



BASE

Livesession: Montag, 28.03.22

Need: DB/KB/BB

By Ingo

Warm Up

10 tiefe Atemzüge in Bauchlage. Hände vor die Stirn

6x Thorasic Bridge e/s

6 min

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1

15 min

5 Backsquat HBD

6x 1-Leg Hip Bridge e/s

90/90 Strech

Part 2

2 Rds

**6x Bench Press with banded KB
rest**

12 min

5x Bench Press HBD

6x 2 Point – Bird Dog e/s

Floor Slide

Part 3

3R

30 sec Crap toe Touch

30 sec Kayaker

30 sec Hollow hold

30 sec Back Extension

Part 4

2R

Camel Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Dienstag, 29.03.2022

Need: DB, KB, SB

By Ingo

Warm Up (8 min.)

20s 1-Arm KB/DB Over Head Hold + walk e/s

6 x Renegade Row and rotation (without weight) e/s

8 x Situps

4 x Hand Release Push ups

Instep & Reach

Part 1

15 Min.

3 Scotty Bob

6 weighted DB Step up e/s

9 DB Front Squats

Part 2

30 Step ups

Then

3-4-5-6-7

Grizzly Walk (1 rep = 4 Steps fw/ 4 Steps bw)

KB/DB Hollow Pull Over

Then

30 Step ups

Then

4-8-12-16

KB Swing

1-Leg Hip Bridge e/s

Then

30 Step ups

Part 3

3 Rds

30 sec Front Bridge

30 sec Kayaker

30 sec Hollow Hold

30 sec Floor Back extension



BASE

Livesession: Mittwoch 30.03.22

Need: BB, DB, KB

By Ingo

warm Up 8 min

30 sec March in Place/skipping
30 sec Tapping + Skip Stand
5x push up
20sec plank walk up
Instep to Pigeon

Part 1 5 Rds

Schwerpunkt: Beinachsenstabi + Beinkraft

Leg-Work- Kombi:

30s Twist Squat e/s + Squat jump
30s Reverse Lunge + Jump + Side Lunge
30s 2xjump Lunge + doppel Jump
30s Rest

Part 2 1 Rds

Balance nach Kraft

30/30s Cursty Squat Finger Tips into 1-Leg Stand
60s Side Plank X RE (oberes Bein in Bewegung bringen)
30/30s 1-Leg DL Finger Tips
60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part 3 8min

16x Bench/Plank walk up
2x Clapping Push up
20 Eos
20 Flutter Kicks

Part IV 1 Rds

Balance nach Kraft

30/30s Cursty Squat Finger Tips into 1-Leg Stand
60s Side Plank X RE (oberes Bein in Bewegung bringen)
30/30s 1-Leg DL Finger Tips
60s Side Plank X LI (oberes Bein in Bewegung bringen)

Part V 4 Rounds

30sec High Knee
15 sec rest
30 sec Mountain climber
15 sec rest
30 sec Skater

30 sec rest (weniger Pause als beim letzten mal)

Part V 2 Rds

Scorpion Stretch
Cat Cow



BASE

Livesession: Donnerstag 31.03.22

Need: Nix

By Ingo

Warm Up (8 min.)

Lunge Complex e/s

6 x Goodmornings

6 x Situps

4 x Hand Release Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1 15 Min

4-6 x KB/DB Tall Kneeling Shoulder Press e/s

10 x KB/DB Tall Kneeling Pull Catches

5 x KB/DB Tall Kneeling Helo e/s

Part 2 5 Rounds

(40/20)

KB/DB altn. 1-Arm clean into reverse Lunge

KB/DB Jumping DL to DL pull catch

KB/DB altn. lateral 1-Leg DL switches

Part 3 15 min

10 x altn High knee KB/DB transfer

10 x KB/DB Plank reaches

5 x Lunge Hold KB/DB transfer e/s

5 x 1-Leg DL KB/DB transfer e/s



BASE

Livesession: Freitag 01.04.22

Need: KB / DB / BB

By: Fabrizio

Warm Up 6 min

8 x Squats

8 x kneeling banded pull aparts

5 x Push ups

20 sec Side Plank

Inchworm Stretch

Part 1 10 min

10 x altern. Inv. Archer Row (5 reps/arm) [Tempo 30X0]

8-10 x BB / KB / DB Floor Press [Tempo 2020]

10-12 x Dual DB Chest Press [Tempo 20X0]

Lat & Pac Stretch

Part 2 16 min

Step ups @ moderate pace

At 0, 4, 8, 12 get off Bench and complete:

8 x weighted Sit Ups

8 x KB Crush Grip Press

8 x Bench Dips

Part 3 16 min

Burpees @ moderate pace

At 0, 4, 8, 12 get off and complete:

8 x Supinated Body Rows

8 x KB Horn Biceps Curls

8 x Banded Face Pulls

Part 4 RT

Floor Angle

Shoulder Sweep

Scorpion Stretch

Spiderman Stretch

BASE



Livesession: Samstag 02.04.22

Need: KB, DB

By Ingo

Warm Up 10 min

30 sec Butt Kicks

30 sec side Jumps

7x Squat

7x Push up

3x Lunge e/s

Instep + reach

3rd world stretch

5 min Lauf ABC

In 2er Reihen

Part 1 15 min

10x Squat

10x Lunge

10x Jumping Lunge

5x Squat Jump

10x Push up

10x Dips

Part 2 3 rounds

30 sec Toes 2 Sky

30 sec Sitting crunch

30 sec Front bridge + hip twist

30 sec Draw an 8

30 sec Hollow hold

30 sec Rest

Part 3 8 rounds

20 sec Flying star

20 sec mountain climber

20 sec Rest

Part 4 2 rounds

Instep to Pigeon

Floor Angel

Cat Cow