**HQ Workouts**

**Monday August 24**

<https://vimeo.com/444971145/00d0c031e7>

40s on 15s off

3x thru everything

1A- Lunge Lunge Squat

1B- Jabs

2A- Single Leg Glute Bridge

2B- Jax

3A- Plank Shoulder Taps

3B- UpperCuts

4A- Elbow Plank Reach

4B- Scissor Switch

**Tuesday August 25**

<https://vimeo.com/444987866/e090245010>

40s on 15s off

3x thru everything

1A- Single Side Plank Alt leg/arm Lift

1B- Squatted Punches

2A- Side Plank Hip Dip

2B- Surrenders

3A- Leg Lifts with hip raise

3B- Wide Pike Up hops

4A- Push Up 2s Pause at bottom

4B- Quick Seal Jax

**Wednesday August 26**

<https://vimeo.com/444998776/321dda620f>

40s on 15s off

3x thru everything

1A- Mtn Climbers

1B- Jax

2A- Bicycle Crunch

2B- High Knees

3A- Speed Crunch

3B- 3 Squat 3 Push Ups

4A- Plank

4B- Burpees

**Thursday August 27**

<https://vimeo.com/444998775/a18acf7753>

Tabata- 20s on 10s off

4x thru everything

1A- Squat hops fwd/bck

1B- Pulse Push Ups

2A- Crunches

2B- Stationary Sprinter R/L/R/L

3A- Squatted R Rev Lunge

3B- R Board Breaker

4A- Squatted L Rev Lunge

4B- L Board Breaker

1 Min Burst Ending AMRAP

-5 Push Ups

-5 Squat Jumps

**Friday August 28**

<https://vimeo.com/444964137/54855ecdcb>

40s on 15s off

3x thru everything

1A- Deadbug

1B- Jump Squat Mid Touch

2A- R Step Through Lunge

2B- L Step Through Lunge

3A- Staggered Push Ups

3B- Squatted Sky Reach

4A- Squat Rev Leg Kickback

4B- 5/5 Board Breakers

**Saturday August 29**

<https://vimeo.com/445043318/6c9bcca682>

EMOM #1

-12 Squat and Press

-Toe Taps

EMOM #2

-12 Chest Fly

-Plank Ups

EMOM #3

-12 Rev Fly

-Seal jax

EMOM #4

-12 Skull Crusher Leg Lifts

-Pop Squats

Ending

 -Mtn Climbers -Push Ups -High knees 2x 30s each