**HQ Workouts**

**Monday December 7**

**Vimeo Link:**

<https://vimeo.com/446965513/0e22b78ef2>

Tabata- 20s on 10s off

4x thru everything

1A- R Sprinter Step to Hop

1B- L Sprinter Step to Hop

2A- Push Up Shoulder Tap

2B- Bicycle Crunches

3A- Ground to Overhead

3B- Low Squat Hold w/ Punches

4A- T-Plank

4B- Jack Press

1 Min Burst Ending

- High Knees

- Mtn Climber

- Jax

**Tuesday December 8**

**Vimeo Link:**

<https://vimeo.com/446966295/8e4bae127c>

\*\*Dumbbells and Paper Plate Needed

40s on 15s off

3x thru everything

1A- Side to Side Shimmie

1B- Donkey to Hydrant

2A- S.A. Chest Press

2B- Slider Knee Tucks

3A- Slider Roll Outs

3B- Slider Push Up

4A- Slider Step Through Lunge

4B- Burpee DB Press

**Wednesday December 9**

**Vimeo Link:**

<https://vimeo.com/398578619/ff4f24b9a9>

5 Minutes for Each Round

Round 1

1A x10 John Travoltas

1B x10 Standing Bicycles

1C x10 Narrow Push-ups

Round 2

2A Deadbug w/ Alt Heel Tap

2B x10 Glute Bridge March

2C x10 Total Body Extension Jumps

Round 3

3A x10 in/out & front/back line sprints

3B x20 Cross Body Crunches

Round 4

4A x5 High Knees + 1 Burpee

4B x Hinge Position YTA’s

**Thursday December 10**

**Vimeo Link:**

<https://vimeo.com/398579223/54416ed3c7>

36 Seconds of Work

12 Seconds of Rest

1x per exercise before moving to next

3 Rounds through all exercises

1. Squats with 4:2:X Tempo
2. Flutter Kicks
3. Pushups 4:2:X Tempo
4. In and Out Sprints
5. Split Squat 4:2:X Tempo
6. Up/Down Plank
7. Straight Leg Set-up 4:2:X Tempo
8. Lateral Lunge 4:2:X Tempo
9. Leg Lower 4:2:X Tempo
10. Burpee

**Friday December 11**

**Vimeo Link:**

<https://vimeo.com/398579771/58c597f9f3>

Format: TABATA – AAAABBBB – 20:10

Station1:

A. Sprint-to-Backpedal

B. Push Ups

Station 2:

A. Carioca

B. Glute Bridges

Station 3:

A. Triangle Drill

B. Alligator Sit Up

Station 4:

A. Lateral Speed Skaters

B. Squat Jumps

Station 5:

A. Deadbug Heel Lower

B. Plank Jack Burpee

**Saturday December 12**

**Vimeo Link:**

<https://vimeo.com/398580686/f56b47ae66>

5 Exercise Circuit

Format: 1 minute per exercise with no break between exercises (Take 1-2 min break between rounds).

Perform Circuit for 3 Total Rounds (15 min total)

1. Jump Squats
2. Push-Ups
3. Alternating Reverse Lunges
4. Up/Down Planks
5. Burpees

Finisher:

30sec each exercise (no break)

2x though (2 min total)

1. High Knees
2. Mt. Climbers

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**Sunday December 13**

**Vimeo Link:**

<https://vimeo.com/475988146/305d6de431>

Roller Recovery 2

5 Muscle Recovery Stations - 5 Min per station

Muscle 1- Calves

Muscle 2- Hamstrings

Muscle 3- Low Back

Muscle 4- Glutes

Muscle 5- Triceps

*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*.