

# Workout descriptions and Vimeo Links for HQ Fit Body On Demand Week 12: August 3 – 8, 2020

## **Workout #1**

Monday, August 3, 2020

<https://vimeo.com/442420895/063d551c72>

### **Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

### **Format**

Tabata

20 seconds of work, 10 seconds of rest

4x thru everything

1A Push Up

1B Sit Up Punch

2A Pulse Squat

2B Alt Jackknives

3A Plank Shoulder Tap

3B Glute Bridge Step Out

4A Scissor Switch

4B Squatted Punches

### **Finisher**

1 Min Burst

High Knees

Jacks

Mountain Climbers

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## **Workout #2**

Tuesday, August 4, 2020

<https://vimeo.com/442451457/b2f79b84ac>

### **Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

### **Format**

Strength

40 seconds of work, 15 seconds of rest

3x thru everything

1A Lunge, Lunge Squat

1B- Bicycle Crunch

2A 4-second Down Push Ups

2B- Leg Lifts

3A- Superman

3B- Side Shuffle Midline Touch

4A- Single Side Jackknife

4B- Ground to Overhead

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## **Workout #3**

Wednesday August 5, 2020

<https://vimeo.com/442468747/edae58ec48>

### **Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

### **Format**

Tabata

20 Seconds of work, 10 seconds of rest

4x thru everything

1A Plank Alt Leg Lift

1B Speed Crunch

2A Alternating Reverse Lunge

2B Reverse Crunch

3A Plank Ups

3B Flutter Kicks

4A Squat Side punch

4B Toe Touches

### **Finisher**

1 Min

Quick Jacks

Cherry Pickers

Burpees

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## **Workout #4**

Thursday, August 6, 2020

<https://vimeo.com/442481273/3c535d86d2>

### **Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

### **Format**

30 seconds of work, 5 seconds of rest  
3x thru everything

1A Plank

1B Squatted Sky Reach

1C 3 push-ups, 3 Squat Jumps

2A Butterfly Glute Bridge

2B Los-Plank Jacks

2C Double Arm + Leg Dead Bug

3A Right Lunge to High Knee

3B Left Lunge to High Knee

3C Push Up Reach

4A Right Plank

4B Left Plank

4C 10/10 High Knee, Mountain Climbers

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## **Workout #5**

Friday, August 7, 2020

<https://vimeo.com/442493529/51febc2a99>

### **Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

### **Format**

40 seconds of work, 15 seconds of rest

3x thru everything

1A Glute Bridge

1B Front to Back Quick Feet

2A 5/5 Donkey Kicks

2B 5/5 Board Breakers

3A Left, Right, Center Crunch

3B Predator Jacks

4A Surrenders

4B High Knees

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## **Workout #6**

Saturday, August 8, 2020

<https://vimeo.com/442506864/7280ca4116>

### **Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

### **Format**

Tabata

20 seconds of work, 10 seconds of rest  
4x thru everything

1A Spiderman Plank  
1B 10/10 Hi-Lo Punches

2A Right, Left, Right, Left Glute Bridge  
2B Jack Double Punch

3A Push Up Plank Jax  
3B Bicycle Crunch

4A Right, Left, Right, Left Lunge Pulse  
4B 100s

### **Finisher**

1 Min Burst  
Side-Side Shuffle  
Ground to Overhead  
Burpee w/ Push Up

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