



BASE

Livesession: Montag, 20.12.21

Need: DB/KB/BB

By Ingo

Warm Up 8 min

**3x Dot Drill
30 sec Jumping Jack
10x Squat
5x Push up
5x Scapular Push up
10x EOs
Instep into Pigeon (90/90)**

Part 1

**12 min
6x Contralateral Dumbbell Overhead Split
Squat (2110) e/s
30s 2 Point Plank Hold e/s
30s Rocks**

Part 2

**12 min
6x BB Deadlift
6x 1- Arm Seated Curl to Press
30 s Floor Angel**

Part 3

**3 Rds
Mini Leg Blaster**

Part 4

**3 Rds
Shoulder Blaster
Shoulder sweep**

Part 5

**3 Rds
Mini Leg Blaster**

Part 6

**2 Rds
5 x 6-way Shoulder
4 x Scorpion stretch
5 x Mantis stretch**



BASE

Livesession: Dienstag, 21.12.2021

Need: DB, KB, SB

By Ingo

Warm up

2 Rds

3 x Thorasic Bridge e/s

10 Squats

8 Push ups

6 Situps

3 x instep stretch

Part 1

15 Min

4x Bench Press (steigern)

Rest

7x Bench Press

3x Clapping PU

3x Floor Angel e/s

Part 2

15 min

3x Backsquat (steigern)

Rest

6x Backsquat

Scorpion Strech

Part 3

10 min

20x Plank walk up

20/20s KB waiters walk

8x Push up

8x altern. Gorilla Row e/s

Part 4

RMT

2 x Inchworm

Scorpion Stretch

Instep & R/L Reach e/s



BASE

Livesession: Mittwoch 22.12.21

Need: BB /KB

By Ingo

Warm Up

8 min

Lunge Complex e/s

6 x Situps

4 x Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1

12 min

5 x Scotty Bob (1x Push up + 1 Right & Left Row = 1 Rep)

10x Hoppity Hopp e/s

20x Seal Jacks

10x Step ups e/s

Part 2

3 to 10 to 3

Squat Jumps

Thruster BB/DB

FW / BW / SW Skipping

(pro Seite also doppelte Anzahl)

Grizzly walk (1 Grizzly = 2 Steps For- and Backward)

Burpees

Part 3

3 Rds

20/20 Standing Founder

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Donnerstag 23.12.21

Need: KB, DB

By Ingo

Warm up

3Rds

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

5 x Deadlift HBD

3 x explo. Box Step up e/s

Part 2

10 Min. Ladder - Start with 2

(+1 rep per side every round)

Front racked fw/bw lunges e/s

Balanced Bench Row e/s

Part 3

8 Rds (30/20)

Touch jump touch

Part 4

4 Rds

8x Facepull

30/30/30 AB Bridge Complex

6x Couldron

Part 5

2 Rds

25er Jane Fonda

90/90 Strech



BASE

Livesession: Freitag 24.12.21

Need: KB / DB / BB

By: Fabrizio

Warm Up:

3 Rounds

10 x Air Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1:

40 min of

Barbell Complex

20 weigthed Stepup

20 Stepup

20 Push up

30s Rest

Part 2

2 Rds

5 x 6-way Shoulder

5 x Scorpion stretch

5 x Mantis

5 x Cat + Cow

FROHE WEIHNACHTEN!

