**HQ Workouts**

**Monday September 28**

Vimeo Link:

<https://vimeo.com/398583951/d687f7ed16>

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!

Written Description:

Five Total Stations

4 Minutes Each Station Alternating Between Exercises Every 30 Seconds

Format: 4 Minute AMRAP – ABABABAB – 30:30

Station1:

A. Jumping Jacks

B. Front-to-Back Speed Skaters

Station 2:

A. Drop Squat

B. Heisman’s

Station 3:

A. Push Ups

B. Deadbug Rockers

Station 4:

A. Lateral Shuffle

B. Glute Bridge Walkout

Station 5:

A. Sky Reach Crunch

B. Burpee Alternating Lateral Reach

**Tuesday September 29**

Vimeo Link:

<https://vimeo.com/399225719/b23231c1e2>

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:

33:12 A conveyor x 3

1. Hollow body hold
2. Split squat (4:2:X)
3. Switch sides
4. Plank T rotations
5. 10 front to back speed skaters -> 10 high knees
6. Wide -> narrow push-ups
7. Superman scap retraction
8. Glute bridge L taps
9. Tricep dips
10. Surfer squat jumps

Finisher: Sally up down plank (1 min)

Sally up down squat (1 min)

**Wednesday September 30**

Vimeo Link:

<https://vimeo.com/399236043/134e1dce40>

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 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 Description:

24 Seconds of Work

12 Seconds of Rest

Four times in a row of Exercise A, then four times for Exercise B before going to the next pairing.

1A Sphinx Pushup

1B Squat to Board Breaker

2A Hollow Body to Deadbug

2B Lateral Speed Skater

3A Bird Dog Crunches

3B Jump Lunges

4A Russian Twist

4B Lateral Lunge Shifts

5A Alt Toe Taps

5B Star Jacks

**Thursday October 1**

Vimeo Link:

<https://vimeo.com/399240890/11c28dcea8>

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’s of some of the exercises; they are slowed down for a reason!

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 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

Format: 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)

**Friday October 2**

Vimeo Link:

<https://vimeo.com/399245514/6ac83eabe9>

Workout Format: Standard (ABABAB) – In this workout format, you will pair two exercise together at a time, going back and forth from ‘Exercise A’ to ‘Exercise B’ three times before moving on to the next pair.

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!

Written Description:

Format: ABABAB 30:10

Starter: 45s Full Body Extension Jumps, 45s Straight Arm Crunches

Station 1:

1. Side Lying V-Ups
2. Speed Jacks

Station 2:

1. Straight Leg Glute Bridge Hold
2. Lateral Shuffle to 6 Mt. Climbers

Station 3:

1. Beast Hold
2. Line Sprints

Station 4:

1. 10 High Plank Shoulder Taps, 2 Push Ups
2. Heismans

Station 5:

1. Reverse Lunges
2. 10 High Knees, 2 Burpees

Finisher: 90s Low Plank Hold

**Saturday October 3**

Vimeo Link:

<https://vimeo.com/399250304/88a7f1a0cc>

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 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!

Written Description:

30 Seconds of Work

10 Seconds of Rest

2x at each exercise before moving to the next

1. Squats 4:2:1 Tempo
2. Lateral Shuffle to 3 Burpees
3. Single Leg Hip Thrusts 4:2:1 Tempo
4. El Chapo with Quarter Turns
5. Split Squats 4:2:1 Tempo
6. X5 BW Speed Squats to 5 Running Mans
7. Chest Press 4:2:1 Tempo
8. Rainbow Planks
9. Single Leg RDL 4:2:1 Tempo
10. Squirming Turtles