

SDMA Februar HIIT Springseil Challenge

01.02.2021 - Warm-Up: Basic Jump, Alternate Foot – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
Basic Jump	Alternate Foot	Basic Jump	Alternate Foot
Push Ups	Plank Jacks	Push Ups	Plank Jacks
Basic Jump	Alternate Foot	Basic Jump	Alternate Foot
Push Ups	Plank Jacks	Push Ups	Plank Jacks

02.02.2021 - Warm-Up: Front Staddle, Side Straddle – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
Side Straddle	Front Straddle	Side Straddle	Front Straddle
Squat Jump	Plank	Squat Jump	Plank
Side Straddle	Front Straddle	Side Straddle	Front Straddle
Squat Jump	Plank Reaches	Squat Jump	Plank Reaches

03.02.2021 - Warm-Up: Heel Tips, Toe Tips – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
Heel Tips	Toe Tips	Heel Tips	Toe Tips
Plank Extensions	Mountain Climbers	Plank Extensions	Mountain Climbers
Heel Tips	Toe Tips	Heel Tips	Toe Tips
Plank Extensions	Crunches	Plank Extensions	Crunches

04.02.2021 - Warm-Up: High knees, Criss Cross – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
High knees	Criss Cross	High knees	Criss Cross
Front Lunches	Push Ups	Front Lunches	Push Ups
High knees	Criss Cross	High knees	Criss Cross
Back Lunches	Walk Out + Push Up	Back Lunches	Walk Out + Push Up

05.02.2021 - Warm-Up: Double Unders, Butt kicks – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
Double Unders	Boxer Skip	Double Unders	Boxer Skip
Knee to Elbow L	Schulterstand Squat	Knee to Elbow L	Schulterstand Squat
Double Unders	Boxer Skip	Double Unders	Boxer Skip
Knee to Elbow R	Plank	Knee to Elbow R	Plank

06.02.2021 - Warm-Up: Basic Jump, Freestyle Jump – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Front Straddle	High Knees	Front Straddle	High Knees
Side Straddle	Boxer Skip	Side Straddle	Boxer Skip
Criss Cross	Double Unders	Criss Cross	Double Unders

07.02.2021 - Warm-Up: Freestyle Jump, Freestyle Jump – je 2 Minuten

10:45 Min.

Block A	Block B	Block C	Block D
2PushUp + Squatjump	Drop Squat	2PushUp + Squatjump	Drop Squat
Crunches	Side Plank L	Crunches	Side Plank L
Muntain Climbers	Side Plank R	Muntain Climbers	Side Plank R
Plank extensions	Lunch & Jump	Plank extensions	Lunch & Jump

08.02.2021 - Warm-Up: Basic Jump, Freestyle Jump – je 2 Minuten

13:25 Min.

Block A	Block B	Block C	Block D
Criss Cross	Butt Kicks	Criss Cross	Butt Kicks
Drop Squat	Push Ups	Drop Squat	Push Ups
Freestyle Jump	High knees	Freestyle Jump	High knees
Squat Thrust	Plank Reaches	Squat Thrust	Plank Reaches
Criss Cross	Butt Kicks	Criss Cross	Butt Kicks

09.02.2021 Warm-Up: Feet X, Shuffle (Scissors Jump) – je 2 Minuten

16:05 Min.

Block A	Block B	Block C	Block D
Feet X	Freestyle Jump	Feet X	Freestyle Jump
Shuffle	Side Swing	Shuffle	Side Swing
Mountain Climbers	Plank extensions	Mountain Climbers	Plank extensions
Plank Jacks	Sit-Up + Boxing	Plank Jacks	Sit-Up + Boxing
Feet X	Freestyle Jump	Feet X	Freestyle Jump
Shuffle	Side Swing	Shuffle	Side Swing

10.02.2021 - Warm-Up: Freestyle Jump, Mommy Kicks – je 2 Minuten

13:25 Min.

