



## **BASE**

**Livesession: Montag, 14.02.22**

**Need: DB/KB/BB**

**By Lena**

**Warm up**

**A: Movement Prep**

**B: 3 Rounds**

**8 x Squats**

**6 x Push up,**

**3xTable-Rock**

**3 x Instep & Reach**

### **Part 1**

**1-8**

**Thruster Objekt**

**Touch jump Touch**

### **Part 2**

**4 Rds**

**30/10 or 40/10**

**Halfway Pushups (halten tief + kleine pushes)**

**Blackburn (1 Rd V, 2 Rd T, 3 Rd A, 4 Rd W ) Dead**

**Bugs (diagonal Arm and Leg raises)**

**Halfway Squats (halten tief – kleine Sprünge)**

**Rocking the Boat (aus Hollow Hold in Rolle in Hollow Hold)**

### **Part 3**

**8 - 1**

**Thruster Objekt**

**Touch jump Touch**

### **Part 4**

**3 Rds**

**20/20 Standing Founder**

**20 x 1Leg-Hip Bridgee/s**

**10 x Goodmornings**



# **BASE**

**Livesession: Dienstag, 15.02.2022**

**Need: DB, KB, SB**

**By Ingo**

## Warm up

**8min**

**8 Squat**

**4 x Scapular Push Up**

**4 x 1 Leg-Bench Squat**

**4 x Plank Crossover**

## Part 1

**12min**

**4 x 1-Leg Deadlift with BB e/s**

**10 x Push ups or. 5 x Floor Press e/s**

**6x inverted Row**

**Rest**

## Part 2

**2 Rds**

**20 sec Flutterkicks**

**20 sec Toes to sky**

**20 sec Heel Taps**

**20 sec Side Plank roll**

**20 sec Situps**

**20 sec Rest**

## Part 3

**16 min**

**20 Skippings**

**1 BP + Touch jump Touch**

**60s Rest nach 4, 8, 12 min**

## Part 4

**2 Rds**

**20 sec Flutterkicks**

**20 sec Toes to sky**

**20 sec Heel Taps**

**20 sec Side Plank roll**

**20 sec Situps**

**20 sec Rest**

## Part 5

**RT**

**Camel Cow**

**Instep + Reach**

**Couch Stretch**



# BASE

Livesession: Mittwoch 16.02.22

Need: BB, DB, KB

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:

BB Deadlift; 6-8 reps

Balanced Bench Row; 6-8 reps, e/s

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Superset 2: 4 Rds of:

Backsquat; 4-6 reps; HBD

Split Stance 1-Arm shoulder Press + hold

4-6 reps + 20s hold, e/s

## Part 2

16 min

20 weigthed Step ups

40s elevated Front Bridge

30/30 Side Bridge

30s Rest

## Part 3

RT

20/20 Standing Founder

3 x Scorpion Stretch

3x Mantis

5 x Floor Back Extension



# BASE

Livesession: Donnerstag 17.02.22

Need: Nix

By Ingo

## Warm Up. 10min

30 sec Jumping Jack

10 Squat

7x Push up

5x Plank Walk up e/S

3x Burpee

3rd world stretch

Instep stretch

## Part 1

40x Squat

10x Burpee

30x Sit Ups

10x Burpee

20x Lunges (Total)

10x Burpee

10x Eos e/s

10x Burpee

20x Lunges (Total)

10x Burpee

30x Sit up

10x Burpee

40x Squat

## Part 2

3 Rounds

30sec High Knee

15 sec rest

30 sec Jumping jack

15 sec rest

30 sec Mountain climber

15 sec rest

30 sec Skater

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60 sec rest

## Part 3

3 Rounds

25x Jane Fonda

10x L-S-E-R

## Part 4

Scorpion Stretch

Cat Cow



## **BASE**

**Livesession: Freitag 18.02.22**

**Need: KB / DB / BB**

**By: Fabrizio**

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

**Square Skater Band Walk**

**10 x Theraband Goblet Squats**

**5 x Push Ups**

**5 x Sit ups**

**10x Scapular Pull up**

**Instep & Reach**

### **Part 1 (max. 20 min)**

**4 Runden**

**A1: 8-10 x Front Rack Drop Lunge (Front foot elevated) e/s (30X0)**

**A2: 6-8 x Supinated Pull Ups (2011)**

**30 sec Rest**

**4 Runden**

**B1: 8-10 x Dual KB Rack Squat (2111)**

**B2: 6-8 x Pendley BB Row (30X1)**

**30 sec Rest**

### **Part 2 (8 min) AMRAP**

**5 x Lunges e/s**

**7 x Box Jump**

**9 x Inverted Rows**

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

**5 x Burpees**

**7 x Hanging Leg Raise**

**9 x Squats**

### **Part 4 (RT)**

**Inchworm Stretch**

**5 x Dead Bug e/s**

**3x Spiderman Stretch e/s**

**3x Cat&Cow**



## **BASE**

**Livesession: Samstag 19.02.22**

**Need: KB, DB**

**By Ingo**

### **Warm up**

**8min**

**10m Lateral Skater Band Walk**

**10 banded Goblet Squats**

**5 Scap Pull Up**

**5 Scap Push up**

**Instep stretch**

### **Part 1**

**10 Min**

**8 x Front Rack Reverse Lunge (BB/DB/KB) e/s**

**40s Farmers Carry or Hold (heavy weight)**

**3x Floor Angel**

### **Part 2**

**7min AMRAP**

**3 Lunges/leg**

**5 Box Jump Step Down**

**7 inverted Rows**

### **Part 3**

**10 min**

**6x Romanian Splitt Squat e/s**

**6x Pallof Press e/s**

### **Part 4**

**7mins AMRAP**

**3 Burpees**

**5 Hang Leg Raise (BB on Rack)**

**7 Squats**

### **Part 5**

**2 Rds**

**20/20 Standing Founder**

**20 x 1 Leg-Hip Bridge e/s**

**10 x Goodmornings**



## **BASE**

**Livesession: Sonntag 20.02.22**

**Need: KB, DB**

**By Ingo**

### **Sunday Revival**

#### **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**