



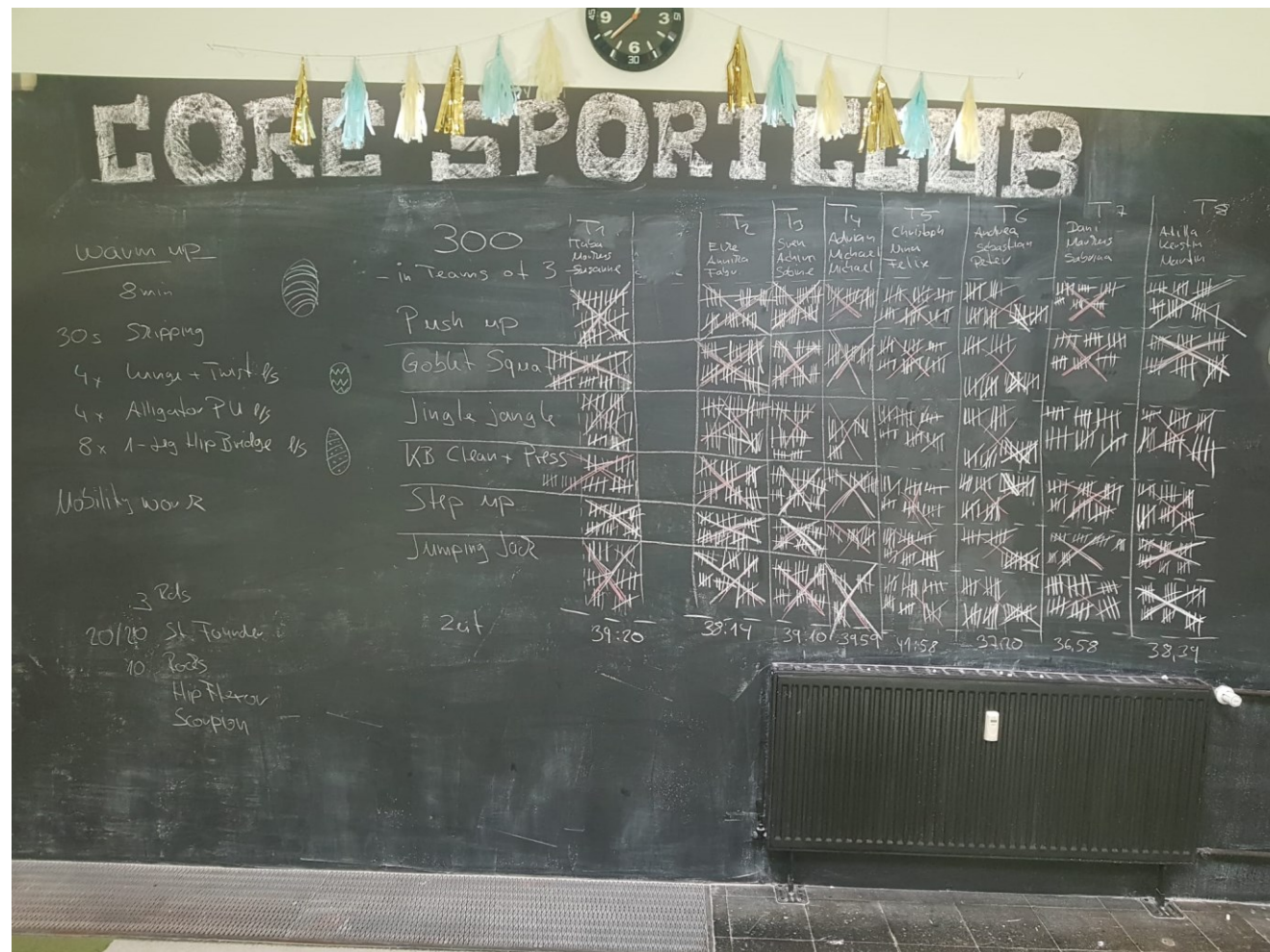
# BASE

Livesession: Montag, 18.04.22

Need: DB/KB/BB

By Ingo

## Überraschungsworkout





## **BASE**

**Livesession: Dienstag, 19.04.2022**

**Need: DB, KB, SB**

**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:**

**Ladder of Benchpress**

**4-5-6-6-5-4**

steigern bis 6

**Squat jump x 2**

**Rest between Set 40 sec**

### **Part 2:**

**Ladder of Backsquat**

**4-5-6-6-5-4**

steigern bis 6

**5x scap pull up or pull up**

**Rest between Set 40sec**

### **Part 3:**

**15 min**

**6x Cauldron e/s**

**6x Palloff Press e/s**

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

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

**60s Farmers walk**



## **BASE**

**Livesession: Mittwoch 20.04.22**

**Need: BB, DB, KB**

**By Ingo**

### Warm up

**4 Rds**

**30sec Banded Glute Bridge March**

**30sec Kossack Squat Isometric Hold Bottom R**

**15sec + Isometric Hold Bottom L**

### Part 1

**A1) 3 Rds**

**8x Deadlift HBD**

**8x 1-Leg elev. Hip Bridge e/s**

**30s Rest**

**A2) 3 Rds**

**8x 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: Donnerstag 21.04.22

Need: Nix

By Ingo

Warm Up: 4 Rounds

10 x Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1:

8 min

6 x KB Front Slow Motion Squat

6x KB DL

40s Hollow Hold + alt. Press

Part 2:

8 Rds 20/20

Jingle Jangle

Part 3

3 Rounds

30sec High Knee

30 sec Jumping jack

30 sec Mountain climber

30 sec Skater

-----  
30 sec rest

Part 4:

8 min

6x slow Motion banded Push up + 3s Hold

6x banded Kayaker

40s Plank + band pull

Part 5:

8 Rds 20/20

Jingle Jangle

Part 6

