



BASE

Livesession: Montag, 21.02.22

Need: DB/KB/BB

By Ingo

Warm up

8 min

Scapular Push up

Heartbeat Squat

30s Superman

4x Slow Push up

Foam Roll

Lat + Pec Strech

Part 1

15 min

6x 1-Arm/Leg Floor Press e/s

6x 1-Leg Landmine Deadlift e/s

6x 1-Leg Contralateral Landmine

Split Stance Thruster e/s

3x Floor Angel

Part 2

15 min

5x Back Squat

5x Lunge fw/bw e/s

3rd world strech

Part 3

30/10

Kayaker

Flutter Kicks

Front Bridge

Toes to sky



BASE

Livesession: Dienstag, 22.02.2022

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 e/s

Instep stretch

Part 1

15 min

4 x Chaos Bulgarien Split Squats e/s

30/30s Chaos Farmers BB walk

30/30s lateral banded Hollow Hold

Rest

Part 2

5 min

3 Push up

3 Squat

3 Touch jump Touch

Part 3

10 min

6x Sit. Curl to Press

6x Split stance DB Row

30s Hollow Hang

Part 4

5 min

3 Push up

3 Squat

3 Touch jump Touch

Part 5

RT

Camel Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Mittwoch 23.02.22

Need: BB, DB, KB

By Ingo

Warm Up

8 min

3x Inchworm

3x Thoracic Bridge e/s

6 x Squats

6 x Push up

4 x Lunge + Twist e/s

Instep & Reach

Part 1

10 min

KB Lunge Complex

Foot elevated Split Squats

4x Suitcase Split Squats

4x Racked Split Squats

2x Overhead Split Squat

e/s

3rd world stretch

90/90 stretch

Part 2

10min

6x DB/KB L-Sit Press e/s

6 x DB Straight Arm Russian Twist e/s

6x DB Crossover Plank e/s

Part 3

20 Min

10 Burpees

20 mt-climber

30 Step ups

Indiv. Stretch



BASE

Livesession: Donnerstag 24.02.22

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

Superset 1: 4 Rds of:

Benchpress; 6-8 reps

20/25/30/35s Hollow Hang

Superset 2: 4 Rds of:

Deadlift; 4-6 reps; HBD

20/30/40/50s Hollow Hold

Part 2

12 min

20 weigthed Step ups

20 Bench walk up

Floor Slide

Part 3

RT

20/20 Standing Founder

3 x Scorpion Stretch

3x Mantis

5 x Floor Back Extension



BASE

Livesession: Freitag 25.02.22

Need: KB / DB / BB

By: Fabrizio

Warm Up (10-12 min.)

Fabulous Complexe:

6 x PVC Upright Row

6 x PVC Shoulder+Elbow Rotation (SER)

6x PVC Front Racked Squat

6 x PVC Upright Row + SER + Front Squat

15 sec PVC Stretch Hold e/s

6x Banded Wirst+Triceps extension e/s

6 x Sit ups

Instep & Reach

Part 1 EMOM (20 min)

1st: 4x BB Cleans + 4 Box Jumps (24")

2nd: L-Tuck Sit or Hollow Hold 20-30 Sec

3rd: 2x BB Hang Clean + 2x Hang Squat Clean + 4 x

Bar Facing Burpees

4th: 5-10 Toes to Sky + 20-30 Jumping Jacks

Part 2 (10 min)

4 x knee elevated Bird Dogs into Crawled pull through e/s

20 sec. 1-Arm KB Suitcase + knee to Chest hold e/s

6 x Russian Triangle

15 x KB Hollow Flutter Kicks

Part 3 (RT)

5 x Standing Back Extension

5 x Mantis

5 x Scorpion Stretch e/s

5 x Spiderman Stretch e/s



BASE

Livesession: Samstag 26.02.22

Need: KB, DB

By Ingo

Warm Up

8 min

5x Lunge + Twist e/s

5x Heartbeat Squat

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

20 Minute for Grind

4x BB Deadlift

4x BB Bent over Row

4x BB / KB Front Squat

4x Mr. Spectacular @ 12/16kg

200m Run

Part 2

8 Rounds

30 Second TjT

30 Hippy Hopp

30s Rest

Part 3

3 Rds

15 er Jane Fonda e/s

10 Rocks

Hip Flexor Strech

Scorpion Strech