**HQ Workouts**

**Monday October 5**

**Vimeo Link:**

<https://vimeo.com/436608181/fb0dbe91a0>

**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 minutes of pure fitness FUN

## Station 1 and 3:

## 40 seconds of work

## 15 seconds of rest

## 3x through each!

## Station 2 and 4

## AMRAP

## Station 1

## Spiderman Plank

## Leg Raises

## Station 2: AMRAP 10 ea.

## Right Donkey Pulse

## Left Donkey Pulse

## Pulse Squat

## Station 3

## Flying Plank

## Speed Crunch Hold

## Station 4: AMRAP 10 ea.

## Butterfly Bridge

## Squatted Side Step

## Quick Jacks

**Tuesday October 6**

**Vimeo Link:**

<https://vimeo.com/436606450/d543e35d60>

**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 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything.

## R side Single Leg Jackknife

## L side Single Leg Jackknife

## High Knees

## Plank to Pike

## R side Crunch

## L side Crunch

## Stationary Speed Skater

## Seal Jacks

**Wednesday, October 7**

**Vimeo Link:**

<https://vimeo.com/436845731/6e2a46e571>

**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 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Push Up Test

Lunge Squat

Plank Jacks

Dead bug - Heal Tap Crunch

Stationary Sprinters

20/20 Squat Hold Plank

Burpees

**Thursday, October 8**

**Vimeo Link:**

<https://vimeo.com/436958511/7a26ba4a26>

**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 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Squat Test

## Alt Lunge SLOW

## Plank

## Left, right, center Crunch

## 4 Punch Switch

## Butterfly Glute Bridge

## Jacks

**Friday, October 9**

**Vimeo Link:**

<https://vimeo.com/436958263/69af5906a2>

**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 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Sit Up Test

## Blast Off Push Up

## Squat Lat Leg Raise

## Shin Touch

## Ground to Overhead

## Speed Crunch

## 10 Jabs 1 Sidekick

**Saturday, October 10**

**Vimeo Link:**

<https://vimeo.com/436845330/4a0c9bd8fc>

**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 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Lunge Test

## Around the World Plank

## Glute Bridge March

## 3 Push Up 3 Jacks

## 3 Squats, 3 Burpees

## 4/4 Curtsy Pulse

## Side Shuffle Midline Touch