Block A	Block B	Block C	Block D
Toe Tips	Heel Tips	Toe Tips	Heel Tips
Side Plank L	Squat Jumps	Plank Extensions	Squat Jumps
Mommy Kicks	Alternate Foot	Mommy Kicks	Alternate Foot
Side Plank R	Squat Hold	PushUp + Shouldertip	Squat Hold
Toe Tips	Heel Tips	Toe Tips	Heel Tips

11.02.2021 Warm-Up: Freestyle Jump, Freestyle Jump – je 2 Minuten

16:05 Min.

Block A	Block B	Block C	Block D
Knee to Elbow L	Drop Squat	Knee to Elbow L	Drop Squat
Knee to Elbow R	Lunge & Jump	Knee to Elbow R	Lunge & Jump
Criss Cross	Double Unders	Criss Cross	Double Unders
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Burpees	Squat Thrust	Burpees	Squat Thrust
Sit-Up Boxing	Schulterstand Squat	Sit-Up Boxing	Schulterstand Squat

12.02.2021 Warm-Up: Alternate Foot, Freestyle Jump – je 2 Minuten

16:05 Min.

Block A	Block B	Block C	Block D
Boxer Skip	Freestyle Jump	Boxer Skip	Freestyle Jump
Crunches	Front Lunches	Crunches	Front Lunches
Double Unders	Alternate Foot	Double Unders	Alternate Foot
2PushUp + Squatjump	Back Lunches	2PushUp + Squatjump	Back Lunches
Double Unders	Double Step	Double Unders	Double Step
Plank	Squat Thrust	Plank	Squat Thrust

13.02.2021 - Warm-Up: Freestyle Jump, Freestyle Jump – je 2 Minuten

13:25 Min.

Block A	Block B	Block C	Block D
WalkOut + PushUp	Extended Plank	WalkOut + PushUp	Extended Plank
Squat Thrusts	Squat Jumps	Squat Thrusts	Squat Jumps
Crunches	Sit-Up + Boxing	Crunches	Sit-Up + Boxing
Seal Jacks	High knee sprints	Seal Jacks	High knee sprints
Schulterstand Squat	Plank	Schulterstand Squat	Plank

14.02.2021 - Warm-Up: Twist Jump, Freestyle Jump – je 2 Minuten

13:25 Min.

Block A	Block B	Block C	Block D
Twist Jump	Boxer Skip	Twist Jump	Boxer Skip
Double Unders	Criss Cross	Double Unders	Criss Cross
Alternate Foot	High knees	Alternate Foot	High knees
Front Straddle	Side Straddle	Front Straddle	Side Straddle
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump

15.02.2021 **Warm-Up: Side Swing, Freestyle Jump – je 2 Minuten**

16:05 Min.

Block A	Block B	Block C	Block D
Side Swing	Basic Jump	Side Swing	Basic Jump
Push Up	Squat Jump	Push Up	Squat Jump
Freestyle Jump	Alternate Foot	Freestyle Jump	Alternate Foot
Crunches	Sit-Up Boxing	Crunches	Sit-Up Boxing
Freestyle Jump	Alternate Foot	Freestyle Jump	Alternate Foot
PushUp + Shouldertip	Squat Thrust & Jack	PushUp + Shouldertip	Squat Thrust & Jack

16.02.2021 **Warm-Up: Heel Tips, Toe Tips – je 2 Minuten**

16:05 Min.

Block A	Block B	Block C	Block D
Seal Jacks	Front Boxing	Seal Jacks	Front Boxing
Plank extensions	Plank to exten. Plank	Plank extensions	Plank to exten. Plank
Heel Tips	Basic Jumps	Heel Tips	Basic Jumps
Toe Tips	Criss Cross	Toe Tips	Criss Cross
Back Lunges	Mountain Climbers	Back Lunges	Mountain Climbers
Drop Squat	Plank Jacks	Drop Squat	Plank Jacks

17.02.2021 **Warm-Up: Side Swing, Freestyle Jump – je 2 Minuten**

16:05 Min.

Block A	Block B	Block C	Block D
Side Swing	Double Unders	Side Swing	Double Unders
Drop Squat	Plank Reaches	Drop Squat	Plank Reaches
Side Swing	Freestyle Jump	Side Swing	Freestyle Jump
Walk Outs	Lunge + Kick	Walk Outs	Lunge + Kick
Freestyle Jump	Double Unders	Freestyle Jump	Double Unders
Side Squat (KungFu)	Plank	Side Squat (KungFu)	Plank

18.02.2021 **Warm-Up: Twist Jump, Freestyle Jump – je 2 Minuten**

16:05 Min.

