



## **BASE**

**Livesession: Montag, 13.06.22**

**Need: DB/KB/BB**

**By Ingo**

### **Warm up**

**10 min**

**10 Rocks**

**10 kneeling to Standing**

**10 Sit up**

**8 Push up**

**3x Instep & reach**

### **Part 1**

**12 min**

**2 ½ TGU e/s**

**2 TGU e/s**

**12 KB Swing**

**4 Squat/Box Jump**

**4x Shoulder Sweep**

### **Part 2**

**12 min**

**30/30 1- Arm DB Hold kneeling to stand**

**30s Gorilla Row**

**30/30s 1-Leg DL**

**8 Facepull**

**30s Rest**

### **Part 3**

**10 min**

**30/30 Lat banded Bird Dog**

**20/20 Front Bridge Row**

**30/30 Side Bridge**

**30s Y+T**



# BASE

Livesession: Dienstag, 14.06.2022

Need: DB, KB, SB

By Ingo

## Warm up

10 min

10 Rocks

10 Table Rocks

6 Squats

2 Squat jumps

6 Push up

Instep+reach

## Part 1

15 min

6x Deadlifts HBD

3x Squat/Box jumps

90/90

Superman Hold

## Part 2

15 min

6x Bench Press

3x Clapping PU

Lat + Pec Strech

## Part 3

15 min for grind

3x SB Getup e/s

3x BP over SB e/s

3x SB Crossover Plank e/s



# **BASE**

**Livesession: Mittwoch 15.06.22**

**Need: BB, DB, KB**

**By Ingo**

## Warm Up

**2 Rds**

**3x Inchworm**

**8 Rocks**

**3x Thorasic Bridge e/s**

**3 Rds**

**6 x Squats**

**6 x Push up**

**4 x Lunge + Twist e/s**

**Instep & Reach**

## Part 1

**12 min**

**6 x Heartbeat Squat**

**8 x KB/DB Push Press (Left)**

**8 x KB/DB Bent over Row (Left)**

**6 x Heartbeat Squat**

**8 x KB/DB Push Press (Right)**

**8 x KB/DB Bent over Row (Right)**

## Part 2

**30-20-10**

**DB Hang Squat Clean into Thruster**

**Burpees over DB**

**Plank walk up**

**Step up**

## Part 3

**4 Rds**

**30s EO's**

**30s Front Bridge**

**30s FlutterKicks**

**30s Rest**



# BASE

Livesession: Freitag 17.06.22

Need: Nix

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

12 min

8x Farmers Press e/s

4x KB 1-Arm OVH Squat e/s

90/90

## Part 2

3 Rds

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 Flutterkicks

30 sec Toes to sky

30 sec Heel Taps

30 sec Side Plank roll

30 sec Plank Crunch

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

3 Rds

5 x Inchworm

3 x Standing Backextension

Pigeon Stretch



## **BASE**

**Livesession: Samstag 18.06.22**

**Need: KB, DB**

**By Ingo**

### Warm Up

**2 Rds**

**3x Inchworm**

**8 Rocks**

**3x Thorasic Bridge e/s**

**3 Rds**

**6 x Squats**

**6 x Push up**

**4 x Lunge + Twist e/s**

**Instep & Reach**

### Part 1

**Pyramide runter und hoch!**

**60s Jingle Jangle im Blackroom**

**12 DB/KB Goblet Squats**

**8 Manmaker**

**6 Squat jumps**

**40s Jingle Jangle im Blackroom**

**10 DB/KB Goblet Squats**

**4 Manmaker**

**2 Squat Jumps**

**30s Jingle Jangle ....**

**8 DB/KB Goblet Squats**

**4 Manmaker**

**Und dann wieder beginnen mit letzten Abschnitt  
aber aufwärts rückwärts bei 4 Manmaker**

### Part 2

**200 Stepup or 600m Run**

**40 Squats**

**40 Push ups**

**20 TjT**

### Part 3

**2 Rds**

**5 x 6-way Shoulder**

**4 x Scorpion stretch**

**5 x Mantis stretch**

**3 x Crossed Hamstring stretch**