



BASE

Livesession: Montag, 06.06.22

Need: DB/KB/BB

By Elena

Warm up:

12 min

30s Step up

30s Jumping Jack

10x Squat

10x DB Push Press

Instep + reach

Part 1

SB Love

20s SB Step up

6x SB Get up e/s

6x SB HSC+Toss

2x Burpee over SB

5x SB walkup e/s

Part 2

For ever 17

17 EMON

1-5 Rd

5 Thurster DB

5 Burpees

6 Rd rest

7-11 Rd

5x Thurster DB

5x Burpee

12 Rd Rest

13-17 Rd

5x Thurster

5x Burpee

Part 3

Corelove

10 Backextension

10x Mt-climbers

6x Bird Dog

30s Front Bridge

10x Harmstring hell e/s



BASE

Livesession: Dienstag, 07.06.2022

Need: nix

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

15m Standing Sled Pull

4x Sit to stand rope

20 Push ups

100 Step ups

Part 2

3 Rds

30s Hollow Hang

40x Flutter Kicks

30 Squats

10x 15 fast Run

Part 3 10 min

10 x Hamstring Hell e/s

2 x Calve Raise 10/10 sec Hold

30 sec Superman Hold

30 sec Hollow Hold



BASE

Livesession: Mittwoch 08.06.22

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

12 min

6x Bulgarien Split Squat + Chaos KB

6x Side Lunge e/s

6x Hollow Hold Bottom up Press e/s

Part 2

12 min

5 x Landmine High Twist e/s

5x High Plank Rotation e/s

5x Twistes KB Press e/s

Part 3

Ladder of

1-2-3-4-3-2-1

Manmaker

Thruster

Burpee

Part 4

2 Rds

20/20 Founder

10x Floor Back Ext.

Scorpion Strech

Cat + Cow



BASE

Livesession: Donnerstag 09.06.22

Need: Motivation

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 10.06.22

Warm Up (6 min.)

6 x Banded pull aparts pronated & supinated
5 x Push ups
Lunge Complex
3 x Thorasic Bridge & Reach e/s

Part 1 (10 min.)

6 x BB Bench Press (3011)
15 sec Chin over Bar Isometric Hold
15 sec Bench Dip Stretch + 10 Bench Dips
8 x weighted Sit ups e/s
Lat & Pec Stretch

Part 2 (12 min.)

6 x Sandbag Trolls
6 x BB Pendlay Row (21x1)
6 x Zottman Bicep Curls e/s
6 x TRX Face Pulls

Part 3 (EMOM 12 min.)

1st: 8 x Yoga Push ups
2nd: 30sec. Table Rock Hold
3rd: 10 x lateral Box Step overs
4th: 8 x 1-Leg Hip thrusts e/s

Part 4 (Remaining Time)

20 / 20 Standing Founder
4 x Scorpion Stretch
4 x Mantis
3 x Instep Stretch & alternating Reach



BASE

Livesession: Samstag 11.06.22

Need: KB, DB

By Ingo

Warm Up:

3 Rds

8x Scapular Push Ups

5x Banded Push Ups

30s Superman

8x Heartbeat Squat

Part 1 2 Rds

10 Rds

3 Push up

3 Dips

3 Pull up / inv. Row

600m Run

10 Rds

4 Squat

3 Lunges e/s

2 Squat jump

600m Run

Part 2

40 fast Stepup

5x Sit to Stand rope

Part 3 (RT)

Foam Roll

Scorpion Stretch

Spiderman Stretch