Block A	Block B	Block C	Block D
Alternate Foot	Freestyle Jump	Alternate Foot	Freestyle Jump
Twist Jump	Boxer Step	Twist Jump	Boxer Step
PushUp + Shouldertip	Squat + 2 Kicks	PushUp + Shouldertip	Squat + 2 Kicks
Burpees	Sit-Up Boxing	Burpees	Sit-Up Boxing
High knees	Butt kicks	High knees	Butt kicks
Criss-Cross	Double Unders	Criss-Cross	Double Unders

19.02.2021 Warm-Up: Shuffle, Freestyle Jump – je 2 Minuten

16:05 Min.

Block A	Block B	Block C	Block D
Twist Jump	Alternate Foot	Twist Jump	Alternate Foot
Lunges Jump	Military Burpee	Lunges Jump	Military Burpee
Shuffle	Double Step	Shuffle	Double Step
Beine heben	Walk-Outs	Beine heben	Walk-Outs
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Drop Squat	PushUp + ShoulerTip	Drop Squat	PushUp + ShoulerTip

20.02.2021 - Warm-Up: Basic, Freestyle Jump – je 2 Minuten

16:05 Min.

Block A	Block B	Block C	Block D
Front Boxen	Seal Jacks	Front Boxen	Seal Jacks
Plank	Knee to Elbow L	Plank	Knee to Elbow L
Side Plank L + 2 Kicks	Knee to Elbow R	Side Plank L + 2 Kicks	Knee to Elbow R
Crunches	Squat Jumps	Crunches	Squat Jumps
Side Plank R + 2 Kicks	Schwimmen	Side Plank R + 2 Kicks	Schwimmen
Reverse Plank	Squat Thrust	Reverse Plank	Squat Thrust

21.02.2021 - Warm-Up: Freestyle Jump, Criss Cross – je 2 Minuten

16:05 Min.

Block A	Block B	Block C	Block D
Basic Jump	Boxer Jump	Basic Jump	Boxer Jump
Criss-Cross	Double Unders	Criss-Cross	Double Unders
Basic Jump	Boxer jump	Basic Jump	Boxer jump
Alternate Foot	Side Swing	Alternate Foot	Side Swing
Criss-Cross	Double Unders	Criss-Cross	Double Unders
Alternate Foot	Side Swing	Alternate Foot	Side Swing

22.02.2021 Warm-Up: Boxer Step, Jump Jacks – je 2 Minuten

20:35 Min.

Block A	Block B	Block C	Block D
Jump Jacks	Boxer Step	Jump Jacks	Boxer Step
Squat Thrust & Jack	Crunches	Squat Thrust & Jack	Crunches
Jump Jacks	Boxer Step	Jump Jacks	Boxer Step
Mountain Climbers	Sit-Up Boxing	Mountain Climbers	Sit-Up Boxing
Freestyle Jump	Alternate Foot	Freestyle Jump	Alternate Foot
Squat + 2 Kicks	Supermann	Squat + 2 Kicks	Supermann

23.02.2021 **Warm-Up: Feet X, Shuffle (Scissors Jump) – je 2 Minuten**

20:35 Min.

Block A	Block B	Block C	Block D
Sit-Up Boxing	Side Plank L + 2 Kicks	Sit-Up Boxing	Side Plank L + 2 Kicks
Reverse Plank	Side Plank R + 2 Kicks	Reverse Plank	Side Plank R + 2 Kicks
Feet X	Shuffle	Feet X	Shuffle
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Klappmesser diagonal	Burpees	Klappmesser diagonal	Burpees
Mountain Climbers	Schulterstand Squat	Mountain Climbers	Schulterstand Squat

24.02.2021 **Warm-Up: Side Swing, Freestyle Jump – je 2 Minuten**

20:35 Min.

