**HQ Workouts**

**Monday September 14**

<https://vimeo.com/446966920/f556420aa1>

40s on 15s off

3x thru everything

1A- Plank Opp Shin Touch to Reach

1B- Cherry Picker

2A- DB Surrender

2B- Bicycle Crunch

3A- Man Maker

3B- Leg Lift with Hip Raise

4AMRAP- 5 Chest Fly – 5 Rev Fly – 5 Burpees

**Tuesday September 15**

<https://vimeo.com/446965919/347ffe5fc2>

Tabata- 20s on 10s off

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

1 Min Burst Ending

-High Knees

-Jax

-Mtn Climbers

**Wednesday September 16**

<https://vimeo.com/446966502/e3b93fd611>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- Plank DB Drag

1B- Squat and Press

2A- 21 (7-7-7) Curls

2B- Rev Lunge DB Twist

3A- O.H Tricep Ext

3B- Jack Press

4A- DB Curl Mid Pause

4B- DB High Knees

**Thursday September 17**

<https://vimeo.com/446965689/fcabd174bb>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- S.A. Chest Press

1B- S.A. DB Row

2A- Suitcase deadlift

2B- Goblet Squat

3A- S.A. Shoulder Press

3B- Single Side Lunges

4A- Single DB Squat and Press

4B- Russian Twist

**Friday September 18**

<https://vimeo.com/446965513/0e22b78ef2>

Tabata- 20s on 10s off

4x thru everything

1A- R Sprinter Step to Hop

1B- L Sprinter Step to Hop

2A- Push Up Shoulder Tap

2B- Bicycle Crunches

3A- Ground to Overhead

3B- Low Squat Hold w/ Punches

4A- T-Plank

4B- Jack Press

1 Min Burst Ending

- High Knees

- Mtn Climber

- Jax

**Saturday September 19**

<https://vimeo.com/446966295/8e4bae127c>

\*\*Dumbbells and Paper Plate Needed

40s on 15s off

3x thru everything

1A- Side to Side Shimmie

1B- Donkey to Hydrant

2A- S.A. Chest Press

2B- Slider Knee Tucks

3A- Slider Roll Outs

3B- Slider Push Up

4A- Slider Step Through Lunge

4B- Burpee DB Press