**HQ Workouts**

**Monday January 11**

**Vimeo Link:**

<https://vimeo.com/491816648/c55ee4fb01>

**Format:**

Brutal Full Body Beat Down

30 minutes of pure fitness FUN

40s work time

15s res

3x through everything!

Curl N Press

Skier Hops

Rev Lunge N Twist

Drop Squat

DB Sit Up

Bicycle Crunch

Alt Man Makers

Ground to O.H.

Get ready to sweat have fun and FEEL GREAT!

**Tuesday January 12**

**Vimeo Link:**

<https://vimeo.com/442481273/3c535d86d2>

**Format:**

30s on 5s off

3x thru everything

Plank

Squatted Sky Reach

3 push-ups 3 squat Jumps

Butterfly Glute Bridge

Lo-Plank Jax

Dbl Arm + Leg Dead Bug

R Lunge to High Knee

L Lunge to High Knee

Push Up Reach

R Plank

L Plank

10/10 High Knee Mtn Climbers

**Wednesday January 13**

**Vimeo Link:**

<https://vimeo.com/442493529/51febc2a99>

**Format:**

40s on 15s off

3x thru everything

Glute Bridge

Front to Back Quick Feet

5/5 Donkey Kicks

5/5 Board Breakers

LRC Crunch

Predator Jax

Surrenders

High Knees

**Thursday January 14**

**Vimeo Link:**

<https://vimeo.com/442506864/7280ca4116>

**Format:**

Tabata- 20s on 10s off

4x thru everything

1A- Spiderman Plank

1B- 10/10 Hi-Lo Punches

2A- R-L-R-L Glute Bridge

2B- Jack Dbl Punch

3A- Push Up Plank Jax

3B- Bicycle Crunch

4A- R-L-R-L Lunge Pulse

4B- 100’s

1 Min Burst Ending

- Side-Side Shuffle

- Ground to Overhead

- Burpee w/ Push Up

**Friday January 15**

**Vimeo Link:**

<https://vimeo.com/444666501/45b76d0f81>

**Format:**

30s on 5s off

3x thru everything

1A- 10/10 Deep/Pulse Squat

1B- Jax

1C- Mtn Climbers

2A- Plank Hip Drop

2B- In/Out Crunch

2C- Stationary Skater

3A- R Leg Lat Raise

3B- L Leg Lat Raise

3C- 2 Step Moving Beast

4A- Push Up w/ bottom Pulse

4B- Shimmie

**Saturday January 16**

**Vimeo Link:**

<https://vimeo.com/444666506/ef2ac6b4f6>

**Format:**

Tabata- 20s on 10s off

4x thru everything

1A- Russian Twist

1B- Plank Alt Shin Touch

2A- Push Ups

2B- 180 Jump Squat

3A- R Sprinter Step to Hop

3B- L Sprinter Step to Hop

4A- Speed Crunch

4B- Upper Cuts

1 Min Burst Ending

- 5 Push Ups

- 10 Mtn Climbers