**HQ Workouts**

**Monday October 12**

**Vimeo Link:**

<https://vimeo.com/436844585/e2d021d541>

**Format:**

Total Body Conditioning

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Burpee Test

## Right Side V-Up

## Left Side V-Up

## 5/5 Donkey Kick

## Swimmers

## Right Sprinter Step to Hop

## Left Sprinter Step to Hop

**Tuesday October 13**

**Vimeo Link:**

<https://vimeo.com/436844987/faad307643>

**Format:**

## Cardio Conditioning:

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 5/5 Board Breakers

## Squatted Punches

## Toe Tap

## Speed Crunches

## Jack Press

## Hollow Body Press

## “Phet” Step

## Ground to Overhead

**Wednesday October 14**

**Vimeo Link:**

<https://vimeo.com/436606676/19518c32c6>

**Format:**

## Back and Abs

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 2x through everything!

## Bird Dog

## Hundreds

## Slider Climbers

## Shimmies

## Ab Rollout

## Bicycle Crunches

## Superman Pull-down

## Clock Push Up

## Predator Jax

## Wide Plank

## Rev. Snow Angel

## Slider Burpees

**Thursday October 15**

**Vimeo Link:**

<https://vimeo.com/436861707/fcac79d350>

**Format:**

## Total Body Hype

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## AMRAP

## 10 Squat N Kick

## 10 Plank Shoulder Taps

## 10 Alt Lunges

## Plank Ups

## 5/5 Sprinter Step to Hop

## AMRAP

## 10 High Knees

## 10 Sit Up Clap

## 10 Plank Toe Touches

## 30s Sqaut Hold 10s Jax

## 30s High Plank 10s Climber

**Friday October 16**

**Vimeo Link:**

<https://vimeo.com/436861399/215953f53f>

**Format:**

## BURNT BODY

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 4s Pause Push Up

## 3 Step Agility

## 4s Pause Squat

## 1/2 Oz Burpee

## Alt Step Thru Lunges

## Cross Body Hop

## Staggered Push Up

## Russian Kicks

**Saturday October 17**

**Vimeo Link:**

<https://vimeo.com/436860781/3e1895aadb>

**Format:**

## TABATA TAKEOVER!

## 30 minutes of pure fitness FUN

## 20s work time

## 15s rest

## 4x through everything!

## Rev Fly Pulse

## Quick Jacks

## R Ladder Sit Up

## Superman Push Up

## L Ladder Sit Up

## Buzz Saw Plank

## Row

## Toe Taps