



## **BASE**

**Livesession: Montag, 11.04.22**

**Need: DB/KB/BB**

**By Ingo**

**Warm up**

**Movement Prep**

**2 Rds**

**10 Rocks**

**3 Table Rocks**

**3 Thorasic Bridge**

**Part 1**

**Superset 1: 3 Rds**

**10 x Split Stance DB press e/s**

**8x Hanging leg raise**

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**Superset 2: 3 Rds**

**8x Inv Row**

**5x DB Scoty Bob**

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**Superset 3: 3 Rds**

**8x Bent over row**

**6x DB curl to press**

**Part 2**

**2 Rds**

**30/20 Box Sprints**

**30/20 Push ups**

**30/20 altern. back Lunges**

**30/20 Toes to sky**

**30/20 Supermans (o. Hold)**

**30/20 Mountain climbers**

**30/20 Squats**

**30/20 Plank**

**30/20 Burpees**

**Part 4**

**2 Rds**

**20/20 Founder**

**10x Floor Back Ext.**

**Scorpion Strech**

**Cat + Cow**



## **BASE**

**Livesession: Dienstag, 12.04.2022**

**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) 8x Romanian Split Squat + Press e/s**

**rest min 40 sec x 3 Sets**

**Farmers walk 60s**

**A2) 8x TRX Pushups or 5 Strict Pull Up**

**rest min 40 sec x 3 Sets**

**Farmers walk 60s**

**B1) 8x 1 1/4 KB Front Squat + 30s Farmers walk:**

**rest min. 40 sec x 3 Sets**

**B2) 8x Chainsaw Row:**

**rest min 40 sec x 3 Sets**

### Part 2

**15 min**

**6x Cauldron e/s**

**3x SB KEG Lift e/s**

**6x 1-Arm Situp e/s**

**6x DB cross pull e/s**

**15/15 Standing Founder**



## **BASE**

**Livesession: Mittwoch 13.04.22**

**Need: BB, DB, KB**

**By Ingo**

### **Warm Up**

**8min**

**8 x Squats**

**5 x Pushups**

**2 x aligator Push ups e/s**

**5 x Situps**

**Instep + reach**

### **Part 1**

**20 Min for grind**

**2 Rds**

**4 Mr. Spectacular**

**6 KB Cross Pull**

**8 KB Swing**

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**5x15m Shuttle Run**

### **Part 2**

**3 Rds**

**40/10**

**Plank shoulder Taps**

**Hollow Hold + Press**

**EO's**

**Flutter Kicks**

### **Part 3**

**30 BB/DB Hang Squat Cleans**

**30 Pull Ups/inverted Row**

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**Wechsel alle 5 Wdh.**

### **Part 4**

**RT**

**Inchworm**

**Cat Cow**

**Couch stretch**



## **BASE**

**Livesession: Donnerstag 14.04.22**

**Need: Nix**

**By Ingo**

### Warm Up

**8 min**

**Lunge Complex e/s**

**6 x Situps**

**4 x Push ups**

**5 x 6 Way Shoulder**

**Instep & Reach**

### Part 1

**12 min**

**5 x Scotty Bob (1x Push up)**

**10x Hippity Hopp e/s**

**20x Seal Jacks**

**20x Step ups**

### Part 2

**1 to 8 to 1**

**Squat Jumps**

**Thruster BB/DB**

**15m Run**

### Part 3

**3 Rds**

**20/20 Standing Founder**

**10 Rocks**

**Hip Flexor Strech**

**Scorpion Strech**



# BASE

Livesession: Karfreitag 15.04.22

OSTER - SPEZIAL

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## **BASE**

**Livesession: Samstag 16.04.22**

**Need: KB, DB**

**By Ingo**

**Warm Up:**

**3 Rds**

**8x Scapular Push Ups**

**5x Banded Push Ups**

**30sce Superman**

**8x Heartbeat Squat**

**Part 1 15min.**

**+ 2 reps/rd**

**2x KB Gorilla Row e/s HBD**

**2x 1- Leg Box Squat e/s**

**2x Burpee**

**Part 2 15 min**

**+ 2 reps/rd**

**2x Back Squat – steigern bis 6 reps**

**2x Hanging Leg Raise**

**2x Push up**

**Part 3**

**10 min**

**20m Sled Push**

**20s Skippings**

**20s Jingle jangle**

**30s Rest**