



## **BASE**

**Livesession: Montag, 21.03.22**

**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, 22.03.2022**

**Need: DB, KB, SB**

**By Ingo**

### Warm up:

#### **Movement Prep**

**8 Min**

**6 Alligator Push up**

**6 Kossak Squat e/s**

**30s Plank walk up**

**3 Inchworm**

**Instep + reach**

### Part 1

**12 min**

**5 x KB Rack or Front Squat**

**5 x 1 Arm KB Rack Squat e/s**

**5 x Front Lunges e/s**

**5 x Back Lunges e/s**

**30s Rest**

### Part 2

**5 Min**

**10 Hippity Hopp**

**4 Touch jump Touch**

### Part 3

**12min**

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

**6 x KB Straight Arm Russian Twist e/s**

**6x KB Crossover Plank e/s**

### Part 4

**5 Min**

**10 mt-climber**

**3 Burpee**

**Indiv. Strech**



## **BASE**

**Livesession: Mittwoch 23.03.22**

**Need: BB, DB, KB**

**By Ingo**

### Warm Up

8min

5 Dumbbell RDL

5 Single Arm Cuban Press/arm

5 Burpee High Jump

16 Skippings

5 Lunge + Twist

Instep stretch

### Part 1

**A1) Segmented Snatch Grip Deadlift - 3 Pauses:  
6-8reps; rest 40sec x 3**

**A2) Barbell Z Press: 8-10reps; rest 40sec x 3**

**B1) Split Stance Dumbbell Romanian Deadlift:  
6-8/leg; rest 40sec x 3**

**B2) Seated Alternating Dumbbell Arnold Press:  
8-10/arm; rest 75sec x 3 sets**

### Part 2

**4 min AMRAP:**

1-2-3-4-5-6....

Manmaker

Squat jump

**5 min AMRAP:**

1-2-3-4-5-6....

Push up

Squat

**6 min AMRAP:**

1-2-3-4-5-6....

Inv. Row

Lunge e/s

### Part 3

**RT**

**5 x YT Shoulder Movement**

**4 x Scorpion stretch**

**3 x Mantis stretch**



# BASE

Livesession: Donnerstag 24.03.22

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:

Assesment:

Anzahl aufschreiben von 60s max:

Squats, Push up, Eo's, Flutter Kicks,

## Part 2:

5 Rds 40% of max Squats, 40%of max Lunges, 40 %  
of max Dips , Hip Flxor Strech

Part 3: 5 Rds 40%max Plank walk up, 40% max of

Eo's, 40% max of Flutter Kicks,

12 saubere Backextensions

Scorpion stretch

## Part 4:

6min

Skippings + alle 20s

1 BP + 1 Touch jump Touch

## Part 5:

3 Rds

10 x Russian Triangle

20 x Flutterkicks

8 x toes to sky

20 sec Superman Hold



## **BASE**

**Livesession: Freitag 25.03.22**

**Need: KB / DB / BB**

**By: Fabrizio**

### Warm up (8 min)

8 x Inverted Row  
8 x Push ups  
6 x Lunge & Twist e/s  
8 x Sit ups  
8 x KB Deadlifts  
Instep & Reach

50 x BB Floor Wipers	50 Lunges
50 x BB Clean & Press	100 Situps
/ altern. KB Clean & Press	10 Burpees
25 x Pull ups / 24	25 Pushups
altern. Invert. Archer	50 Lunges
Rows	100 Situps
	150 Squats

### Part 1 (For Time max . 40 min)

25 x Pull ups / 24  
altern. Invert. Archer  
Rows  
50 x BB Deadlifts  
50 x Bench Press  
50 x Box Jumps  
(niedrig oder mittel  
hoch)

### Part I Bodyweight (For Time max 40 min)

10 Burpees  
25 Push ups  
10 Burpees  
25 Pushups  
50 Lunges  
10 Burpees  
25 Pushups

### Part 2

3 x Inchworm Stretch  
3 x Scorpion Stretch  
3 x Mantis  
3 x Instep Stretch  
5 x Standing Floorback Extension



## **BASE**

**Livesession: Samstag 26.03.22**

**Need: KB, DB**

**By Ingo**

### **Warm Up**

**8 min**

**20 Stepup**

**10x Plank walk up**

**5 x Squats**

**5 x Situps**

**Instep stretch**

### **Part 1**

**10 to 1 Goblet Squat + Inv Row**

**100 Stepups**

**2 min Farmers walk (schwer)**

**8 to 1 Push up + Weighted Walking Lunges e/s**

**100 Stepups**

**2 min Farmers walk (schwer)**

**6 to 1 Scotty Bob + Squat jump**

**100 Stepups**

**2 min Farmers walk (schwer)**

**4 to 1 TJT + Burpees**

### **Part 2**

**RT**

**5 x 6-way Shoulder**

**4 x Scorpion stretch**

**5 x Mantis**