



## **BASE**

**Livesession: Montag, 20.06.22**

**Need: DB/KB/BB**

**By Ingo**

**WARM UP 10 min**

**30sec Step up**

**10x Squat**

**5x Lunge**

**6x Push ups**

**3x Side Bridge roll over e/s**

**3x Reverse Burpee**

**Instep into Pigeon**

**PART 1 12 min**

**8x Back Squat BB/DB**

**4x Reverse Lunge BB/BD e/s**

**4x kn. Half Moon**

**Instep Stretch**

**Part 2 12 min**

**3x Scotty Bob**

**15x Toes to Sky**

**10x Dips**

**10x slow dig. Mountain climer e/s**

**10x curl 2press**

**30 sec Front Bridge (+alt. Hip Dip)**

**Part 3**

**3 Rounds 30 sec POWER - 15 sec REST**

**30 sec Bench toe tip**

**30 sec Squat Trust**

**30 sec Hippi di hopp**

**30 sec Jumping Jack**

**60 min Rest**

**Part 4 2 Rounds**

**Cat Cow**

**Scorpion Stretch**

**Instep into Pigeon**

**Roll Over V-Sit**



## **BASE**

**Livesession: Dienstag, 21.06.2022**

**Need: DB, KB, SB**

**By Ingo**

### Warm Up (8 min.)

**20s 1-Arm KB/DB Over Head Hold + walk e/s**

**6 x Renegade Row and rotation (without weight) e/s**

**8 x Situps**

**4 x Hand Release Push ups**

**Instep & Reach**

### Part 1

**15 Min.**

**3 Scotty Bob**

**6 weighted DB Step up e/s**

**9 DB Front Squats**

### Part 2

**30 Step ups**

**Then**

**3-4-5-6-7**

**Grizzly Walk ( 1 rep = 4 Steps fw/ 4 Steps bw)**

**KB/DB Hollow Pull Over**

**Then**

**30 Step ups**

**Then**

**4-8-12-16**

**KB Swing**

**1-Leg Hip Bridge e/s**

**Then**

**30 Step ups**

### Part 3

**3 Rds**

**30 sec Front Bridge**

**30 sec Kayaker**

**30 sec Hollow Hold**

**30 sec Floor Back extension**



## **BASE**

**Livesession: Mittwoch 22.06.22**

**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 BB Front Squats**

**10 x KB/DB Tall Kneeling shoulder Press**

**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**

**KB/DB altn. lateral 1-Leg DL switches**

**Part 3 15 min**

**10 x altn High knee KB/DB transfer**

**10 x KB/DB Plank reaches**

**5 x Lunge Hold KB/DB transfer e/s**

**5 x 1-Leg DL KB/DB transfer e/s**



## **BASE**

**Livesession: Donnerstag 23.06.22**

**Need: Nix**

**By Ingo**

### Warm up 10 min

30 sec Step ups

10 Squats

10 DB Push press

3/3 Lunge Complex

30 sec Plank

Instep 2 reach

### Part 1 12 min

5x BB Curtis P

4x Jumping Lunge  
mantis

### Part 2 3 Rounds 12 Minuten

30 Sec Power 15 sec rest

Burpees

4x high knee 4x heel to butt

Kick through

8x Mountain climber into high jump

60sec Rest

### Part 3 10 min

10 KB Swing

30 sec lateral walking front bridge

10x Roll in (rückenlage, knie zur nase -> unterkörper  
einrollen, langsam wieder aufmachen)

8x Kayaker e/s

10x Side Bridge elbow to knee (alternativ 20sec  
hold)

### Part 4

Scorpion

Cobra

Cat Cow

Couch stretch

Pigeon Stretch



## **BASE**

**Livesession: Freitag 24.06.22**

**Need: KB, DB**

**By Ingo**

### **Warm Up (3 Rds)**

**10 m 1-Arm Bottom Up KB Carry e/s**

**10 x Scapular Push ups**

**20 sec. Active Bar Hang**

**8 x Squats**

**3 x Thorasic Bridge & Reach e/s**

### **Part 1 (15 min.)**

**A: 3 Rds (HBD)**

**10 x BB Front Squats**

**10 x DB Tripod row e/s**

**Lat & Pec Stretch**

**B: 3 Rds**

**10 x Box Dips / Bench Dips / Bar Dips**

**10 x Supinated Inv. Row**

**Ultimate Shoulder Stretch**

### **Part 2 (12 min.)**

**20 sec. Boxed L-Sit hold**

**10 m Grizzly forw. Walk + every 5m 6 x Shoulder taps**

**10 m Grizzly backw. Walk + every 5m 4 x Shoulder taps**

**6 x 1-leg Bicep Curls each leg**

**10 x BB / DB / KB Clean + Push Press**

### **Part 3 (Remaining Time)**

**20 / 20 Standing Founder**

**4 x Scorpion Stretch**

**4 x Floor Angle e/s**

**3 x Instep Stretch & alternating Reach**



## **BASE**

**Livesession: Samstag 25.06.22**

**Need: KB, DB**

**By Ingo**

**Warm Up:**

**3 Rds**

**8x Scapular Push Ups**

**5x Banded Push Ups**

**30sce Superman**

**8x Heartbeat Squat**

**Part 1 15min.**

**+ 2 reps/rd**

**2x KB Gorilla Row e/s HBD**

**2x 1- Leg Box Squat e/s**

**2x Burpee**

**Part 2 15 min**

**+ 2 reps/rd**

**2x Back Squat – steigern bis 6 reps**

**2x Hanging Leg Raise**

**2x Push up**

**Part 3**

**10 min**

**20m Sled Push**

**20s Skippings**

**20s Jingle jangle**

**30s Rest**