

ÜBERSICHT



GRUNDLEGENDES

- I Allgemeines
- II Trainingswissenschaftliche Grundlagen
- III Bodyweight-Training im Sportunterricht: Hinweise und Regeln
- IV Aufbau einer Bodyweight-Training-Stunde

- 13 #FightersFinest
- 14 #StrongArms
- 15 #StrongLegs
- 16 #15MinutesOfFame
- 17 #Sixpack
- 18 #Core
- 19 #BackPack

WORKOUT OF THE DAY (WOD)

- 1 #GirlsOfSummer
- 2 #BoysOfSummer
- 3 #SimpleAndHard I
- 4 #SimpleAndHard II
- 5 #Frontside
- 6 #Backside
- 7 #FromAtoZ
- 8 #BodyweightChamp
- 9 #Tabata I
- 10 #Tabata II
- 11 #EgyptianFitness
- 12 #Hardcore

WARM-UP

- 1 Jumping Jack
- 2 Single Under
- 3 Frankensteiner
- 4 Bear Walk
- 5 Alis
- 6 Dynamic Squat
- 7 Worm Walk
- 8 Crab Walk
- 9 Lying Jack
- 10 Side Stepper

STRETCHING / COOL-DOWN

- 11 Cross Leg
- 12 Sumo Stretch
- 13 Side Warrior
- 14 Child's Pose
- 15 Scorpion
- 16 Cobra
- 17 Dog
- 18 Butterfly
- 19 Walkout Hip Stretch
- 20 Camel

RUMPF

- 21 Good Morning
- 22 Bridge Hold
- 23 Swimmer
- 24 Superman
- 25 Criss Cross
- 26 Side Plank
- 27 Crunch Sit-up
- 28 Reverse Crunch
- 29 Russian Twist

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- 30 Hollow Hold
- 31 Rotator
- 32 Cross
- 33 Side Plank Lifted Leg
- 34 Knee To Elbow
- 35 Scissor
- 36 Hip Lift

GANZER KÖRPER

- 37 Burpee
- 38 Frogger
- 39 Hindu Push-up
- 40 Plank Push-up
- 41 Mountain Climber
- 42 Cross Mountain Climber
- 43 Elbow Plank
- 44 Shoulder Tap
- 45 Dancing Crab
- 46 T-Rex
- 47 Plank Leg Lifter
- 48 Open T
- 49 Delfin

- 50 Boxer Sit-up
- 51 Shocker
- 52 Sitting Handstand

SCHULTER / BRUST

- 53 Hand Release Push-up
- 54 Push-up On Knees
- 55 Diamond Push-up
- 56 One Arm Push-up
- 57 Spiderman Push-up
- 58 Defict Push-up
- 59 Pike Push-up
- 60 Handstand Push-up
- 61 Lat Press
- 62 Lifter
- 63 Curl
- 64 Ground Dip
- 65 Push-up Clap
- 66 Lying Pike

BEINE

- 67 Air Squat
- 68 Wall Squat
- 69 Jumping Squat
- 70 Frog Jump
- 71 Lunge
- 72 Jumping Lunge
- 73 Simplified Pistol
- 74 Pistol
- 75 Dirty Dog
- 76 Lying Dirty Dog
- 77 Lateral Lunge
- 78 Lateral Cross Lunge
- 79 Side Leg Raises
- 80 Donkey Kick
- 81 Tuck Jump
- 82 Knee Jump