**HQ Workouts**

**Monday December 28**

**Vimeo Link:**

<https://vimeo.com/436958263/69af5906a2>

**Format:**

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Sit Up Test

## Blast Off Push Up

## Squat Lat Leg Raise

## Shin Touch

## Ground to Overhead

## Speed Crunch

## 10 Jabs 1 Sidekick

**Tuesday December 29**

**Vimeo Link:**

<https://vimeo.com/436845330/4a0c9bd8fc>

**Format:**

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Lunge Test

## Around the World Plank

## Glute Bridge March

## 3 Push Up 3 Jacks

## 3 Squats, 3 Burpees

## 4/4 Curtsy Pulse

## Side Shuffle Midline Touch

**Wednesday December 30**

**Vimeo Link:**

<https://vimeo.com/436844585/e2d021d541>

**Format:**

Total Body Conditioning

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Burpee Test

## Right Side V-Up

## Left Side V-Up

## 5/5 Donkey Kick

## Swimmers

## Right Sprinter Step to Hop

## Left Sprinter Step to Hop

**Thursday December 31**

**Vimeo Link:**

<https://vimeo.com/436844987/faad307643>

**Format:**

## Cardio Conditioning:

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 5/5 Board Breakers

## Squatted Punches

## Toe Tap

## Speed Crunches

## Jack Press

## Hollow Body Press

## “Phet” Step

## Ground to Overhead

**Friday January 1**

**Vimeo Link:**

<https://vimeo.com/436606676/19518c32c6>

**Format:**

## Back and Abs

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 2x through everything!

## Bird Dog

## Hundreds

## Slider Climbers

## Shimmies

## Ab Rollout

## Bicycle Crunches

## Superman Pull-down

## Clock Push Up

## Predator Jax

## Wide Plank

## Rev. Snow Angel

## Slider Burpees

**Saturday January 2**

**Vimeo Link:**

<https://vimeo.com/436861707/fcac79d350>

**Format:**

## Total Body Hype

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## AMRAP

## 10 Squat N Kick

## 10 Plank Shoulder Taps

## 10 Alt Lunges

## Plank Ups

## 5/5 Sprinter Step to Hop

## AMRAP

## 10 High Knees

## 10 Sit Up Clap

## 10 Plank Toe Touches

## 30s Sqaut Hold 10s Jax

## 30s High Plank 10s Climber

**Sunday January 3**

**Vimeo Link:**

[https://vimeo.com/483204012/faf07f8faf](https://www.google.com/url?q=https://vimeo.com/483204012/faf07f8faf&sa=D&source=calendar&ust=1606863174362000&usg=AOvVaw0Nx1zDhcZ8Lo-DutSF5sBh)

Roller Recovery 4 - Full Upper

5 Muscle Recovery Stations - 5 Min per station

Muscle 1- Biceps

Muscle 2- Triceps

Muscle 3- Full Back

Muscle 4- Lats

Muscle 5- Rhomboids

*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.*