**HQ Workouts**

**Monday January 4**

**Vimeo Link:**

<https://vimeo.com/436861399/215953f53f>

**Format:**

## BURNT BODY

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 4s Pause Push Up

## 3 Step Agility

## 4s Pause Squat

## 1/2 Oz Burpee

## Alt Step Thru Lunges

## Cross Body Hop

## Staggered Push Up

## Russian Kicks

**Tuesday January 5**

**Vimeo Link:**

<https://vimeo.com/436860781/3e1895aadb>

**Format:**

## TABATA TAKEOVER!

## 30 minutes of pure fitness FUN

## 20s work time

## 15s rest

## 4x through everything!

## Rev Fly Pulse

## Quick Jacks

## R Ladder Sit Up

## Superman Push Up

## L Ladder Sit Up

## Buzz Saw Plank

## Row

## Toe Taps

**Wednesday January 6**

**Vimeo Link:**

<https://vimeo.com/436609327/3f8963757e>

**Format:**

Back to the BASICS!!

30 minutes of pure fitness FUN

40s work time  
15s res

3x through everything!

Push Ups  
Squats

Sit Ups  
Jax

Plank Hold  
High knees

Alt Lunges  
Burpees

**Thursday January 7**

**Vimeo Link:**

<https://vimeo.com/442420895/063d551c72>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Push Up

Sit Up Punch

Pulse Squat

Alt Jackknives

Plank Shoulder Tap

Glute Bridge Step Out

Scissor Switch

Squatted Punches

Min Burst Ending

High Knees

Jax

-Mtn Climbers

**Friday January 8**

**Vimeo Link:**

<https://vimeo.com/442451457/b2f79b84ac>

**Format:**

Strength 40s on 15s off

3x thru everything

Lunge Lunge Squat

Bicycle Crunch

4s Down Push Ups

Leg Lifts

Superman

Side Shuffle Midline Touch

Single Side Jackknife

Ground to Overhead

**Saturday January 9**

**Vimeo Link:**

<https://vimeo.com/442468747/edae58ec48>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Plank Alt Leg Lift

Speed Crunch

Alt Rev Lunge

Rev. Crunch

Plank Ups

Flutter Kicks

Squat Side punch

Toe Touch’s

Min Burst Ending

Quick Jax

Cherry Pickers

Burpees