



BASE

Livesession: Montag, 02.05.22

Need: DB/KB/BB

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



BASE

Livesession: Dienstag, 03.05.2022

Need: DB, KB, SB

By Ingo

Warm Up

8min

5 Dumbbell RDL

5 1-Arm DB Clean + Press

5 Burpees

16 Skippings

5 Lunge + Twist

Instep stretch

Part 1

A1) Segmented Snatch Grip Deadlift;
6-8reps; rest 40sec x 3

A2) Barbell Z Press: 8-10reps; rest 40sec x 3

B1) Split Stance Dumbbell Romanian Deadlift:
6-8/leg; rest 40sec x 3

B2) Seated Alternating Dumbbell Arnold Press:
8-10/arm; rest 75sec x 3 sets

Part 2

4 min AMRAP:

1-2-3-4-5-6....

Manmaker

Jingle Jangle

5 min AMRAP:

1-2-3-4-5-6....

Push up

SB toss and chase

6 min AMRAP:

1-2-3-4-5-6....

Shoulder Taps x2 e/s

Lunge e/s

Part 3

RT

5 x YT Shoulder Movement

4 x Scorpion stretch

3 x Mantis stretch



BASE

Livesession: Mittwoch 04.05.22

Need: BB, DB, KB

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 Bodyweight

For Time max 40

min

10 Burpees

25 Push ups

20 Touch j. touch

25 Pushups

50 Lunges

10 Burpees

25 Pushups

50 Lunges

100 Situps

20 Toch j. touch

25 Pushups

50 Lunges

100 Situps

150 Squats

Part 2

RT

20 / 20 Side Bride

20er Harmstring Hell e/s

30 sec Supermanhold



BASE

Livesession: Donnerstag 05.05.22

Need: Nix

By Ingo

Warm up

6 min

Scapular Push up

Heartbeat Squat

30s Superman

4x Slow Push up

Foam Roll

Lat + Pec Strech

Part 1

15 min

6x 1-Arm/Leg Floor Press e/s

6x 1-Leg Landmine Deadlift e/s

6x 1-Leg Contralateral Landmine

Split Stance Thruster e/s

3x Floor Angel

Part 2

12 min

5x Back Squat

5x Lunge fw/bw e/s

3rd world strech

Part 3

4 Sets of

max. Pullups or banded pulls or negatives

40s Hollow Hang

Part 3

30/10

Kayaker

Flutter Kicks

Front Bridge

Toes to sky



BASE

Livesession: Freitag 06.05.22

Warm Up

3 Rds

10 Rocks

3 Thorasic Bridge e/s

8 min

5 Single Arm Turkish Sit Ups R

1 Turkish Get Up R

30s Single Arm KB Overhead Carry R

5 Single Arm Turkish Sit Ups L

1 Turkish Get Up L

30s Single Arm KB Overhead Carry L

3x Push Twist Lift e/s

Instep + reach

Part 1

A1) Incline Close Grip Bench Press

10-12reps; rest 40sec x 3 Sets

A2) KB Rack Deficit Split Squat: 8-10 e/s

rest 40sec x 3 Sets

B1) Single Arm DB Tripod Row: 8-10 e/s

rest 40sec x 3 Sets

B2) Goblet Kossack Squat: 16-20reps

alternating legs; rest 40sec x 3 Sets

Part 2

10 min

30s KB front racked farmers walk

8 x lateral Step up over bench

8x KB Front racked Squats

8x Plank walk up

Rest 30s

Part 3

RT

8 x 1-Leg Hip Bridge

5 x Bird dogs e/s

3 x Shoulder Sweep

5 x Standing Back extension



BASE

Livesession: Samstag 07.05.22

Need: KB, DB

By Ingo

Warm Up

2 Rds

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

5 min

SB Toss and Chase Skill

SB Get up Skill

Part 1

40 SB weigthed Step up

20 SB Toss and Chase

100 Step up

Part 2

30 Rds

2 Pushup

2 Squats

2 Dips

2 Lunge e/s

Part 3

RT

10 rds 15m Run

3 SB Get up e/s