**HQ Workouts**

**Monday November 9**

**Vimeo Link:**

<https://vimeo.com/444675897/bd8868b791>

EMOM

4 Min Per Station

EMOM #1

-12 Blast Off push up

-Bicycle Crunches

EMOM #2

-12 Narrow Push Ups

-Ground to Overhead

EMOM #3

-12 Plank Opp shin touch to reach

-Speed Skater

EMOM #4

-12 Ea. Leg Rev Lunge (Hop if can)

-Burpees

Ending

–Jabs- Mtn Climbers- High Knees - 2x 30s each

**Tuesday November 10**

**Vimeo Link:**

<https://vimeo.com/444971145/00d0c031e7>

40s on 15s off

3x thru everything

1A- Lunge Lunge Squat

1B- Jabs

2A- Single Leg Glute Bridge

2B- Jax

3A- Plank Shoulder Taps

3B- UpperCuts

4A- Elbow Plank Reach

4B- Scissor Switch

**Wednesday November 11**

**Vimeo Link:**

<https://vimeo.com/444987866/e090245010>

40s on 15s off

3x thru everything

1A- Single Side Plank Alt leg/arm Lift

1B- Squatted Punches

2A- Side Plank Hip Dip

2B- Surrenders

3A- Leg Lifts with hip raise

3B- Wide Pike Up hops

4A- Push Up 2s Pause at bottom

4B- Quick Seal Jax

4B- Cross Country Skiers

**Thursday November 12**

**Vimeo Link:**

<https://vimeo.com/444998776/321dda620f>

40s on 15s off

3x thru everything

1A- Mtn Climbers

1B- Jax

2A- Bicycle Crunch

2B- High Knees

3A- Speed Crunch

3B- 3 Squat 3 Push Ups

4A- Plank

4B- Burpees

**Friday November 13**

**Vimeo Link:**

<https://vimeo.com/444998775/a18acf7753>

Tabata- 20s on 10s off

4x thru everything

1A- Squat hops fwd/bck

1B- Pulse Push Ups

2A- Crunches

2B- Stationary Sprinter R/L/R/L

3A- Squatted R Rev Lunge

3B- R Board Breaker

4A- Squatted L Rev Lunge

4B- L Board Breaker

1 Min Burst Ending AMRAP

-5 Push Ups

-5 Squat Jumps

**Saturday November 14**

**Vimeo Link:**

<https://vimeo.com/444964137/54855ecdcb>

40s on 15s off

3x thru everything

1A- Deadbug

1B- Jump Squat Mid Touch

2A- R Step Through Lunge

2B- L Step Through Lunge

3A- Staggered Push Ups

3B- Squatted Sky Reach

4A- Squat Rev Leg Kickback

4B- 5/5 Board Breakers