**HQ Workouts**

**Monday February 1**

**Vimeo Link:**

<https://vimeo.com/444987866/e090245010>

40s on 15s off

3x thru everything

1A- Single Side Plank Alt leg/arm Lift

1B- Squatted Punches

2A- Side Plank Hip Dip

2B- Surrenders

3A- Leg Lifts with hip raise

3B- Wide Pike Up hops

4A- Push Up 2s Pause at bottom

4B- Quick Seal Jax

4B- Cross Country Skiers

**Tuesday February 2**

**Vimeo Link:**

<https://vimeo.com/493916905/c921b72dd8>

Tabata Total Body!

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1A -Push Ups

1B - Cross Body Hops

2A -Pulse Squat

2B -Mtn Climbers

3A - Speed Crunch

3B - Speed Skaters

4A - -Static Lunge

4B - -Burpee Jack

**Wednesday February 3**

**Vimeo Link:**

<https://vimeo.com/500173998/5e8532eb29>

Tabata Body Blast

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1A - Spider-Man Push Ups

2B - Scissor Switch

2A - Squat and side punch

2B - Speed Crunch

3A - RLRL Rev. lunge to high knee

3B - High Knees

4A - Flutter kicks

4B - Plank Jax

**Thursday February 4**

**Vimeo Link:**

<https://vimeo.com/444998776/321dda620f>

40s on 15s off

3x thru everything

1A - Mtn Climbers

1B - Jax

2A - Bicycle Crunch

2B - High Knees

3A - Speed Crunch

3B - 3 Squat 3 Push Ups

4A - Plank

4B - Burpees

**Friday February 5**

**Vimeo Link:**

<https://vimeo.com/444998775/a18acf7753>

Tabata- 20s on 10s off

4x thru everything

1A - Squat hops fwd/bck

1B - Pulse Push Ups

2A - Crunches

2B - Stationary Sprinter R/L/R/L

3A- Squatted R Rev Lunge

3B- R Board Breaker

4A - Squatted L Rev Lunge

4B - L Board Breaker

1 Min Burst Ending AMRAP

5A -5 Push Ups

5B -5 Squat Jumps

**Saturday February 6**

**Vimeo Link:**

<https://vimeo.com/444964137/54855ecdcb>

40s on 15s off

3x thru everything

1A - Deadbug

1B - Jump Squat Mid Touch

2A - R Step Through Lunge

2B - L Step Through Lunge

3A - Staggered Push Ups

3B - Squatted Sky Reach

4A - Squat Rev Leg Kickback

4B - 5/5 Board Breakers