



## **BASE**

**Livesession: Montag, 31.01.22**

**Need: DB/KB/BB**

**By Lena**

### Warm up 10 min

30 sec Step ups

10 Squats

10 DB Push press

3/3 Lunge Complex

30 sec Plank

Instep 2 reach

### Part 1 12 min

5x BB Curtis P

4x Jumping Lunge  
mantis

### Part 2 3 Rounds 12 Minuten

30 Sec Power 15 sec rest

Burpees

4x high knee 4x heel to butt

Kick through

8x Mountain climber into high jump

60sec Rest

### Part 3 10 min

10 KB Swing

30 sec lateral walking front bridge

10x Roll in (rückenlage, knie zur nase -> unterkörper  
einrollen, langsam wieder aufmachen)

8x Kayaker e/s

10x Side Bridge elbow to knee (alternativ 20sec  
hold)

### Part 4

Scorpion

Cobra

Cat Cow

Couch stretch



## **BASE**

**Livesession: Dienstag, 01.02.2022**

**Need: DB, KB, SB**

**By Ingo**

### **Warm Up (8 min.)**

**3 Sets**

**Single Arm Bottoms Up KB Carry x 10s/arm**

**Scapular Push Ups x 10**

**Passive Hang on Rack x 20sec**

**Band Pull Aparts x 15 reps**

### **Part 1**

**20 min:**

**30sec Hanging Leg Rais or Hollow Hold**

**15s Bear Crawl Forwards**

**15s Bear Crawl Backwards**

**3 Pull Ups on Rack, alternativ aktiv Hang**

**10 Dual KB Clean and Push Press**

**15s Bear Crawl Forwards**

**15s Bear Crawl Backwards**

**3 1-Arm Devils Press e/s**

### **Part 2 (10 min)**

**5 x Landmine 1-Leg Deadlift e/s**

**5 x Landmine Russian Twist e/s**

**5 x Goblet 1 ¼ lungeed Squat**

**90/90 strech**

### **Part 3**

**3 Rds**

**40s Frontbridge**

**30/30s waiters walk**

**12x banded Crosspull**

**5x Floor Slide**

**15s Hip Flexor e/s**



## **BASE**

**Livesession: Mittwoch 02.02.22**

**Need: BB /KB**

**By Ingo**

### Warm Up 8 min

**3x Inchworm**

**8 Rocks**

**3x Thorasic Bridge e/s**

**6 x Squats**

**6 x Push up**

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

**Instep & Reach**

### Part 1: 15 min

**6x Slow Benchpress HBD**

**8x Sit.Curl to Press**

**12x banded Facepull**

**3x Floor Angel**

### Part 2 15 min

**5 x Couldron e/s**

**5 x Split Stance Slasher e/s**

**30 weigth. Stepups**

**90/90 strech**

### Part 3 10 min

**60s Frontbridge**

**60s Hollow Hold**

**15er Harmstring Hell e/s**



## **BASE**

**Livesession: Donnerstag 03.02.22**

**Need: KB, DB**

**By Ingo**

**Warm up:**

**Movement Prep**

**3 Rds**

**10 Rocks**

**3 Table Rocks**

**3 Thorasic Bridge e/s**

### **Part 1:**

**Superset 1:**

**Dumbbell press 3 sets of 10-12**

**Hanging leg raise 3 sets of 12-15**

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**Superset 2:**

**Inv Row 3x 8-12**

**Barbell push press 3x 6-8**

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**Superset 3:**

**Bent over row 3x 5+5**

**BB or DB curl 3x 10+10**

### **Part 2:**

**10min**

**8x KB Swing**

**20s Goblet Squat Hold**

**20/20 KB Split Lunge Hold**

**20s Rest**

### **Part 3:**

**5min**

**5 x YT Shoulder Movement**

**4 x Scorpion stretch**

**3 x Mantis**

**3 x Crossed Hamstring stretch**



## **BASE**

**Livesession: Freitag 04.02.22**

**Need: KB / DB / BB**

**By: Fabrizio**

### **Warm Up (8 min.)**

**10 x (banded) Bent over Pull Aparts**

**6 x Squats**

**6 x Sit ups**

**6 x Push ups**

**1 x Inchworm Stretch**

### **Part 1 (15 min) Grind**

**8 x BB/KB/DB Floor Press**

**20sec 1-Arm KB/DB Overhead Hold (Right)**

**8 x Tall Knee KB/DB Triceps Press**

**20sec 1-Arm KB/DB Overhead Hold (Left)**

**8 x Hand Release T Push ups**

**16 x Step Ups**

### **Part 2 (10 min) (leichte Plate max. 10 kg)**

**10 x KB/DB Standing chest press**

**10 x Plate Arm extending rotation**

**5 x Plate Around the World e/s**

**5 x Plate Front raise over head**

**10 x Plate Goblet Shoulder press**

**15 sec Ultimate Shoulder Stretch**

### **Part 3 (8 min)**

**30 sec. Side Bridge with leg raise (opt. KB/DB) e/s**

**20 x Hollow Rock altern. Knee to chest /w KB hold**

**10 x Floor Backextension**

### **Part 4 (remaining Time)**

**5 x Bird dogs e/s**

**5 x Floor Angle e/s**

**5 x Cat & Cow**



## **BASE**

**Livesession: Samstag 05.02.22**

**Need: KB, DB**

**By Ingo**

### **Warm Up**

**2 Rds**

**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**

**200 Step up**

### **Part 2**

**30 Rds**

**3 Pushup**

**3 Squats**

**3 Dips**

**3 Lunge e/s**

### **Part 3**

**200 Stepup**