**HQ Workouts**

**Monday November 2**

**Vimeo Link:**

<https://vimeo.com/444666493/b0b0ef3756>

Tabata- 20s on 10s off

4x thru everything

1A- R Crunch

1B- L Crunch

2A- Staggered Push Ups

2B- Skier Hops

3A- R Lateral Lunge

3B- L Lateral Lunge

4A- Plank Shoulder Tap

4B- Rolling Flutter Kicks

1 Min Burst Ending AMRAP

- 5 Right Board Breakers

- 5 Left Board Breakers

- 5 Burpees

**Tuesday November 3**

**Vimeo Link:**

<https://vimeo.com/444666487/43bf4786bf>

EMOM

4 Min Per Station

EMOM #1

-14 Plank Ups

-Jabs

EMOM #2

-14 Curtsey Lunge

-Side to Side punch

EMOM #3

-14 Alt Leg V-Ups

-Elbow Plank

EMOM #4

-14 Surrenders

-Bicycle Crunch

Ending

–Fwd Lunges-Buzz Saw Plank- Speed Skaters –2x 30s each

**Wednesday November 4**

**Vimeo Link:**

<https://vimeo.com/444666489/634e1c5c9b>

40s on 15s off

3x thru everything

1A- R Chest Press

1B- Plank DB Drag

2A- L Chest Press

2B- Superman Pull Down

3A- R Kneeling Curl

3B- Jump Rope\*

4A- L Kneeling Curl

4B- Cross Country Skiers

**Thursday November 5**

**Vimeo Link:**

<https://vimeo.com/444666484/3e1819f09a>

Tabata- 20s on 10s off

4x thru everything

1A- Plank Right Leg Lift Pulse

1B- Plank Left Leg Lift Pulse

2A- Squats

2B- Squatted two step walk fwd/bck

3A- Push Ups

3B- Alt Jackknives

4A- Wide Agility Step/Hop

4B- L/R Burpees

1 Min Burst Ending AMRAP

- 3 Sit Ups

- 3 Squat Jumps

**Friday November 6**

**Vimeo Link:**

<https://vimeo.com/444666492/b37067f4f5>

40s on 15s off

3x thru everything

1A- Palm release Push Ups

1B- Squatted Rev Lunges

2A- T-Plank

2B- Stationary Lateral Lunge

3A- 4ct Glute Bridge

3B- High Knees

4A- LRC Crunch

4B- 2 Push Ups to 2 Squats

**Saturday November 7**

**Vimeo Link:**

<https://vimeo.com/444675230/8495ca4f75>

30s on 5s off

3x thru everything

1A- R Curtsey Lunge

1B- L Curtsey Lunge

1C- Toe Taps

2A- Walkout Push Up

2B- Speed Crunch

2C- Cross Body Hops

3A- Plank R Opp Knee to Elbow

3B- Plank L Opp Knee to Elbow

3C- Pop Squat

4A- 2 Step Beast

4B- Crunch to clap

4C- 5 Dot Drill