**HQ Workouts**

**Monday September 21**

Vimeo Link:

<https://vimeo.com/398578619/ff4f24b9a9>

Workout Emphasis:

*Total Body Conditioning* – The purpose of this workout is to maximize fat burning and endurance, without risking losing any lean muscle mass. To do this, we have equal parts cardio and movement-pattern exercises!

Workout Format:

*As Many Rounds As Possible (AMRAP)* - In an AMRAP format, you are performing as many rotations through the 2 or 3 exercises per round. This format is great for improving endurance and focusing on fat burning!

Workout Description:

5 Minutes for Each Round

Round 1

1A x10 John Travoltas

1B x10 Standing Bicycles

1C x10 Narrow Push-ups

Round 2

2A Deadbug w/ Alt Heel Tap

2B x10 Glute Bridge March

2C x10 Total Body Extension Jumps

Round 3

3A x10 in/out & front/back line sprints

3B x20 Cross Body Crunches

Round 4

4A x5 High Knees + 1 Burpee

4B x Hinge Position YTA’s

**Tuesday September 22**

Vimeo Link:

<https://vimeo.com/398579223/54416ed3c7>

Workout Emphasis:

*Total Body Strength* – The purpose of this workout is to focus on maintaining strength and lean muscle mass *without* having to use equipment. Take notice of the tempos of some of the exercises; they are slowed down for a reason!

Workout Format:

*A Conveyor* – In this workout format, you will do *one exercise, one time* before moving on to the next exercise. But don’t be fooled, you will go through all exercises several times!

Workout Description:

36 Seconds of Work

12 Seconds of Rest

1x per exercise before moving to next

3 Rounds through all exercises

1. Squats with 4:2:X Tempo
2. Flutter Kicks
3. Pushups 4:2:X Tempo
4. In and Out Sprints
5. Split Squat 4:2:X Tempo
6. Up/Down Plank
7. Straight Leg Set-up 4:2:X Tempo
8. Lateral Lunge 4:2:X Tempo
9. Leg Lower 4:2:X Tempo
10. Burpee

**Wednesday September 23**

Workout Emphasis:

*Total Body Conditioning* – The purpose of this workout is to maximize fat burning and endurance, without risking losing any lean muscle mass. To do this, we have equal parts cardio and movement-pattern exercises!

Vimeo Link:

<https://vimeo.com/398579771/58c597f9f3>

Workout Format:

Tabata (AAAABBBB) – In this format, you will do *one exercise, four times in a row* before moving on to the next exercise. This is one of the most classic and effective formats for at-home bodyweight workouts!

Workout Description:

Five Total Stations

20 Seconds of Work + 10 Seconds of Rest

Repeat A and B Exercise Four Times Each Station

Format: TABATA – AAAABBBB – 20:10

Station1:

A. Sprint-to-Backpedal

B. Push Ups

Station 2:

A. Carioca

B. Glute Bridges

Station 3:

A. Triangle Drill

B. Alligator Sit Up

Station 4:

A. Lateral Speed Skaters

B. Squat Jumps

Station 5:

A. Deadbug Heel Lower

B. Plank Jack Burpee

**Thursday September 24**

Vimeo Link:

<https://vimeo.com/398580686/f56b47ae66>

Workout Emphasis:

*Total Body Strength* – The purpose of this workout is to focus on maintaining strength and lean muscle mass *without* having to use equipment. Take notice of the tempos of some of the exercises; they are slowed down for a reason!

Workout Format:

Every Minute On the Minute (EMOM) Variation – In this workout format, you will do one exercise for one minute before moving on to the next.

Workout Description:

5 Exercise Circuit

Format: 1 minute per exercise with no break between exercises (Take 1-2 min break between rounds).

Perform Circuit for 3 Total Rounds (15 min total)

1. Jump Squats
2. Push-Ups
3. Alternating Reverse Lunges
4. Up/Down Planks
5. Burpees

Finisher:

:30sec each exercise (no break)

2x though (2 min total)

1. High Knees
2. Mt. Climbers

**Friday September 25**

Vimeo Link:

[*https://vimeo.com/3*98581605/3be8861e85](https://vimeo.com/398581605/3be8861e85)

Workout Format: Every Minute On the Minute (EMOM) – In this workout format, you will do one exercise at the beginning of every minute for a set amount of time or reps. Once you finish the first exercise, you do a filler exercise until the next minute begins!

Workout Emphasis:

*Total Body Strength* – The purpose of this workout is to focus on maintaining strength and lean muscle mass without having to use equipment. Take notice of the tempo of some of the exercises; they are slowed down for a reason!

Workout Description:

Ten Total Exercises

Rep Goal Each Exercise to Meet Within 1 Minute

Repeat Twice Each Exercise – Jog In Place/Rest If Completed Before Minute Is Up

2 Minute EMOM

1. Air Jacks (30 reps)

2. Push Ups (20 reps)

3. Shoulder Retractions (8 reps) (tempo – 4 sec retraction/2 sec hold)

4. 1.5 Stance Hinge (8 reps) (tempo – 4 sec lower/2 sec hold)

5. Deadbug Heel Lower (8 reps) (tempo – 4 sec hold/2 sec lower)

6. Wall Sit

7. Plank Alternating Hip Dips (8 reps) (tempo – 4 sec lower/2 sec hold)

8. Glute Bridge (8 reps) (tempo – 4 sec hold/2 sec lower)

9. Squat Pulse (40 reps)

10. Mountain Climbers (50 reps)

**Saturday September 26**

Vimeo Link:

<https://vimeo.com/398582651/a8a89f4490>

Workout Emphasis:

*Total Body Strength* – The purpose of this workout is to focus on maintaining strength and lean muscle mass *without* having to use equipment. Take notice of the tempos of some of the exercises; they are slowed down for a reason!

Workout Format: AA Conveyor – This workout format is a slight variation to the format done on Tuesday, but you instead do an exercise *two times in a row* before moving on to the next exercise.

Workout Description:

AA conveyor 39:12 Total body strength

1. Reverse lunge to hop (4:2:X tempo)
2. High plank pull through
3. Bent-over row pulse
4. Shawn-T
5. Straight leg lower (4:2:X tempo)
6. Sumo bob squats
7. Single leg glute bridge (4:2:X tempo)
8. Break the boards
9. Single arm high plank hold
10. Quadruped donkey kick

Finisher:

1. 25:10 A conveyor speed round with all exercises above
2. Pyramid: (1:1:1, 2:2:2, 3:3:3, etc.) 2 mins
   1. Glute bridge
   2. Push-up
   3. Vertical push press jack