mittwoch 15.12.21**

**Need: BB /KB**

**By Ingo**

### Warm Up:

8 min

30 sec Jumping Jack

30 sec Jumping Hip Twist

10x Squat

5x Push up

5x Jumping Squat

10 Eos e/s

3rd World stretch

### Part 1

20 Min Barbell Complex =

6x Dead Lift

6x Row

6x Clean

6x Front Squat

6x Push Press

6x Back Squat

6x Push up

Instep stretch

### Part 2

12 min

10x Floor Back Extension

6x Bird Dog

20x Flutter Kicks

20x EOs (Total)

20x Front Bridge + arm raise

20x mountain climbers (slow, total)

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60 sec rest

### Part 3

3 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings



# BASE

Livesession: Donnerstag 16.12.21

Need: KB, DB

By Ingo

## Warm up:

3 Rounds

4x In-Place Lunge with DB

8x Goblet Squats @ 12kg

8x Hand Release Push ups

Instep Stretch

Lat + Pec Stretch

## Part 1:

15min

3x In-Place Lunge e/s BB or KB – HBD

Elevated Pigeon Stretch

## Part 2:

15 min

6x 1-Arm DB or KB Clean into Thruster e/s

12x Hippy Hops with weight

3/6x Clapping Push Ups

## Part 3:

10 min

10x Good Mornings

20/20 Standing Founder

15/15 Low Back Lunge



## **BASE**

**Livesession: Freitag 17.12.21**

**Need: KB / DB / BB**

**By: Fabrizio**

### Warm up (8 min)

**10 x Squats**

**8 x Plank walk up**

**6 x Situps**

**4 x Alligator Push up**

**2 x Roll-Over into V-Sit**

### Part 1 (15 min.)

**10 x altn. Halo to Tricep extension**

**6 x 1-Arm DB upright row e/s**

**6 x Lunge Hold + DB lateral Switch e/s**

**6 x Half kneeling BB Shoulder Press e/s**

**Lat Stretch**

### Part 2 (15 min.)

**10 x Swing into 1 ¼ Goblet Squat**

**5 x 1-Leg KB Box Step Down e/s (20X0)**

**10 x Therabanded Clambshell Side Plank e/s**

**10 x alternating Plate Jump Lunges**

**Pigeon Stretch**

### Part 3 (12 min) 30/15 each with Plate

**Truck Drivers**

**Weighted Sit Ups**

**Plank (mind. 7,5 kg)**

**Flutter Kicks**

### Part 4 (remaining Time)

**20/20 Standing Founder**

**2 x Inchworm**

**Scorpion Stretch**

**Instep & R/L Reach e/s**



# BASE

Livesession: Samstag 18.12.21

Need: KB, DB

By Ingo

## Warm Up

8 min

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

26 min

Intervall Waves =

2|4|6|2|4|6 ...

Back Squat x 2

20m Run

## Part 2

3 Rds

(40/20)

KB/DB Half kneeling 1-Arm Botom up Shoulder Press e/s

KB/DB altn. Gorilla Rows e/s

KB/DB altn. Kneeling Slasher to Halo

KB/DB Renegade Manmaker

## Part 3

3 Rds

5 x Inchworm

3 x Standing Backextension

Pigeon Stretch