



BASE

Livesession: Montag, 25.04.22

Need: DB/KB/BB

By Ingo

Warm Up

2 Rds

3x Dot Drill

20 x Jumping Jack

10x Squat

10x Eos

20 Plank walk up

2 Rds

3x 1-Leg DL e/s

30s Band walk (Loop)

Elevated 90/90 Strech

Part 1

15 min

5x Back Squat

3x Box (Squat) Jumps

30s Rest

20s Supermann

Part 2

4 Rds

30 sec, 15 sec rest

Tapping + alle 10 s Burpee

Touch jump Touch

Part 3

4 Rds

5x KB Rack Lunge + Sh. Press e/s

5x 1-Arm Thruster e/s

Shoulder sweep

Part 4

8 min

6x Landmine Russian Twist

40s weighted Hollow Hold

6x Plank Cross Pull e/s



BASE

Livesession: Dienstag, 26.04.2022

Need: DB, KB, SB

By Ingo

Warm up

8 min
3x Inchworm
8 Rocks
3x Thorasic Bridge e/s
3 Rds
6 x Squats
6 x Push up
4 x Lunge + Twist e/s
Instep & Reach

Part 1

12 min
6x 1 Arm Bottom up shoulder Press in L-Sit e/s
6x Bench lying Reverse Flys
3x Floor Slide

Part 2

12 min
5x 1-Leg DL e/s
5x 1-Leg Box Squat e/s
5x 1-Leg Bench Stepup + KB in Rackpos. e/s

Part 2

15 min
8 x Jingle Jangle
6 x Skater e/s
4 x Side Jumps + hold e/s
2 x Squat jumps
8 x Plank walk up
6 x Bench Dips
4 x Push up
2 x Alligator Push up e/s

Part 3

Remaining Time
Scorpion stretch
Peanut
Cat + Cow



BASE

Livesession: Mittwoch 27.04.22

Need: BB, DB, KB

By Ingo

Warm up:

Movement Prep

8 Min

6 Alligator Push up

6 Kossak Squat e/s

30s Plank walk up

3 Inchworm

Instep + reach

Part 1

12 min

5 x KB Rack or Front Squat

5 x 1 Arm KB Rack Squat e/s

5 x Front Lunges e/s

5 x Back Lunges e/s

30s Rest

Part 2

12 Min

15m Sled Push - speed

8 Burpees

60s Front Bridge

Part 3

12 min

6x DB/KB L-Sit Press e/s

6 x KB Straight Arm Russian Twist e/s

6x KB Crossover Plank e/s

Indiv. Strech



BASE

Livesession: Donnerstag 28.04.22

Need: Nix

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

3x 10s lateral banded Skip and Stop 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

Jingle jangle

Part 4

2 Rds

20/20 Founder

10x Floor Back Ext.

Scorpion Strech

Cat + Cow



BASE

Livesession: Freitag 29.04.22

Warm Up (6 min.)

8 x Squats

6 x Situps

5 x Push ups

8 x kneeling Banded pull aparts

Inchworm Stretch

Part 1(12 min)

5 x Standing Dual DB Arnold Press

5 x Dual DB Pendlay Row

5 x Dual DB Hammer Curl

10 m x Dual DB Hammer Curl hold

3x Table Rock

Part 2 (12 min)

10 x Dual DB Bench Press

15 sec Chin over Bar Hold + 10 x Scapular Pull ups

15 sec Bench Dip stretch + 10 x Bench Dips

15 m x Quadruped Crawl + Every 5 m 10 Shoulder

Taps

Part 3 (8 min)

3 x BB Clean + Squat

Sofort danach 3 x Burpees

2 x 15 m Sprint

Part 4 (RT)

Foam Roll

Scorpion Stretch

Spiderman Stretch



BASE

Livesession: Samstag 30.04.22

Need: KB, DB

By Ingo

Warm Up:

3 Rds

8x Scapular Push Ups

5x Banded Push Ups

30sce Superman

8x Heartbeat Squat

Part 1 2 Rds

10 Rds

3 Push up

3 Dips

3 Pull up / inv. Row

600m Run

10 Rds

4 Squat

3 Lunges e/s

2 Squat jump

600m Run

Part 2

40 fast Stepup

5x Sit to Stand rope

Part 3 (RT)

Foam Roll

Scorpion Stretch

Spiderman Stretch