



## **BASE**

**Livesession: Montag, 04.04.22**

**Need: DB/KB/BB**

**By Ingo**

**Warm up**

**8 min**

**5x Lunge + Twist e/s**

**10x Heel to Butt e/s**

**20s Plank walk up**

**Instep and reach**

**Part 1**

**12 min**

**6x Bulgarien Split Squat**

**6x Side Lunge e/s**

**6x Hollow Hold Press e/s**

**Part 2**

**12 min**

**5 x Landmine High Twist e/s**

**5x High Plank Rotation e/s**

**5x Twistes KB Press e/s**

**Part 3**

**Ladder of**

**1-2-3-4-4-3-2-1**

**Manmaker**

**Thruster**

**Burpee**

**Part 4**

**2 Rds**

**20/20 Founder**

**10x Floor Back Ext.**

**Scorpion Strech**

**Cat + Cow**



## **BASE**

**Livesession: Dienstag, 05.04.2022**

**Need: DB, KB, SB**

**By Ingo**

### **Warm Up**

**8 min**

**30/30sec band Lateral Walk**

**10x Single Arm Trap 3 Raise + DB Isometric**

**10x Scapular Inverted Rows (pause 4sec at top)**

**3x Alligator Push + Strech**

### **Part 1**

**A1) Waiters Press: 8 e/s + rest mind. 40sec x 3 Rdn**

**A2) Narrow Grip Bench Press: 8 reps; rest 40sec x 3 Rdn**

**A3) Heavy Farmers walk: 60s + rest 40sec x 3 Rd**

### **Part 3**

**10min**

**3x Renegade Rows e/s**

**3x Heartbeat Squat**

**6x weigthed Stepups**

### **Part 3**

**8min**

**30s Foamroll Body Saw**

**8 x Banded Face Pulls**

**6 x Pallof Press e/s**

### **Part 4**

**RT**

**Floor Angle**

**Shoulder Sweep**

**Scorpion Stretch**



# BASE

Livesession: Mittwoch 06.04.22

Need: BB, DB, KB

By Ingo

## Warm Up

A 6 Min

20 Rocks (angezogene Füße)

10 Side Rocks (angezogene Füße) e/s

4 Heartbeat Squats

3 x Instep & Reach e/s

3 x Instep & Reach Rotation e/s

3 x Kosakstretch e/s

B 4 Min

8 x Squats

5 x Pushups

2 x aligator Push ups e/s

5 x Situps

## Part 1

40/30

Pushup hold

Blackburn (Crossed Fingers Thumps down)

Dead Bugs

Lunges

Side Bridge RE

Side Bridge LI

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10 TjT

## Part 2

40/30

Shoulder Pushup

Blackburn (Front Arm raises Thump ups)

Dead Bugs (Arm raises)

Jumping Lunges

Lying toe touches

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10 TjT

## Part 3

40/30

Pushups

Blackburn (90° Side Arm raises Thump ups )

Dead Bugs (Arm and Leg raises)

Squats

Front Bridge

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10 TjT

## Part 4

40/30

Halfway Pushups (dynamic)

Blackburn (45° Side Arm raises Thump ups )

Dead Bugs (diagonal Arm and Leg raises)

Halfway Squats (dynamic) Hostages

Rocking the Boat

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10 TjT

## Part 5 RT

20/20 Standing Founder

20 x 2 Leg-Hip Bridge

10 x Goodmornings



## **BASE**

**Livesession: Donnerstag 7.04.22**

**Need: Nix**

**By Ingo**

### Warm up 10 min

60s Run

10 Squats

10 DB Push press

3/3 Lunge Complex

30 sec Plank

Instep 2 reach

### Part 1

12 min

5x BB Curtis P

4x Jumping Lunge

mantis

### Part 2

12 min

8 Burpees

8x high knee

8x heel to butt

15m Sled Push

30 sec Rest

### Part 3 10 min

10 KB Swing

30 sec lateral walking front bridge

10x Roll in (rückenlage, knie zur nase -> unterkörper einrollen, langsam wieder aufmachen)

8x Kayaker e/s

10x Side Bridge elbow to knee (alternativ 20sec hold)

### Part 4

Scorpion

Cobra

Cat Cow

Couch stretch



## **BASE**

**Livesession: Freitag 08.04.22**

**Need: KB / DB / BB**

**By: Fabrizio**

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

**8 x Squats**

**4 x Cossak Squats e/s**

**5 x Situps**

**4 x KB Snatch e/s**

**5 x KB Deadlift**

**5 x Goodmorning**

**Inchworm Stretch**

### **Part 1 (15 min)**

**10 x Dual KB Sumo Deadlift**

**8 x Dual KB Swings**

**6 x Dual KB Clean**

**4 x Dual KB Half Clean+Press**

**Inchworm Stretch**

### **Part 2 (10 min)**

**E2MOM**

**4 x Burpee Broad Jumps**

**8 x KB Swings (Schwer)**

**12 sec Jingle Jangle**

### **Part 3 (10 min)**

**E2MOM**

**4 x Jumping KB Deadlifts**

**8 x Jumping Lunges**

**12 sec Banded Skiers**

### **Part 4 (RT)**

**Foam Roll**

**Scorpion Stretch**

**Spiderman Stretch**



## **BASE**

**Livesession: Samstag 09.04.22**

**Need: KB, DB**

**By Ingo**

### **Warm Up**

**6 min**

**Lunge Complex e/s**

**6 x Situps**

**4 x Push ups**

**5 x 6 Way Shoulder**

**Instep & Reach**

### **Part 1**

**15 min**

**6x Segmented Deadlift HBD**

**8x Half Kneeling DB Press**

**40s Hollow Hold**

### **Part 2**

**6 Rds**

**30/30**

**Shuttle Run**

**Hold in Plank while resting**

### **Part 3**

**8 Min**

**6x 1 Leg DL e/s**

**6x 1-Arm DB Push Press e/s 30X1**

**30/30s Side Bridge**

### **Part 4**

**10 Rocks**

**Hip Flexor Strech**

**Scorpion Strech**