



BASE

Livesession: Montag, 27.12.21

Need: DB/KB

By Lena





BASE

Livesession: Dienstag, 28.12.2021

Need: KB / DB

By: Ingo

Warm Up:

2 Rds

8x Scapular Push Ups

5x Banded Push Ups

30sce Foam Roll Stretch

30sce Superman

8x Heartbeat Squat

Part 1 15min.

+ 2 reps/rd

2x KB Gorilla Row e/s HBD

2x 1- Leg Box Squat e/s

2x Burpee

Part 2 15 min

+ 2 reps/rd

2x Back Squat – steigern bis 6 reps

2x Hanging Leg Raise

2x Push up

Part 3

4 Rds

30/10

Skipping

Flutter Kicks

Mt-Climber

Touch jump touch



BASE

Livesession: Mittwoch 29.12.21

Need: BB /KB

By Ingo

Warm Up

6 min

Lunge Complex e/s

6 x Situps

4 x Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1

15 min

6x Segmented Deadlift HBD

8x Half Kneeling DB Press

40x Hollow Hold

Part 2

15 Min

4x Landmine 1 Leg DL e/s

6x 1-Arm DB Push Press e/s 30X1

40s Front Bridge

Part 3

4 Rds

30s weighted Situ p

30s Kayaker

30s Plank Crossover

Part 4

10 Rocks

Hip Flexor Strech

Scorpion Strech



BASE

Livesession: Donnerstag 30.12.21

Need: KB, DB

By Ingo

Warm up (3 Rds)

A: Movement Prep

B: 2 Rounds

8 x Squats

6 x Push up,

3xTable-Rock

3 x Instep & Reach

Part 1

20min

10 weighted Stepup

20 Stepups

Then do 4 rds for time

8 Squats

4 Push up

Part 2

3 Rds

30 Gas /15 Pause

Grätsch Situp (re/li im Wechsel)

Mt-climber

DB Thruster

Skippings

Plank Toe grab

Sidesteps

Part 3

5 min

10 Rocks

4x Floor Angel e/s

Ultimate shoulder stretch



BASE

Livesession: Freitag 31.12.21

Need: KB / DB / BB

By: Ingo

Warm up

8min

10m Lateral Skater Band Walk

10 banded Goblet Squats

5 Scap Pull Up

5 Scap Push up

Instep stretch

Part 1

10 Min

8 x Front Rack Reverse Lunge (BB/DB/KB) e/s

40s Farmers Carry or Hold (heavy weigth)

3x Floor Angel

Part 2

7min AMRAP

3 Lunges/leg

5 Box Jump Step Down

7 inverted Rows

Part 3

10 min

6x Romanian Splitt Squat e/s

6x Pallof Press e/s

Part 4

7mins AMRAP

3 Burpees

5 Hang Leg Raise (BB on Rack)

7 Squats

Part 5

2 Rds

20/20 Standing Founder

20 x 1 Leg-Hip Bridge e/s

10 x Goodmornings

Guten Rutsch!!!!