



BASE

Livesession: Montag, 07.02.22

Need: DB/KB/BB

By Lena

Warm Up 10 Minutes

30 sec Jumping Jack

10x Squat

5x Push up

5x Jumping Squat

10 Eos e/s

Instep + reach

Part 1 20 Min Barbell Complex

6x Dead Lift

6x Row

6x Clean

6x Front Squat

6x Push Press

6x Back Squat

6x Push up

Instep . . .

Part 2 3 Rounds (12 minuten)

30sec Burpees

15 sec rest

30 sec Jumping jack (+touch the Floor / Flying Star)

15 sec rest

30 sec Mountain climber

15 sec rest

30 sec High Knee

60 sec rest

Part 3 2 Rounds (remaining time)

30 sec Back Extension

30 sec Front Bridge

30 sec Flutter Kicks e/s

30 sec Bicycle Crunch e/s

30 sec Hollow Hold



BASE

Livesession: Dienstag, 08.02.2022

Need: DB, KB, SB

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

Superset 1: 4 Rds of:

DB/BB Shoulder press; 10-12 reps

1-Leg Deadlift; 6-8 reps, e/s

Superset 2: 4 Rds of:

Inv Row; 8-12 reps

1-Leg Split Squat 6-8 reps, e/s

Part 2

20 min

30 Bench walk up

60s Front Bridge

30 Step ups

30/30 Side Bridge

Part 3

RT

20/20 Standing Founder

3 x Scorpion Stretch

3x Mantis

5 x Floor Back Extension



BASE

Livesession: Mittwoch 09.02.22

Need: Motivation

By Ingo



Warm Up

100 Step ups

Part 1

- 1 BB (Sumo) Deadlift**
- 2 DB Manmaker**
- 3 Scotty Bob**
- 4 Renegade Row e/s**
- 5 Inverted Row**
- 6 Box Jumps**
- 7 Kettlebell Swings**
- 8 KB Devils Press 4/4**
- 9 Goblet Squat**
- 10 Touch jump Touch**
- 11 Burpees**
- 12 weighted walking Lunges 6/6**

Erklärung Part 1:

Starte mit 1x Deadlift, dann 2x DB Manmaker + 1x Deadlift, nächste wäre 3x Scotty Bob + 2x Manmaker + 1x Deadlift.

Wenn du also eine Übung gemacht hast, gehst du in der Reihe zurück zu 1x Deadlift. Dann kommt die nächste Übung + wieder zurück zu 1x Deadlift, also Übung 1.

Part 2

**100 Stepup
Individual Strech**



BASE

Livesession: Donnerstag 10.02.22

Need: KB, DB

By Ingo

Warm Up

10 tiefe Atemzüge in Bauchlage. Hände vor die Stirn

6x Thorasic Bridge e/s

6 min

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1

15 min

5 Backsquat HBD

6x 1-Leg Hip Bridge e/s

90/90 Strech

Part 2

2 Rds

**6x Bench Press with banded KB
rest**

12 min

5x Bench Press HBD

6x 2 Point – Bird Dog e/s

Floor Slide

Part 3

3R

30 sec Crap toe Touch

30 sec Kayaker

30 sec Hollow hold

30 sec Back Extension

Part 4

2R

Camel Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Freitag 11.02.22

Need: KB / DB / BB

By: Fabrizio

Warm Up

3 Rds

10 Rocks

3 Thorasic Bridge e/s

8 min

5 Single Arm Turkish Sit Ups R

1 Turkish Get Up R

30s Single Arm KB Overhead Carry R

5 Single Arm Turkish Sit Ups L

1 Turkish Get Up L

30s Single Arm KB Overhead Carry L

3x Push Twist Lift e/s

Instep + reach

Part 1

A1) Incline Close Grip Bench Press

10-12reps; rest 75sec x 3 Sets

A2) KB Rack Deficit Split Squat: 8-10 e/s

rest 75sec x 3 Sets

B1) Single Arm DB Tripod Row: 8-10 e/s

rest 75sec x 3 Sets

B2) Goblet Cossack Squat: 16-20reps

alternating legs; rest 75sec x 3 Sets

Part 2

10 min

30s KB front racked farmers walk

8 x lateral Step up over bench

8x KB Front racked Squats

8x Plank walk up

Rest 30s

Part 3

remaining Time

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



BASE

Livesession: Samstag 12.02.22

Need: KB, DB

By Ingo

Warm Up (8 min.)

20s 1-Arm KB/DB Over Head Hold + walk e/s

6 x Renegade Row and rotation (without weight) e/s

8 x Situps

4 x Hand Release Push ups

Instep & Reach

Part 1

20 Min.

3 Scotty Bob

9 DB Front Squats

15 weighted DB Step up e/s

200m Run

Part 2

30 Step ups

Then

3-4-5-6-7

Grizzly Walk (1 rep = 4 Steps fw/ 4 Steps bw)

KB/DB Hollow Pull Over

Then

40 Step ups

Then

4-8-12-16

KB Swing

1-Leg Hip Bridge e/s

Then

50 Step ups

Part 3

3 Rds

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension