**HQ Workouts**

**Monday November 30**

**Vimeo Link:**

<https://vimeo.com/446967370/e7a8a746ba>

4 Min Per Station

EMOM #1

-15 DB Bicep Curl

-Tall Plank

EMOM #2

-15 Arnold Press

-Flutter Kicks

EMOM #3

-15 Chest Fly

-Side Shuffle Mid Touch

EMOM #4

-15 O.H. Tricep Ext

-Mtn Climbers

Ending

 -R Plank – L Plank - Plank 2x 30s each

**Tuesday December 1**

**Vimeo Link:**

<https://vimeo.com/446967157/90024c701a>

30s on 10s off

3x thru everything

1A- DB Squat R lateral Leg Raise

1B- Up and Over Abs

1C- Ladder Push Up to Jax

2A- DB Squat L lateral Leg Raise

2B- In and Out abs

2C- Ladder Board Breakers

3A- R DB T Plank

3B- DB Hip raised Step Out

3C- Ladder High Low Dbl Punch

4A- L DB T Plank

4B- DB Super Man

4C- Ladder Mtn Climber to High Knees

**Wednesday December 2**

**Vimeo Link:**

<https://vimeo.com/446966920/f556420aa1>

40s on 15s off

3x thru everything

1A- Plank Opp Shin Touch to Reach

1B- Cherry Picker

2A- DB Surrender

2B- Bicycle Crunch

3A- Man Maker

3B- Leg Lift with Hip Raise

4AMRAP- 5 Chest Fly – 5 Rev Fly – 5 Burpees

**Thursday December 3**

**Vimeo Link:**

<https://vimeo.com/446965919/347ffe5fc2>

Tabata- 20s on 10s off

4x thru everything

1A- Push Up

1B- Sit Up Punch

2A- Pulse Squat

2B- Alt Jackknives

3A- Plank Shoulder Tap

3B- Glute Bridge Step Out

4A- Scissor Switch

4B- Squatted Punches

1 Min Burst Ending

-High Knees

-Jax

-Mtn Climbers

**Friday December 4**

**Vimeo Link:**

<https://vimeo.com/446966502/e3b93fd611>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- Plank DB Drag

1B- Squat and Press

2A- 21 (7-7-7) Curls

2B- Rev Lunge DB Twist

3A- O.H Tricep Ext

3B- Jack Press

4A- DB Curl Mid Pause

4B- DB High Knees

**Saturday December 5**

**Vimeo Link:**

<https://vimeo.com/446965689/fcabd174bb>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- S.A. Chest Press

1B- S.A. DB Row

2A- Suitcase deadlift

2B- Goblet Squat

3A- S.A. Shoulder Press

3B- Single Side Lunges

4A- Single DB Squat and Press

4B- Russian Twist

**Sunday December 6**

**Vimeo Link:**

<https://vimeo.com/476494822/17ee1b2dc4>

Roller Recovery 3

5 Muscle Recovery Stations - 5 Min per station

Muscle 1- Outer Calves

Muscle 2- Glutei Medius

Muscle 3- Inner Thigh

Muscle 4- Inner Calves

Muscle 5- Outer Thigh

\*When foam rolling to “release” the muscle, you aren’t actually rolling up and down like you would normally to do warm-up. You are slowly moving around the belly of the muscle looking for what feels like a tender and tight spot. The tender areas typically represent fascia that is stiff and immobile. Once this spot is found, you will actually rest on this exact spot for 45 seconds coupled with deep and slow diaphragmatic breaths.

After 45 seconds, you locate another tight and tender spot in the muscle and do the same thing.

Then, you stretch same muscle for 30 seconds, again coupled with deep diaphragmatic breaths.