



BASE

Livesession: Montag, 23.05.22

Need: DB/KB/BB

By Elena

Warm up 10 min

30 sec Jumping Jack

10x Squat

5x Squat Jump

5x Push up

5x Scapular Push up

20sec Planck

Instep + reach

Part 1 15 min

5x BB HSC HBD

5x Box Jump

5x bird dog e/s

3rd world stretch

Part 2 12 min

16x Step up

16x Burpee

16x Step up

16x Squat

16x Step up

16x Push up

16x Step up

16x Jumping Jack

16x Step up

16x Mountain climber

16x Step up

16x Jumping Lunge

16x Step up

16x High knee

Part 3 10 min

30 sec mountain climber (super slow)

10x EO's e/s

10x Toe's to sky

30 sec side bridge e/s

10x Back Extension

Part 4 remaining time

Floor Angel

Cat cow

Cobra



BASE

Livesession: Dienstag, 24.05.2022

Need: DB, KB, SB

By Ingo

Warm Up

10 tiefe Atemzüge in Bauchlage. Hände vor die Stirn
6x Thorasic Bridge e/s

6 min

3x Dot Drill

10x Squat

5x Push up

5x Scapular Push up

10x EOs

Instep into Pigeon

Part 1

15 min

5 Backsquat HBD

6x 1-Leg Hip Bridge e/s

90/90 Strech

Part 2

2 Rds

6x Bench Press with banded KB
rest

12 min

5x Bench Press HBD

6x 2 Point – Bird Dog e/s

Floor Slide

Part 3

3R

30 sec Crap toe Touch

30 sec Kayaker

30 sec Hollow hold

30 sec Back Extension

Part 4

2R

Camel Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Mittwoch 25.05.22

Need: BB, DB, KB

By Ingo

Warm Up (8 min.)

Lunge Complex e/s

6 x Goodmornings

6 x Situps

4 x Hand Release Push ups

5 x 6 Way Shoulder

Instep & Reach

Part 1 15 Min

4-6 x KB/DB Tall Kneeling Shoulder Press e/s

10 x KB/DB Knee to stand walk up

5 x KB/DB Tall Kneeling Helo e/s

Part 2 5 Rounds

(40/20)

KB/DB altn. 1-Arm clean into reverse Lunge

KB/DB Jumping DL to DL pull catch and Squat

KB/DB altn. lateral 1-Leg DL switches

Part 3

Touch Jump Touch Burpee Pyramid

Tjt - hin – zurück =1

Burpee = 1

1/2/3/4/5/6/6/5/4/3/2/1

Je 20s Rest between Set



BASE

Livesession: Donnerstag 26.05.22

Need: DB

By Ingo

Warm up

3 Rds

30sec Banded Glute Bridge March

30sec Banded Psoas March

30sec Kossack Squat Isometric Hold Bottom R

15sec

+ Isometric Hold Bottom L

Part 1

A1) 3 Rds

5/3/3 Deadlift

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

30s Rest

A2) 3 Rds

5/3 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: Freitag 27.05.22

Warm Up

**8 min
20 Stepup
10x Plank walk up
5 x Squats
5 x Situps
Instep stretch**

Part 1

**10 to 1 Goblet Squat + Inv Row
100 Stepups
2 min Farmers walk (schwer)
8 to 1 Push up + Weighted Walking Lunges e/s
100 Stepups
2 min Farmers walk (schwer)
6 to 1 Scotty Bob + Squat jump
100 Stepups
2 min Farmers walk (schwer)
4 to 1 TJT + Burpees**

Part 2

**RT
5 x 6-way Shoulder
4 x Scorpion stretch
5 x Mantis**



BASE

Livesession: Samstag 28.05.22

Need: KB, DB

By Ingo

Warm Up 10 min

30 sec Butt Kicks

30 sec side Jumps

7x Squat

7x Push up

3x Lunge e/s

Instep + reach

3rd world stretch

5 min Lauf ABC

In 2er Reihen

Part 1

5 Rds

Spiegelsprint – Serie

20s Sprints

20s Rest

20s Sprints

Part 1 10 min

3-6 Pull up /inv. Row

10x Lunge

10x Push up

10x Jumping Lunge

10x Dips

5x Squat Jump

Part 2 3 rounds

30 sec Toes 2 Sky

30 sec Front bridge + hip twist

30 sec Draw an 8

30 sec Hollow hold

30 sec Rest

Part 3 8 rounds

20 sec Flying star

20 sec mountain climber

20 sec Rest

Part 4 2 rounds

Instep to Pigeon

Floor Angel

Cat Cow