



BASE

Livesession: Montag, 30.05.22

Need: DB/KB/BB

By Elena

Warm up:

10 min

3x Inchworm

6x 1-Leg Airplane

20/20 Hip Pendulum

6x Squat

3x Alligator PU

Instep + reach

Part 1

4 Rds

6x Lunged Shoulder Press e/s

3x Floor Angel e/s

Part 2

5min

2 Push up

3 Squat

4 Sit up

Part 3

4 Rds

6x TRX Push up

+20s hold

3x Shoulder Sweep

Part 4

5min

2 Push up

3 Squat

4 Sit up

Part 5

4 Rds

8x Chainsaw Row

+ 20s hold

3x Floor Slide

Part 6

5min

2 Push up

3 Squat

4 Sit up



BASE

Livesession: Dienstag, 31.05.2022

Need: DB, KB, SB

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

3 Rds

(40/20)

Goblet Step ups

BB Deadlift

KB/DB Overhead Front/Back Lunge altn. Side

20/20 KB/DB 1-Leg Deadlift

Goblet KB Kossak Squats

KB Swings

20/20 KB weighted 1-Leg Glute Bridges

Part 2 (8 Min.)

20 – 16 x KB/DB Kayaker

6 x KB/DB 1-Arm Sit up e/s

10 x KB/DB Grizzly Hold and Pull Trough

10 x Shoulder Taps in Grizzly Hold

Part 3 (remaining Time)

20/20 Standing Founder

5 x Bird Dogs e/s

3 x Scorpion Stretch e/s

Inchworm



BASE

Livesession: Mittwoch 01.06.22

Need: BB, DB, KB

By Ingo

Warm up

8 min

8 Squat

4 x Scapular Push Up

4 x 1 Leg-Bench Squat

4 x Plank Crossover e/s

Instep stretch

Part 1

15 min

4 x Chaos Back Squats e/s

30s Chaos Farmers BB walk

4x Back Squat

30/30s lateral banded Hollow Hold

Rest

Part 2

15 min

6x Sit. Curl to Press

6x DB Bench Row

30s Hollow Hang

Rest

Part 3

5 min

3 Push up

3 Squat

3 Touch jump Touch

Part 5

RT

Camel Cow

Instep + Reach

Couch Stretch



BASE

Livesession: Donnerstag 02.06.22

Need: Motivation

By Ingo

Warm Up

100 Step ups

Part 1

- 1 BB (Sumo) Deadlift**
- 2 DB Manmaker**
- 3 Scotty Bob**
- 4 Renegade Row e/s**
- 5 Inverted Row**
- 6 Box Jumps**
- 7 Kettlebell Swings**
- 8 KB Devils Press 4/4**
- 9 Goblet Squat**
- 10 Touch jump Touch**
- 11 Burpees**
- 12 weighted walking Lunges 6/6**

Erklärung Part 1:

Starte mit 1x Deadlift, dann 2x DB Manmaker + 1x Deadlift, nächste wäre 3x Scotty Bob + 2x Manmaker + 1x Deadlift.

Wenn du also eine Übung gemacht hast, gehst du in der Reihe zurück zu 1x Deadlift. Dann kommt die nächste Übung + wieder zurück zu 1x Deadlift, also Übung 1.

Part 2

**100 Stepup
Individual Strech**



BASE

Livesession: Freitag 03.06.22

Warm Up (8 min.)

- 10 x (banded) Bent over Pull Aparts**
- 6 x Squats**
- 6 x Sit ups**
- 6 x Push ups**
- 1 x Inchworm Stretch**

Part 1 (15 min) Grind

- 8 x BB/KB/DB Floor Press**
- 20sec kneeling 1-Arm KB/DB Overhead Hold (Right)**
- 8 x Tall Knee KB/DB Triceps Press**
- 20sec kneeling 1-Arm KB/DB Overhead Hold (Left)**
- 8 x Hand Release T Push ups**
- 16 x Step Ups**

Part 2 (10 min) (leichte Plate max. 7,5 kg)

- 10 x KB/DB Standing chest press**
- 10 x Plate Arm extending rotation**
- 5 x Plate Around the World e/s**
- 5 x Plate Front raise over head**
- 10 x Plate Goblet Shoulder press**
- 15 sec Ultimate Shoulder Stretch**

Part 3 (8 min)

- 30 sec. Side Bridge with leg raise (opt. KB/DB) e/s**
- 20 x Hollow Rock altern. Knee to chest /w KB hold**
- 10 x Floor Backextension**

Part 4 (remaining Time)

- 5 x Bird dogs e/s**
- 5 x Floor Angle e/s**
- 5 x Cat & Cow**



BASE

Livesession: Samstag 04.06.22

Need: KB, DB

By Ingo

Warm Up

8 min

5x Lunge + Twist e/s

5x Heartbeat Squat

6x Scapular Push up

6x Table Rocks

Hip Flexor Stretch

Instep Strech

Part 1

20 Minute for Grind

4x BB Deadlift

4x BB Bent over Row

4x BB / KB Front Squat

4x Mr. Spectacular @ 12/16kg

200m Run

Part 2

8 Rounds

30 Second TjT

30 Hippy Hopp

30s Rest

Part 3

2 Rds

15 er Jane Fonda e/s

10 Rocks

Hip Flexor Strech

Scorpion Strech