**HQ Workouts**

**Monday October 19**

**Vimeo Link:**

<https://vimeo.com/436609327/3f8963757e>

**Format:**

Back to the BASICS!!

30 minutes of pure fitness FUN

40s work time  
15s res

3x through everything!

Push Ups  
Squats

Sit Ups  
Jax

Plank Hold  
High knees

Alt Lunges  
Burpees

**Tuesday October 20**

**Vimeo Link:**

<https://vimeo.com/442420895/063d551c72>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Push Up

Sit Up Punch

Pulse Squat

Alt Jackknives

Plank Shoulder Tap

Glute Bridge Step Out

Scissor Switch

Squatted Punches

Min Burst Ending

High Knees

Jax

-Mtn Climbers

**Wednesday October 21**

**Vimeo Link:**

<https://vimeo.com/442451457/b2f79b84ac>

**Format:**

Strength 40s on 15s off

3x thru everything

Lunge Lunge Squat

Bicycle Crunch

4s Down Push Ups

Leg Lifts

Superman

Side Shuffle Midline Touch

Single Side Jackknife

Ground to Overhead

**Thursday October 22**

**Vimeo Link:**

<https://vimeo.com/442468747/edae58ec48>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Plank Alt Leg Lift

Speed Crunch

Alt Rev Lunge

Rev. Crunch

Plank Ups

Flutter Kicks

Squat Side punch

Toe Touch’s

Min Burst Ending

Quick Jax

Cherry Pickers

Burpees

**Friday October 23**

**Vimeo Link:**

<https://vimeo.com/442481273/3c535d86d2>

**Format:**

30s on 5s off

3x thru everything

Plank

Squatted Sky Reach

3 push-ups 3 squat Jumps

Butterfly Glute Bridge

Lo-Plank Jax

Dbl Arm + Leg Dead Bug

R Lunge to High Knee

L Lunge to High Knee

Push Up Reach

R Plank

L Plank

10/10 High Knee Mtn Climbers

**Saturday October 24**

**Vimeo Link:**

<https://vimeo.com/442493529/51febc2a99>

**Format:**

40s on 15s off

3x thru everything

Glute Bridge

Front to Back Quick Feet

5/5 Donkey Kicks

5/5 Board Breakers

LRC Crunch

Predator Jax

Surrenders

High Knees