



BASE

Livesession: Montag, 16.05.22

Need: DB/KB/BB

By Elena

Warm Up

10 min

30 sec Step ups

10 Squats

5 Push up

10 DB Push press

3/3/3 Lunge Complex

30 sec Plank

Instep 2 reach into Pigeon

Part 1

12 min

5x Curtis P

2x Jumping Lunge e/s

10x Sit up

Part 2

10 min

3x Scotty Bob

3x Turkish Get Up e/s

20x Step up (total)

Part 3

6 Rounds

30 m loaded sled push

Part 4

Instep into Pigeon

Scorpion stretch

Couch Stretch



BASE

Livesession: Dienstag, 17.05.2022

Need: DB, KB, SB

By Ingo

Warm Up 10 min

8x Goblet Squat

8x Push up

8x Lunge (total)

8x Front Bridge roll over e/s

8x Sit up

Instep + reach

PART 1 12 min

8x Back Squat HBD

8x DB Shoulder press

8x DB Butterfly

3er world stretch

Part 2 ca. 12 Min

2x 1-Arm racked KB Lunges e/s (FW or BW)

+ 2x Burpees

No rest

Part 3 4 Rounds (8 min)

30 sec Bear Hold + Knee Tap

30 sec Toes 2 Sky

30 sec Front Bridge + Hip Twist

30 sec scissors (im Hollow hold mit den Beinen

Scherenbewegung)

Part 4

Instep into Pigeon

Cobra

Scorpion



BASE

Livesession: Mittwoch 18.05.22

Need: BB, DB, KB

By Ingo

Warm up

3 Runden

5x Lunge + Twist e/s

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

Assesment:

1min PU

1min Squat

1min Dips

1min Lunges

1min E0´s

1min Flutter Kicks

Note....

Part 2

16 min

3 Rds of

50% of reps

Squat

Dips

(10 x Hipity Hopp)

E0´s

8x Jingle Jangle

Part 3

16 min.

3 Rds

50% of reps

Push ups

Lunges

(5 x Kneeling Plate Halfmoon e/s)

Flutter Kicks

8x Jingle Jangle

Part 4

10 min

6x Plank Crossover

6x Slaher to helo

40 s Front Bridge



BASE

Livesession: Donnerstag 19.05.22

Need: DB

By Ingo

Warm Up

10 min

10x Squats

10x Push up

10x Lunge+Twist

10x Rocks

Instep

Part 1

10 Min.

10x Front racked lunges e/s

10x Balanced Bench Row e/s

Floor Slide

Part 2

Runter und wieder hoch

10x weight Step up

10x DB/KB Goblet Squats

10x Push up

10x Manmaker

10x Touch jump touch

20m SB All 4 drag

10x Renegade Row

10x Hippy Hopp

10x Dips

10x Slasher to helo e/s

10x Eo's

Part 3

10x Flutterkicks e/s

10x Plank walk up e/s

10x Backextension

10x Y+T

Part 4

RT

10x Rocks

Scorpion



BASE

Livesession: Freitag 20.05.22

Warm Up (8min.)

**5 x Roll-over into V-Sit
5 x Pushups
5 x Lunge Complex
5 x Situps
5 x Y-T Shoulder Movement
Instep & Reach**

Part 1 (12 min)

**12 x 1 ¼ KB Horn Biceps curl
6 x Half Kneeling KB Botton up Shoulder press e/s
8 x Push up into Crossover plank
6 x Body Saw Plank (Forwards + Backwards = 1 rep)**

Part 2 (12 min)

**8 x DB Bench Pull Over
10 x Banded Face Pulls
1 x BB Clean + 1 x BB Clean & Press + 1 x BB Clean & Push Press
8 x altern. KB Kneeling Hip to Halo**

Part 3 (10 min)

**4 x up & down explosive KB/DB Deadlift
6 x KB Gorilla Row e/s
8 x Russian Twist
60 sec. Lunges**

Part 4(RT)

**4 x Scorpion Stretch e/s
4x Mantis
4x Spiderman Stretch e/s**



BASE

Livesession: Samstag 21.05.22

Need: KB, DB

By Ingo

Warm up

8 min

(Dual)Bottoms Up KB Rack Carry ca. 30s

10x Scapular Push Ups

20s Flutter Kicks

10 Squat

10 Rocks

Instep + reach

Part 1

20 min EMOM

Min 1: 60s Skippings fw,bw sw

Min 2: 8 DB Deadlifts + 8 DB Front Squats

Min 3: 8 Hollow Body Single Arm Floor Press e/s

Min 4: 4/4 1- Arm Devils Press

Part 2

12 min

5x BB Deadlift

5x Bent over Row

5x Front Squat

30 s Rest

Part 3

6 Rds EMOM

1 BP + 6 Touch jump Touch

2 BP + 5 Touch jump Touch

3 BP + 4 Touch jump Touch

4 BP + 3 Touch jump Touch

5 BP + 2 Touch jump Touch

6 BP + 1 Touch jump Touch

Part 4

RT

8 x 1-Leg Hip Bridge e/s

5 x Bird dogs e/s

3 x Shoulder Sweep

3 x Standing Back extension