



BASE

Livesession: Montag, 10.01.22

Need: DB/KB/BB

By Ingo

Warm up

3 Rds

30sec Banded Glute Bridge March

30sec Banded Psoas March

30sec Kossack Squat Isometric Hold Bottom R

15sec

+ Isometric Hold Bottom L

Part 1

A1) 3 Rds

8x Deadlift HBD

8x 1-Leg elev. Hip Bridge e/s

30s Rest

A2) 3 Rds

8x KB Rack Split Squat e/s

8x Goblet Kossak Squat e/s

30s Rest

B1) 3 Rds

4x Scotty Bob

20x Plank walk up

30s Rest

B2) 3 Rds

4x 1-Leg Inverted Row e/s

8x Facepull

30s Rest

Part 2

3 Rounds

30 sec Skippings FW/BW

30 sec Squat fast

30 sec Bench walk up

30 sec Mountain Climber

30 sec Rest

Remaining Time

Cat + Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Dienstag, 11.01.22

Need: DB, KB, SB

By Ingo

Warm Up 8 min

30 sec Heel to Butt

30 sec Jumping Hip Twist

5x Squat

5x Push up

3x Lunge e/s

30 sec high plank

Instep

Part 1 12 min

8x 1 – Leg Bulgarian Split Squat e/s

8x Side Lunge (total)

8x Jumping Lunge (total)

8x Squat

8x EO's/Bicycle Crunch e/s

Part 2 12 min

8x Push ups

8x Dips

8x Alligator Push ups 4/4

8x Plank walk up

10x Back Extension

Part 3 4 Rounds

30 sec Crap toe Touch

30 sec Plank walk up

30 sec Kayaker

30 sec Hollow hold

30 sec Rest

Part 4

3 Rds

Instep into Pigeon

Couch Stretch

Calf Stretch

Pec Stretch

Cobra



BASE

Livesession: Mittwoch 12.01.22

Need: BB /KB

By Ingo

Warm Up

2 Rds

3x Dot Drill

20 x Jumping Jack

10x Squat

10x Eos

20 Plank walk up

2 Rds

3x 1-Leg DL e/s

30s Band walk (Loop)

Elevated 90/90 Strech

Back Squat Technik

5 min freies Üben + coachen

Part 1

15 min

5x Back Squat

3x Box (Squat) Jumps

30s Rest

20s Supermann

Part 2

4 Rds

30 sec, 15 sec rest

Tapping + alle 10 s Burpee

Touch jump Touch

Part 3

3 Rds

5x KB Rack Lunge + Sh. Press e/s

5x 1-Arm Thruster e/s

Shoulder sweep

Part 4

8 min

6x Landmine Russian Twist

40s weighted Hollow Hold

6x Plank Cross Pull e/s



BASE

Livesession: Donnerstag 13.01.22

Need: KB, DB

By Ingo

Warm up

8 min

3x Inchworm

8 Rocks

3x Thoracic Bridge e/s

3 Rds

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

Part 1

12 min

6x 1 Arm Bottom up shoulder Press in L-Sit e/s

6x Bench lying Reverse Flys

3x Floor Slide

Part 2

12 min

5x 1-Leg DL e/s

5x 1-Leg Box Squat e/s

5x 1-Leg Bench Stepup + KB in Rackpos. e/s

Part 2

15 min

12 x Squats

8 x Skater e/s

6 x Side Jumps + hold e/s

4 x Squat jumps

12 x Plank walk up

8 x Bench Dips

6 x Push up

4 x Alligator Push up

Part 3

Remaining Time

Scorpion stretch

Peanut

Cat + Cow



BASE

Livesession: Freitag 14.01.22

Need: KB / DB / BB

By: Fabrizio

Warm Up (2 Rds)

12 x Altern. Quadruped Limb Lifts

8 x Y-Shoulder Lift on Bench

30 sec Plank Hold

2 x Scotty Bob e/s

Instep Stretch

Part 1 (3 Rds)

8 x Farmers DB/KB Shoulder Press e/s

10 x BB Narrow Grip Bench Press

10 x Altern. DB Curls

3 x Table Rocks

Part 2 (3 Rds)

12 x Hippity Hop

7 x DB Renegade Rows e/s

7 x 1-Arm DB Power Clean and Press e/s

3 x Floor Angel e/s

Part 3 (5 Rds)

2 x Burpee Box Jump

**4 x Pull Ups / Banded Pull ups / Body Row (aka
Inverted Row)**

6 x Jump Squats

10 x Step Ups

Part 4 (Remaining Time)

20/20 Standing Founder

Instep Stretch into Pigeon

3 x Shoulder Sweep

3 x Scorpion Stretch



BASE

Livesession: Samstag 15.01.22

Need: KB, DB

By Ingo

Warm Up: 4 Rounds

10 x Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1:

10 min

6 x Slow Motion Squat (Front/Goblet)

30s Towl DL – auf Zug allout (im Club Gartenschlauch)

60s Hollow Hold

Part 2:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

Part 3

3 Rounds

30sec High Knee

30 sec Jumping jack

30 sec Mountain climber

30 sec Skater

30 sec rest

Part 4:

10 min

6x slow Motion Push up

30s Towl Facepull

60s Front Bridge

Part 4:

6 Rds 20/10

Tabata Tapping =

20s Tapping

10s Rest

Part 5

2 Rds

20 / 20 Side Bride

20er Harmstring Hell e/s

30 sec Supermanhold