



BASE

Livesession: Montag, 09.05.22

Need: DB/KB/BB

By Ingo

Warm up

8min

3x Inchworm

3x Thorasic Bridge e/s

6x Squats

6x Skip e/s

6x Push up

Instep + Reach

Part 1

10min

6x 1-Leg Airplanes

6x 1Leg Skrip Stand + Sh. Press

360 Step Downs

30/30 Lateral banded Skip

Part 2

15min

6x 1-Arm KB Swing RE

6x Clean + Press RE

6x Figure 8

6x 1-Arm KB Swing LI

6x Clean + Press LI

6x KB Cross Pull

Part 3

10min

10 Weigth. Step ups

20 Step ups

2 Rds

6 Squats

6 Push ups

2 Clapping PU

20s Plank

Part 4

RT

20/20 Standing Founder

Scorpion Strech

Rocks



BASE

Livesession: Dienstag, 10.05.2022

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) 3 Rds Snatch Grip Deadlift:
8-10reps; rest 40sec

A2) 3 Rds Suitcase Long Step Walking Lunge:
14-16 Steps; rest 40sec

B1) 3 Rds Barbell Hip Thrust: 8-10reps; rest
40sec

B2) 3 Rds KB Front Squat 1-1/4 Squat 6-8 reps; rest
40sec

Part 2

10 min

30/30 1- Arm DB Hold knelling to stand

30s Gorilla Row

30/30s 1-Leg DL

8 Facepull

30s Rest

Part 3

3 Rds

30/30 Lat banded Bird Dog

30/30 Front Bridge Row

30/30 Side Bridge

30s Y+T



BASE

Livesession: Mittwoch 11.05.22

Need: BB, DB, KB

By Ingo

Warm Up 8 min

20s Plank walk up

20 sec Jumping Hip Twist

5x Squat

5x Push up

3x Lunge e/s

30 sec high plank

Instep

5 Min

Front Rack Mobility

BWS - Shoulder

Part 1 12 min

8x Front Squat

3x Box Jumps

90/90

Part 2 12 min

8x DB Flys

8x Dips

8x Bench walk up e/s

Floor Slide

Part 3

20-16-10

DB Deadlifts

Renegade Row

Burpees

Part 4

RT

10 sec Couch Stretch e/s

3 x Scorpion Stretch e/s

6 x Back Extension



BASE

Livesession: Donnerstag 12.05.22

Need: DB

By Ingo

Warm Up (6 min.)

6 x Banded pull aparts pronated & supinated

5 x Push ups

Lunge Complex

3 x Thorasic Bridge & Reach e/s

Lat + Pec stretch

Part 1

8 Rds 30/10

Jingle Jangle

Hippity Hopp

Part 2

Runter – Hoch – Runter

30 sec Tabletop toe grabs

30 sec Dynamic Plank

30 sec Knee Touch Twist

30 sec Side Plank Knee to Elbow RE

30 sec Side Plank Knee to Elbow LI

30 Rest

30 sec DB Manmaker

30 sec Toes to sky

30 sec DB Scotty Bob

30 sec Side Plank roll

30 sec DB Renegade Row

30 Rest

30 sec Alternate Toe Touch

30 sec Bicycle Crunch

30 sec Reverse Crunch

30 sec Side Crunch

30 sec Mountain Climber

Part 3

RT

5 x Inchworm

3 x Standing Backextension

Pigeon Stretch



BASE

Livesession: Freitag 13.05.22

Warm Up (3 Rds)

- 7 x BB Deadlifts
- 7 x BB Hang Power Clean
- 7 x BB Strict Press
- 7 x Push Ups
- 20 x Jumping Jacks
- Inchworm Stretch

Part 1 (Strength Supersets) 3 RDS

- A1) 6 x Segmented Deadlift (3131), rest 30 sec.
- A2) 5 x Half Kneeling Dual DB Press /each knee (20X2), rest 30 sec.

Part 2 (Strength Supersets) 3 RDS

- B1) 8 x Deficit Landmine 1-Leg Deadlift (3010), rest 30 sec.
- B2) 8 x 1-Arm DB Push Press /each arm (30X1), rest 30 sec.

Part 3 (For Time)

- 20 – 30 – 40
- Step ups
- 26 – 20 – 14
- Bench Dips
- Rest 1 min.
- 10m – 20m – 30m
- SB All 4 Drag
- 40 – 30 – 20
- Anchored Sit ups

Part 4 (RT)

- Floor Angle
- Scorpion Stretch
- Spiderman Stretch



BASE

Livesession: Samstag 14.05.22

Need: KB, DB

By Ingo

Warm Up: 3 Rounds

10 x Air Squat

05 x Kossak Squat e/s

05 x Push Up

Kossak Stretch

Instep

Part 1: 25 min

BB-Complex

60s Rest

SB-Complex =

6 DL, 6Row, 6 Clean, 6 Front Squat, 6 SB Getup

200m Run

Part 2

2 Rds

40s Front Bridge

40 Jumping jack

20 Push up

20 Squats

20 Bird Dog

40 Mountain climber

40 High Knee

40 Lunges

20 Burpees