**HQ Workouts**

**Monday January 18**

**Vimeo Link:**

<https://vimeo.com/444666496/73a053632b>

**Format:**

*\*\*Dumbbell Needed*

30s on 5s off

3x thru everything

1A- R Bent Over Row

1B- L Bent Over Row

1C- Jack N Press

2A- R Lunge N Curl

2B- L Lunge N Curl

2C- Quick Squats

3A- R Wood Chops

3B- L Wood Chops

3C- Front to Back Skaters

4A- Right Kneeling Press

4B- Left Kneeling Press

4C- Burpees

**Tuesday January 19**

**Vimeo Link:**

<https://vimeo.com/444666494/b0cfb0527d>

**Format:**

EMOM

4 Min Per Station

EMOM #1

-12 Push Ups

-Seal Jax

EMOM #2

-12 Squats

-Cross Body Hops

EMOM #3

-12 Sit Ups

-3 Step Agility

EMOM #4

-12 Lunges

-Cross Body Climbers

Ending

-Push Up – Squat – Bicycle Crunch 2x 30s each

**Wednesday January 20**

**Vimeo Link:**

<https://vimeo.com/444666491/7563c2c2ac>

40s on 15s off

3x thru everything

1A- R Bird Dog

1B- Squat R Kick

2A- L Bird Dog

2B- Squat L Kick

3A- Glute Bridge Step Out

3B- Toe Taps

4A- Around the World Plank

4B- In and Out Squat

**Thursday January 21**

**Vimeo Link:**

<https://vimeo.com/444666493/b0b0ef3756>

Tabata- 20s on 10s off

4x thru everything

1A- R Crunch

1B- L Crunch

2A- Staggered Push Ups

2B- Skier Hops

3A- R Lateral Lunge

3B- L Lateral Lunge

4A- Plank Shoulder Tap

4B- Rolling Flutter Kicks

1 Min Burst Ending AMRAP

- 5 Right Board Breakers

- 5 Left Board Breakers

- 5 Burpees

**Friday January 22**

**Vimeo Link:**

<https://vimeo.com/444666487/43bf4786bf>

EMOM

4 Min Per Station

EMOM #1

-14 Plank Ups

-Jabs

EMOM #2

-14 Curtsey Lunge

-Side to Side punch

EMOM #3

-14 Alt Leg V-Ups

-Elbow Plank

EMOM #4

-14 Surrenders

-Bicycle Crunch

Ending

–Fwd. Lunges-Buzz Saw Plank- Speed Skaters –2x 30s each

**Saturday January 23**

**Vimeo Link:**

<https://vimeo.com/444666489/634e1c5c9b>

40s on 15s off

3x thru everything

1A- R Chest Press

1B- Plank DB Drag

2A- L Chest Press

2B- Superman Pull Down

3A- R Kneeling Curl

3B- Jump Rope\*

4A- L Kneeling Curl

4B- Cross Country Skiers