



BASE

Livesession: Montag, 14.03.22

Need: DB/KB/BB

By Ingo

Warm up

3 Rds

30sec Banded Glute Bridge March

30sec Banded Psoas March

30sec Kossack Squat Isometric Hold Bottom R

15sec

+ Isometric Hold Bottom L

Part 1

A1) 3 Rds

5/3/3 Deadlift

8x 1-Leg elev. Hip Bridge e/s

30s Rest

A2) 3 Rds

5/3 KB Rack Split Squat e/s

8x Goblet Kossak Squat e/s

30s Rest

B1) 3 Rds

4x Scotty Bob

20x Plank walk up

30s Rest

B2) 3 Rds

4x 1-Leg Inverted Row e/s

8x Facepull

30s Rest

Part 2

3 Rounds

30 sec Skippings FW/BW

30 sec Squat fast

30 sec Bench walk up

30 sec Mountain Climber

30 sec Rest

Remaining Time

Cat + Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Dienstag, 15.03.2022

Need: DB, KB, SB

By Ingo

Warm up:

8 min

5x 1-Leg Box Squat e/s

5x 1- Leg Push Up e/s

3x 1-Leg Burpee e/s

10x Sit Ups

Instep + reach

Part 1:

12 min

6x BB Front Squat

8x Seated Curl to Press

5x Shoulder Dislocate

Part 2:

12 min

2x 1-Arm Mr. Spectacular e/s

2x 1-Arm Curtis P e/s

30s Rest

Part 3:

16 min

30 Stepup

5x Landmine Twist

5x Couldron e/s

5x Kayaker e/s

5x kneeling Helo e/s

RT

5 x Inchworm

3 x Standing Backextension

Pigeon Stretch



BASE

Livesession: Mittwoch 16.03.22

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

10 to 1

Jump Squat

Thruster

Grizzly walk (1 Grizzly = 4 Steps For- and Backward)

Kayaker e/s

Burpees

Part 2

8 min

20/20 Stand. Founder

10 x Floor Back extension

20 x Hip-Bridge

10 x Band-Sideswalk e/s

Part 3

5 min

5 x YT Shoulder Movement

4 x Scorpion stretch

3 x Mantis stretch

10er Harmstring Hell



BASE

Livesession: Donnerstag 17.03.22

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

12 min

5 x Front Lunges e/s

5 x Back Lunges e/s

5 x Jumping lunges

6 x Plank Arm raise e/s

6 x Plank Leg raise e/s

3 x Diag. Plank Arm + Leg raise e/s

6 x Hip Bridges

3 x 1-Leg Bridges e/s

Part 2

12 min

Kong Komplex

10 x Bizep Curls

10 x High Pull

10 x Military Press

10 x Trizeps Press

10 x Push Ups, kneeling-Push Up

5 x 1-Leg Dead-Lift e/s

Part 3

3 Rds

10 x Russian Triangle

20 x Flutterkicks

8 x toes to sky

20 sec Superman Hold

Part 4

Roxanne - Burpee



BASE

Livesession: Freitag 18.03.22

Need: KB / DB / BB

By: Fabrizio

Warm Up (6 min.)

10 x Prone Shoulder Extension to swimmer e/s

8 x Situps

5 x Forward/Backward Lunges e/s

4 x Alligator Push ups e/s

Instep & Reach

Part 1 (3 Rds)

40/20

DB Squat Curl Thrust

Altern. DB 1-Arm High Pull

Altern. 1-Leg Burpees

Altern. Lunge Hold +2 Hammer Curls

Dual DB Close Grip Press

Part 2 (12 min)

6-8 x BB Floor /Dual KB Floor Press

Max. Rep Pull Ups / Inv. Rows

Max. Rep Explosive PU to KB Close Grip PU

6-8 x Gorilla Row e/s

Lat&Pec Stretch

Part 3 (3 Rds)

30/15

Reverse Crunch Hold (Plate)

High Plank Plate Move

Pullover Sit ups (Plate)

Leg Lifts



BASE

Livesession: Samstag 19.03.22

Need: KB, DB

By Ingo

Warm Up

8 min

3 x Roll-over into V-Sit

20x Plank walk up

5 x Squats

5 x Situps

Instep stretch

Part 1

25 Min

4 Back Squats

4x Manmaker or. Push up with elbow rotation

4x Weighted Walking Lunges e/s

4x Standing Curl to Press

4x Russian Triangle e/s

4x Squat jumps

4x Touch Jump Touch

200m Run

Part 2

3 Rds

20 sec Tabletop toe grabs

20 sec Side Plank L

20 sec Sit Ups

20 sec Side Plank R

Part 3

2 Rds

5 x 6-way Shoulder

4 x Scorpion stretch

5 x Mantis