Block A	Block B	Block C	Block D
Jump Jacks	Freestyle Jump	Jump Jacks	Freestyle Jump
PushUp + ShoulderTip	Front Lunge	PushUp + ShoulderTip	Front Lunge
Side Swing	Freestyle Jump	Side Swing	Freestyle Jump
Plank Reaches	Drop Squat	Plank Reaches	Drop Squat
Jump Jacks	Freestyle Jump	Jump Jacks	Freestyle Jump
2 PushUp+Squatjump	Squat Hold	2 PushUp+Squatjump	Squat Hold

25.02.2021 **Warm-Up: Freestyle Jump, Freestyle Jump – je 2 Minuten**

20:35 Min.

Block A	Block B	Block C	Block D
Heel Tip	Toe Tip	Heel Tip	Toe Tip
Criss Cross	Jump Jack	Criss Cross	Jump Jack
Burpees	Squat Thrust Jack	Burpees	Squat Thrust Jack
Beckenheben	Squat Kick	Beckenheben	Squat Kick
Heel Tip	Toe Tip	Heel Tip	Toe Tip
Double Under	Shuffle	Double Under	Shuffle

26.02.2021 **Warm-Up: Freestyle Jump, High Knees – je 2 Minuten**

20:35 Min.

Block A	Block B	Block C	Block D
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Squat Jump	Military Burpee	Squat Jump	Military Burpee
High Knees	Butt Kicks	High Knees	Butt Kicks
Crunches	Supermann	Crunches	Supermann
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Lunges Jump	Walk Out Push Up	Lunges Jump	Walk Out Push Up

27.02.2021 - Warm-Up: Freestyle Jump, Freestyle Jump – je 2 Minuten

20:35 Min.

Block A	Block B	Block C	Block D
Seal Jacks	Knee to Elbow L	Seal Jacks	Knee to Elbow L
Frontkick links	Knee to Elbow R	Frontkick links	Knee to Elbow R
Frontkick rechts	Crunches	Frontkick rechts	Crunches
Burpees	Sideplank L + Kick	Burpees	Sideplank L + Kick
Squat	Extended Plank	Squat	Extended Plank
Mountain Climbers	Sideplank R + Kick	Mountain Climbers	Sideplank R + Kick

28.02.2021 - Warm-Up: Twist Jump, Freestyle Jump – je 2 Minuten

20:35 Min.

Block A	Block B	Block C	Block D
Freestyle Jump	Freestyle Jump	Freestyle Jump	Freestyle Jump
Criss-Cross	Double Unders	Criss-Cross	Double Unders
Freestyle Jump	Side Swing	Freestyle Jump	Side Swing
Plank Jacks	Freestyle Jump	Plank Jacks	Freestyle Jump
Freestyle Jump	Feet X	Freestyle Jump	Feet X
Shuffle	Freestyle Jump	Shuffle	Freestyle Jump

FINISH!

Krasser Typ/ Krasse Typin 😊

Einstellungen für den Tabata-Timer

- Timer ist im App-Store zu finden (kostenfrei)



HIIT 25/15/20 4-4 ▶ ⋮

Prepare: 5 sec
Work: 25 sec
Rest: 15 sec
Cycles: 4
Sets: 4
Rest between sets: 20 sec
Total: 10:45 • 32 intervals

Einstellungen für 10:45 Minuten

HIIT 25/15/20 5-4 ▶ ⋮

Prepare: 5 sec
Work: 25 sec
Rest: 15 sec
Cycles: 5
Sets: 4
Rest between sets: 20 sec
Total: 13:25 • 40 intervals

Einstellungen für 13:25 Minuten

HIIT 25/15/20 6-4 ▶ ⋮

Prepare: 5 sec
Work: 25 sec
Rest: 15 sec
Cycles: 6
Sets: 4
Rest between sets: 20 sec
Total: 16:05 • 48 intervals

Einstellungen für 16:05 Minuten

HIIT 35/15/30 6-4 ▶ ⋮

Prepare: 5 sec
Work: 35 sec
Rest: 15 sec
Cycles: 6
Sets: 4
Rest between sets: 30 sec
Total: 20:35 • 48 intervals

Einstellungen für 20:35 Minuten