



## **BASE**

**Livesession: Montag, 07.03.22**

**Need: DB/KB/BB**

**By Ingo**

**Warm up**

**8min**

**3x Inchworm**

**3x Thorasic Bridge e/s**

**6x Squats**

**6x Skip e/s**

**6x Push up**

**Instep + Reach**

**Part 1**

**10min**

**6x 1-Leg Airplanes**

**30/30 Hip Pendulum**

**360 Step Downs**

**30/30 Lateral banded Skip**

**Part 2**

**15min**

**6x 1-Arm KB Swing RE**

**6x Clean + Press RE**

**6x Figure 8**

**6x 1-Arm KB Swing LI**

**6x Clean + Press LI**

**6x KB Cross Pull**

**Part 3**

**10min**

**10 Weigth. Step ups**

**20 Step ups**

**2 Rds**

**6 Squats**

**6 Push ups**

**2 Clapping PU**

**20s Plank**

**Part 4**

**RT**

**20/20 Standing Founder**

**Scorpion Strech**

**Rocks**



## **BASE**

**Livesession: Dienstag, 08.03.2022**

**Need: DB, KB, SB**

**By Ingo**

### Warm up

**10 min**

**10 Rocks**

**10 kneeling to Standing**

**10 Sit up**

**8 Push up**

**3x Instep & reach**

### Part 1

**12 min**

**2 ½ TGU e/s**

**2 TGU e/s**

**12 KB Swing**

**4 Squat/Box Jump**

**4x Shoulder Sweep**

### Part 2

**12 min**

**30/30 1- Arm DB Hold kneeling to stand**

**30s Gorilla Row**

**30/30s 1-Leg DL**

**8 Facepull**

**30s Rest**

### Part 3

**10 min**

**30/30 Lat banded Bird Dog**

**20/20 Front Bridge Row**

**30/30 Side Bridge**

**30s Y+T**



# **BASE**

**Livesession: Mittwoch 09.03.22**

**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**

**12 min**

**6 x Heartbeat Squat**

**8 x KB/DB Push Press (Left)**

**8 x KB/DB Bent over Row (Left)**

**6 x Heartbeat Squat**

**8 x KB/DB Push Press (Right)**

**8 x KB/DB Bent over Row (Right)**

## **Part 2**

**30-20-10**

**DB Hang Squat Clean into Thruster**

**Burpees over DB**

**Plank walk up**

**Step up**

## **Part 3**

**4 Rds**

**30s EO's**

**30s Front Bridge**

**30s FlutterKicks**

**30s Rest**



## **BASE**

**Livesession: Donnerstag 10.03.22**

**Need: Nix**

**By Ingo**

### **Warm Up (6 min.)**

**6 x Banded pull aparts pronated & supinated**

**5 x Push ups**

**Lunge Complex**

**3 x Thorasic Bridge & Reach e/s**

**Lat + Pec stretch**

### **Part 1**

**15 min**

**6x Bench Press**

**2x Clapping Pu**

**90/90**

### **Part 2**

**3 Rds**

**30 sec Tabletop toe grabs**

**30 sec Dynamic Plank**

**30 sec Knee Touch Twist**

**30 sec Side Plank Knee to Elbow RE**

**30 sec Side Plank Knee to Elbow LI**

**30 Rest**

**30 sec Flutterkicks**

**30 sec Toes to sky**

**30 sec Heel Taps**

**30 sec Side Plank roll**

**30 sec Plank Crunch**

**30 Rest**

**30 sec Alternate Toe Touch**

**30 sec Bicycle Crunch**

**30 sec Reverse Crunch**

**30 sec Side Crunch**

**30 sec Mountain Climber**

### **Part 3**

**3 Rds**

**5 x Inchworm**

**3 x Standing Backextension**

**Pigeon Stretch**



## **BASE**

**Livesession: Freitag 11.03.22**

**Need: KB / DB / BB**

**By: Fabrizio**

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

**5 x Lunges e/s**

**7 x 1-Leg Hip Thruster e/s**

**10 sec. KB/DB Goodmorning Hold**

**4 x KB Swings**

**6 x Goblet Squats**

**3 x Inchworm**

### **Part 1 (12 min.)**

**8-10 x BB Back Rack Split Squat e/s (2110)**

**6-8 x Chin Ups / Supinated Inverted Row**

**12 x Lateral Box Step Over**

**Pigeon Stretch**

### **Part 2 (12 min.)**

**4-6 x Front Squats (31X0)**

**8-10 x Chainsaw Row e/s**

**20 sec Quadruped Shoulder Taps**

**Instep Stretch**

### **Part 3 (12 min. EMOM = Every Minute On the Minute)**

**1st. Min. – 20 x KB/DB Swings**

**2nd. Min. – 5 x KB/DB Front Rack Backlunge into high knee and shoulder press e/s**

**3rd. Min. – 30 sec. KB/DB hollow flutter kicks**

**After 3rd. Min. repeat, so you will get 4 Rounds in 12 min.**

### **Part 4 (Remaining Time)**

**5 x Cat & Cow**

**4 x Thoracic Bridge & Reach e/s**

**90/90 Stretch**

**3 x Instep Stretch & alternating Reach**



## **BASE**

**Livesession: Samstag 12.03.22**

**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

**Pyramide runter und hoch!**

**60s Jingle Jangle im Blackroom**

**12 DB/KB Goblet Squats**

**10 Manmaker**

**8 Squat jumps**

**40s Jingle Jangle im Blackroom**

**10 DB/KB Goblet Squats**

**8 Manmaker**

**6 Squat Jumps**

**30s Jingle Jangle ....**

**8 DB/KB Goblet Squats**

**6 Manmaker**

**4 Squat jumps**

**Und dann wieder beginnen mit letzten Abschnitt  
aber aufwärts rückwärts bei 4 Squat Jumps**

### Part 2

**300 Stepup or 200m Run + 7 Pushup | 7 inverted Row**

**| 7 Sit up**

### Part 3

**2 Rds**

**5 x 6-way Shoulder**

**4 x Scorpion stretch**

**5 x Mantis stretch**

**3 x Crossed Harmstring stretch**