



## **BASE**

**Livesession: Montag, 17.01.22**

**Need: DB/KB/BB**

**By Elena**

### **Warm up 10 min**

**30 sec Step Up**

**10x Squat**

**7x Push Up**

**7x DB Push Press**

**10x Toes to sky**

**Instep + Reach**

### **Part 1 12 min**

**8x Front Squat**

**4x Squat**

**4x Squat Jump**

**10x Dips**

**10x Sit up**

### **Part 2 12 min**

**5x Mr Spectacular**

**5x Burpee**

**30 sec Step up (optional: weighted)**

### **Part 3 10 min**

**30 sec Flutter Kicks**

**30 sec Slow Mountain Climber e/s**

**30 sec Roll in (ähnl. Reverse Crunch)**

**30 sec Hollow hold (optional: weighted)**

**30 sec Back extension**

### **Part 4**

**Cat Cow**

**Scorpion**

**Couch Stretch**



## **BASE**

**Livesession: Dienstag, 18.01.22**

**Need: DB, KB, SB**

**By Ingo**

### Warm Up

**8 min**

**Lunge Complex e/s**

**6 x Situps**

**4 x Hand Release Push ups**

**5 x 6 Way Shoulder**

**Instep & Reach**

### Part 1

**10 min**

**8 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

**4 to 8 8 to 4**

**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: Mittwoch 19.01.22**

**Need: BB /KB**

**By Ingo**

### Warm Up

**3 Rds**

**3x Inchworm**

**8x Rocks**

**3x Thorasic Bridge e/s**

**3 Rds**

**6x Squats**

**6x Push up**

**3x Lunge+Twist e/s**

**Instep**

### Part 1

**12 min**

**6x Deadlift**

**3x Box (Squat) Jumps**

**3rd world stretch**

**20s Supermann**

### Part 2

**12min**

**8x Heartbeat Squat**

**8x KB/DB Push Press e/s**

**8x KB/DB Bench Row**

**30s Hollow Hang**

**Floor Slide**

### Part 3

**3 Rds 30/15s**

**Helo R/L 15/15**

**Weigth. Hollow Hold**

**Flutter Kicks**

### Part 4

**RT**

**10x Rocks**

**Scorpion**

**Y+T**



## **BASE**

**Livesession: Donnerstag 20.01.22**

**Need: KB, DB**

**By Ingo**

### Warm up

#### **Movement Prep**

**8 min**

**3x Inchworm**

**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

**12 min**

#### **KB Work**

**6x 1-Arm KB Swing RE**

**6x Clean + Press RE**

**6x Figure 8**

**6x 1-Arm KB Swing LI**

**6x Clean + Press LI**

**6x KB Cross Pull e/s**

### Part 2

**20min**

**10 weighted Stepup 5/5**

**20 Stepups 10/10**

**Then do 3 rds for time**

**6 Squats**

**6 Lunge e/s**

**3 Jump Lunge e/s**

**3 Squat jump**

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**Nach den 3 Rds 60 s Rest**

### Part 3

**4 Rds**

**30s EO's**

**30s Front Bridge**

**30s FlutterKicks**

**30s Rest**

### Part 4

**RT**

**20/20 st. Founder**

**20/20 kneeling Founder**

**Scorpion**

**Rocks**



## BASE

Livesession: Freitag 21.01.22

Need: KB / DB / BB

By: Fabrizio

### Warm Up (8 min.)

6 x 1-Leg Hip Thruster e/s

15 sec. Weighted Goodmorning Hold

10 x Squats

5 x Sit ups

4 x Push ups

Instep & Reach

### Part 1(12 min.)

8 x 1-Leg Deficite KB Deadlift (3110 = 3sec abwärts, 1sec. unten halten, 1sec. aufwärts, 0sec. oben halten)

8 x KB/DB Suitcase long step Lunge e/s (30X0 = 3sec. abwärts, 0sec. unten halten, eXplosiv aufwärts, 0sec. oben halten)

8 x 1-Arm Tripod Row e/s

Pigeon Stretch

### Part 2 (12 min.)

10 x KB/DB Hip Thrust (20X2) Last Rep 15 sec. hold in upper Position

10 x BB 1 ¼ Back Squat s(2110)

8 x 1-Arm DB Bench Press e/s

Instep Stretch

### Part 3 (12 min. EMOM = Every Minute On the Minute)

1st. Min. – 20 x KB Swings

2nd. Min. – 8-10 x altern. Dual KB/DB Front Racked Backlunge into Box Step ups

3rd. Min. – 30 sec. Dual KB/DB hollow flutter kicks

After 3rd. Min. repeat, so you will get 4 Rounds in 12 min.

### Part 4 (remaining Time)

10 sec Lunged Couch Stretch e/s

3 x Scorpion Stretch e/s

6 x Back Extension



## **BASE**

**Livesession: Samstag 22.01.22**

**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**

**Pyramide runter und hoch!**

**60s Step up**

**12 DB/KB Goblet Squats**

**10 Manmaker**

**12 DB Front Squats**

**40s Step up**

**10 DB/KB Goblet Squats**

**8 Manmaker**

### **10 DB Front Squats**

**30s Stepup**

**8 DB/KB Goblet Squats**

**6 Manmaker**

**8 DB Front Squats**

**Und dann wieder beginnen mit letzem Abschnitt aber  
aufwärts rückwärts bei 8 DB Front Squat**

### **Part 2**

**4 rounds**

**30 sec Power, 15 sec Rest**

**Burpee**

**Squat+ kick**

**Push up + toe touch**

**High knee**

**1 min rest**

### **Part 3**

**2 Rds**

**5 x 6-way Shoulder**

**4 x Scorpion stretch**

**5 x Mantis stretch**

**3 x Crossed Hamstring stretch**



## **BASE**

**Livesession: Sonntag 23.01.22**

**Need: KB, DB**

**By Ingo**

### **Warm Up:**

**8min**

**10 x Squat**

**05 x Kossak Squat e/s**

**05 x Push Up**

**Kossak Stretch**

**Instep**

### **Part 1**

**40min**

**3 Rds of**

**DB Complex**

**6x DL**

**6x Row**

**6x HSC**

**6x Thurster**

**3x Scotty Bob**

**Then:**

**Run 200m**

**And do 20 weighted Step ups**

### **Part 3**

**RT**

**10 sec Couch Stretch e/s**

**3 x Scorpion Stretch e/s**

**6 x Back Extension**