



## **BASE**

**Livesession: Montag, 03.01.22**

**Need: DB/KB**

**By Ingo**

### Warm up:

#### **Movement Prep**

**8 Min**

**6 Alligator Push up**

**6 Cossak Squat e/s**

**30s Plank walk up**

**3 Inchworm**

**Instep + reach**

### Part 1

**12 min**

**5 x KB Rack or Front Squat**

**5 x 1 Arm KB Rack Squat e/s**

**5 x Front Lunges e/s**

**5 x Back Lunges e/s**

**30s Rest**

### Part 2

**5 Min**

**10 Hippiity Hopp**

**4 Touch jump Touch**

### Part 3

**12min**

**6x DB/KB L-Sit Press e/s**

**6 x KB Straight Arm Russian Twist e/s**

**6x KB Crossover Plank e/s**

### Part 4

**5 Min**

**10 mt-climber**

**3 Burpee**

**Indiv. Strech**



## **BASE**

**Livesession: Dienstag, 04.01.2021**

**Need: KB / DB**

**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 12 min**

**4 x Offset KB Push up e/s**

**6 x KB/DB Chainsaw Row e/s**

**8 x DB Pullover**

**30s Hollow Hold**

### **Part 2 15 min**

**8x Resistant Skiers**

**8x KB Front Squat**

**16x weighted Stepups**

### **Part 3 12 min**

**30 x Bench walk up**

**30 x Step up**

**30/30 Side Bridge**



## **BASE**

**Livesession: Mittwoch 05.01.22**

**Need: BB /KB**

**By Ingo**

### **Warm Up**

**8 min**

**5x Lunge + Twist e/s**

**5x Heartbeat Squat**

**6x Scapular Push up**

**6x Table Rocks**

**Hip Flexor Stretch**

**Instep Strech**

### **Part 1**

**25 Minute for Grind**

**8x DB Renegade Row**

**6x BB Bent over Row**

**4x Mr. Spectacular @ 12/16kg**

**60s Rest**

### **Part 2**

**10 Rounds**

**30 Second TjT**

**30 Hippy Hopp**

**30s Rest**

### **Part 3**

**3 Rds**

**Jane Fonda**

**10 Rocks**

**Hip Flexor Strech**

**Scorpion Strech**



## **BASE**

**Livesession: Donnerstag 06.01.22**

**Need: KB, DB**

**By Ingo**

### Warm up

#### **Movement Prep**

**5 min**

**8er kreisen mit Stange**

**5 OHS mit Stange**

**Ride it down in den instep stretch**

**5 min**

**Lateral Skater Band Walk**

**8 banded Goblet Squats**

**5 Scap Push up**

**Instep stretch**

### Part 1

**15 Min**

**8 x Front Squat (BB or KB)**

**40s waiters Walk**

**3x Floor Angel**

### Part 2

**10 min AMRAP**

**2 Scotty Bob**

**3 Box Jump (Box Steps or Squat Jump)**

**4 inverted Row**

### Part 3

**3 Rds**

**30/30/30 AB Bridge Complex**

**6x Paloff Press e/s**

**15er Jane Fonda**

### Part 4

**Remaining Time**

**Scorpion stretch**

**Peanut**

**Cat + Cow**



## **BASE**

**Livesession: Freitag 07.01.22**

**Need: KB / DB / BB**

**By: Fabrizio**

### Warm Up (5 min.)

**8 x Squats e/s**

**5 x Push Ups**

**5 x Sit ups**

**6 x Quadruped Shoulder Taps e/s**

**5 x Dead Bugs e/s**

**Instep & Reach**

### Part 1 (10 min.)

**5 x weighted Sit Up /R**

**1 x Turkish Get Up /R**

**30 sec. 1-Arm KB OH-Carry /R**

**5 x weighted Sit Up /L**

**1 x Turkish Get Up /L**

**30 sec. 1-Arm KB OH-Carry /L**

**5 x Banded Pull Aparts**

### Part 2 (15 min.)

**10 x Incline DB Crunch Grip Chest Press**

**8 x 1-Arm DB Tripod Row e/s**

**6 x BB Bench Press**

**4 x Inverted Row / Pull Up (30X1)**

**Lat&Pec Stretch**

### Part 3 (4 Rounds)

**40/20**

**KB Swing into kick through**

**KB Clean into Back Lunge**

**KB Pull Catch into Explosive DL**

### Part 4 (remaining Time)

**20/20 Standing Founder**

**4 x Bird Dog e/s**

**3 x Floor Angel**

**4 x Cat&Cow**



## **BASE**

**Livesession: Samstag 08.01.22**

**Need: KB / DB / BB**

**By: Ingo**

### **A: Movement Prep**

**B: 3 x DOT-Drill**

**6 x Squats**

**6 x Push ups**

**6 x Sit Ups**

**5 x Birddog e/s**

**Instep & Reach**

### **Part 1**

**25 min**

**Barbell Complex**

**200m Run**

### **Part 2**

**300 Step ups**

### **Part 3**

**2 Rds or RT**

**20/20 Standing Founder**

**20/20 kneeling Founder**

**Instep Stretch into 3rd-World Stretch +**

**Toe touch Complex 3/3/3**