



## **BASE**

**Livesession: Montag, 28.02.22**

**Need: DB/KB/BB**

**By Ingo**

### Warm up

**8 min**

**Lunge Complex**

**6 Sit up**

**4 Push up**

**5x 6way shoulder**

**Instep + reach**

### Part 1

**12 min**

**4x Offset KB Push up**

**6x Gorilla Row**

**8x DB Pullover**

**30s DB Hollow Hold**

### Part 2

**12 min**

**12x Resistant Skiers**

**8x KB Front Squat**

**16x weighed Stepup**

### Part 3

**12 min**

**30x Bench walkup**

**30 Stepup**

**30/30 Side Bridge**

### **Part**

**RT**

**10 Rocks**

**Hip Flexor**

**3rd world stretch**



# BASE

Livesession: Dienstag, 01.03.2022

Need: DB, KB, SB

By Ingo

## Warm up

2 Rds

(Dual)Bottoms Up KB Rack Carry ca. 30s

10x Scapular Push Ups on Elbows

20s Flutter Kicks

Frog Pump

10 Rocks

Instep + reach

## Part 1

12 min

5 Deadlifts

3 Box jumps

90/90 Strech

## Part 2

4 Rds EMOM

20 Skippings

1 BP + 1 Touch jump Touch

## Part 3

20 min EMOM

Min 1: 60s Skippings fw,bw sw

Min 2: 8 DB Deadlifts + 8 DB Front Squats

Min 3: 8 Hollow Body Single Arm Floor Press e/s

Min 4: 4/4 Devils Press

## Part 4

4 Rds EMOM

20 Skippings

1 BP + 1 Touch jump Touch

## Part 5

RT

8 x 1-Leg Hip Bridge e/s

5 x Bird dogs e/s

3 x Shoulder Sweep



## **BASE**

**Livesession: Mittwoch 02.03.22**

**Need: BB, DB, KB**

**By Ingo**

### **Warm Up: 4 Rounds**

**10 x Air Squat  
05 x Kossak Squat e/s  
05 x Push Up  
Kossak Stretch  
Instep**

### **Part 1: 12 min**

**6 x Slow Motion Squat (ass to grass)  
6 x Loaded Squat Jump (Jedes Mal langsam ass to grass und dann so hoch springen wie möglich)  
30 s rest**

### **Part 2:**

**5min AMRAP  
2-4-6-8-10-12... Renegade Rows (+2 reps per round)  
4 Plank walk up**

### **Part 3: 12 min**

**6 x Lunges erhöht (wenn möglich) Knie weit über die Fußspitzen schieben und Körper aufrecht  
3 x Loaded Jumping Lunge e/s (ähnlich wie Loaded Squat Jump)  
30 s Rest**

### **Part 4:**

**5 min AMRAP  
2-4-6.... 1-Arm Sit up (+ 2 reps per round)  
2-4-6.... Kayaker (+ 2 reps per round)  
4 Back Extension**



# BASE

Livesession: Donnerstag 03.03.22

Need: Nix

By Ingo

Warm up (3Rds)

3 x Thorasic Bridge e/s

10 Squats

8 Push ups

6 Situps

3 x Plank into Instep to Squat t-spine rotation

## Part 1

10 Minute EMOM

6 x 1 ¼ front squats

8 x towel exccentric bent over row e/s

## Part 2

10 Min. ladder (+1 rep per side every round)

2x front racked reverse lunges

2x 1-arm arm push press

## Part 3

20 min

4 Push Ups

4 Dumbbell Hang Squat Cleans

10 weigthed Stepup

## Part 4

RT

20 / 20 Side Bride

15er Harmstring Hell e/s

30 sec Supermanhold



## **BASE**

**Livesession: Freitag 04.03.22**

**Need: KB / DB / BB**

**By: Fabrizio**

### Warm Up (8 min.)

**5 x Cossack Squats e/s**

**5 Grizzly Limb lifts e/s**

**5 x KB/DB Swings**

**20 sec Plank**

**Instep Stretch**

### Part 1 (12 min)

**6 x Barbell switched Grip Curl e/s**

**3 x Front Racked SeaSaw Lunge e/s**

**10 x DB Cross pulls**

**8 x Goodmornings**

### Part 2 (12 min)

**6 x KB/DB Cross Body 1-Leg Deadlift e/s**

**6 x KB/DB Goblet Cossack Squat e/s**

**6 x KB/DB Snatch or Clean and Push press e/s**

**6 x KB/DB weighted 1-Arm Situp e/S**

**1x Inchworm Stretch**

### Part 3 (E2MOM) 12 min

**10 Sec High Knees (so schnell wie möglich)**

**10 x KB/DB Suitcase Cyclist Squats or Goblet Squat  
(Fersen erhöht aufstellen, Buch)**

**10 x R. Twist (mit einer KB/DB/Scheibe)**



## BASE

Livesession: Samstag 05.03.22

Need: KB, DB

By Ingo

**A: Movement Prep**

**B: 3 x DOT-Drill**

6 x Squats

6 x Push ups (auf den Knien oder an Tischkante)

6 x Sit Ups

5 x Birddog e/s

Instep & Reach

### Part 1

20 min

20 weighted Step up

6x shoulder Press in Lunge Position e/s

6x Slow Heartbeat Squat + 10 s Squat Hold in der letzten Wdh

### Part 2

	1	2	3	4	5	6	5	4	3	2	1
Push ups	2	5	8	11	14	17	18	15	12	9	6
Sit ups	3	6	9	12	15	18	17	14	11	8	4
Squats	4	7	10	13	16	19	16	13	10	7	5

Nach jeder 2ten Runde 200m Run

### Part 3

2 Rds

20/20 Standing Founder

20/20 kneeling Founder

Instep Stretch into 3rd-World Stretch +

Toe touch Complex 3/3/3