



BASE

Livesession: Montag, 24.01.22

Need: DB/KB/BB

By Elena

Warm Up 10 min

8x Goblet Squat

8x Push up

8x Lunge (total)

8x Front Bridge roll over e/s

8x Sit up

Instep + reach

PART 1 12 min

8x Back Squat HBD

8x DB Shoulder press

8x DB Butterfly

3er world stretch

Part 2 ca. 12 Min

30x Rob Shaul

= 2 Lunges e/s (FW or BW)+ 2x Burpees

Part 3 4 Rounds (8 min)

30 sec Bear Hold + Knee Tap

30 sec Toes 2 Sky

30 sec Front Bridge + Hip Twist

30 sec scissors (im Hollow hold mit den Beinen
Scherenbewegung)

Part 4

Instep into Pigeon

Cobra

Scorpion



BASE

Livesession: Dienstag, 25.01.22

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

PVC Dislocates

PVC DL Skill

Instep & Reach

Part 1

15 min

5 x Deadlift HBD

3x Box/Squat Jump

90/90 Strech

Part 2

15 min

+ 1rep/Rds

3x Benchpress

1x Clapping PU

Floor Slide

Part 3

10 min

8x 1- Arm Tripod Row

8x Dips

15er weight. Harmstring Hell e/s

Part 4

Indiv Strech



BASE

Livesession: Mittwoch 26.01.22

Need: BB /KB

By Ingo

10 Years CSC

Warm Up

10 min

10x Squats

10x Push up

10x Lunge+Twist

10x Rocks

Instep

Part 1

10 Min.

10x Front racked lunges e/s

10x Balanced Bench Row e/s

Floor Slide

Part 2

Runter und wieder hoch

10x weight Step up

10x DB/KB Goblet Squats

10x Push up

10x Manmaker

10x Touch jump touch

10x Renegade Row

10x Hippity Hopp

10x Dips

10x Slasher to helo e/s

10x Eo's

Part 3

10x Flutterkicks e/s

10x Plank walk up e/s

10x Backextension

10x Y+T

Part 4

RT

10x Rocks

Scorpion



BASE

Livesession: Donnerstag 27.01.22

Need: KB, DB

By Ingo

Warm up

8min

5x Lunge+Twist e/s

10x Heel to but e/s

10x Skippings e/s

20s Plank walk up

Instep to reach

Part 1

12min.

6x Bulgarien Split Squat

6x Side Lunge e/s

6x Hollow Hold Press

Part 2

1-2-3-4-4-3-2-1

Manmaker

Thruster

Part 3

8 Min

8x DB Flys

12x Bench Dips

3x Floor Angel

Part 4 2 Rds

20/20 Standing Founder

10x Floor Back Ext.

Scorpion stretch

Cat + Cow

Part 5

Remaining Time

6er Shoulder Blaster

2x 20/10 Calve Raise

30sec Glute Leg Bridge e/s

Cat + Cow



BASE

Livesession: Freitag 28.01.22

Need: KB / DB / BB

By: Fabrizio

Warm Up (8min.)

5 x Roll-over into V-Sit

5 x Pushups

5 x Lunge Complex

5 x Situps

5 x Y-T Shoulder Movement

Instep & Reach

Part 1 (12 min)

12 x 1 ¼ KB Horn Biceps curl

6 x Half Kneeling KB Botton up Shoulder press e/s

8 x Push up into Crossover plank

6 x Body Saw Plank (Forwards + Backwards = 1 rep)

Part 2 (12 min)

8 x DB Bench Pull Over

10 x Banded Face Pulls

1 x BB Clean + 1 x BB Clean & Press + 1 x BB Clean & Push Press

8 x altern. KB Kneeling Hip to Halo

Part 3 (10 min)

4 x up & down explosive KB/DB Deadlift

6 x KB Gorilla Row e/s

8 x Russian Twist

60 sec. Lunges

Part 4(RT)

4 x Scorpion Stretch e/s

4x Mantis

4x Spiderman Stretch e/s



BASE

Livesession: Samstag 29.01.22

Need: KB, DB

By Ingo

Warm up

3 Runden

5x Lunge + Twist e/s

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

Assesment:

1min PU

1min Squat

1min Dips

1min Lunges

1min E0's

1min Flutter Kicks

Note....

Part 2

16 min

50% of reps

Squat

Dips

(10 x Hipity Hopp)

E0's

Part 3

16 min.

50% of reps

Push ups

Lunges

(5 x Kneeling Plate Halfmoon e/s)

Flutter Kicks

Part 4

10 min

6x Plank Crossover

6x Slaher to helo

40 s Front Bridge