RT

20 / 20 Side Bride

20er Harmstring Hell e/s

30 sec Supermanhold



## **BASE**

**Livesession: Freitag 22.04.22**

### **Warm Up 3 Rds**

**12 x Altern. Quadruped Limb Lifts**

**8 x Y-Shoulder Lift on Bench**

**30 sec Plank Hold**

**2 x Scotty Bob e/s**

**Instep Stretch**

### **Part 1 15 min**

**8 x Farmers hold + KB Shoulder Press e/s**

**6 x BB Deadlifts**

**15m banded Sled Pull**

**3 x Table Rocks**

### **Part 2 15min**

**4 x Burpee Box (Squat) Jump**

**4 x Pull Ups / Banded Pull ups / Body Row (aka Inverted Row)**

**15m Power Sidesteps**

**6x 1-Leg Hip Bridge e/s**

### **Part 3 4 Rds**

**30 sec Dips**

**30 sec Plank walk up**

**30 sec Kayaker**

**30 sec Hollow hold**

**30 sec Rest**

### **Part 3 (Remaining Time)**

**20/20 Standing Founder**

**Instep Stretch into Pigeon**

**3 x Shoulder Sweep**

**3 x Scorpion Stretch**



## **BASE**

**Livesession: Samstag 23.04.22**

**Need: KB, DB**

**By Ingo**

**Warm Up:**

**3 Rds**

**8x Scapular Push Ups**

**5x Banded Push Ups**

**30sce Superman**

**8x Heartbeat Squat**

**Part 1 20 min.**

**2x KB Workset 1 =**

**6 DL**

**3 racked fw/bw Lunges e/s**

**6 Figur 8**

**6 KB Swing**

**6 Goblet Squat**

**15m SB All 4 drag**

**3x Sit to stand rope**

**Part 2 15 min**

**Kong Komplex =**

**10 x Bizep Curls**

**10 x High Pull**

**10 x Military Press**

**10 x Trizeps Press**

**10 x Push Ups, kneeling-Push Up**

**5 x 1-Leg Dead-Lift e/s**

**Rest mind. 30s**

**Part 3 10 min**

**10 x Hamstring Hell e/s**

**2 x Calve Raise 10/10 sec Hold**

**30 sec Wall Sit**

**30 sec Superman Hold**

**30 sec Hollow Hold**