**HQ Workouts**

**Monday March 1**

**Vimeo Link:**

<https://vimeo.com/507356649/beaa37d22a>

30s work time

10s res

3x through everything!

1)

-Squat High Five

-Russian Twist DB Pass

-Jax Challenge

2)

-Push Up High Five

-Squat Hold DB Pass

-Burpee Challenge

3)

-Sit Up High Five

-Plank - 10 Squat Jump

-Push Up Challenge

4)

-Plank Five

-Squat Hold -10 Jax

-Squat Challenge

Get ready to sweat have fun and FEEL GREAT!

**Tuesday March 2**

**Vimeo Link:**

<https://vimeo.com/446965689/fcabd174bb>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- S.A. Chest Press

1B- S.A. DB Row

2A- Suitcase deadlift

2B- Goblet Squat

3A- S.A. Shoulder Press

3B- Single Side Lunges

4A- Single DB Squat and Press

4B- Russian Twist

**Wednesday March 3**

[**https://vimeo.com/510302321/1a6e274ab0**](https://vimeo.com/510302321/1a6e274ab0)

**CLIMB THE LADDER**

**30 minutes of pure fitness FUN**

**CLIMB THE LADDER**

**1 -> 10 -> 1**

**1) Sit Up w/ DB**

**2) Push Up**

**3) Squat w/ DB**

**4) Plank Jax**

**5) Rev Fly**

**6) DB Lunge**

**7) Leg Lift**

**8)Seated DB Shoulder Press**

**9) Butterfly Glute Bridge**

**10) BURPEE**

**Get ready to sweat have fun and FEEL GREAT!**

**Thursday March 4**

**Vimeo Link:**

<https://vimeo.com/446965513/0e22b78ef2>

Tabata- 20s on 10s off

4x thru everything

1A- R Sprinter Step to Hop

1B- L Sprinter Step to Hop

2A- Push Up Shoulder Tap

2B- Bicycle Crunches

3A- Ground to Overhead

3B- Low Squat Hold w/ Punches

4A- T-Plank

4B- Jack Press

1 Min Burst Ending

- High Knees

- Mtn Climber

- Jax

**Friday March 5**

**Vimeo Link:**

<https://vimeo.com/446966295/8e4bae127c>

\*\*Dumbbells and Paper Plate Needed

40s on 15s off

3x thru everything

1A- Side to Side Shimmie

1B- Donkey to Hydrant

2A- S.A. Chest Press

2B- Slider Knee Tucks

3A- Slider Roll Outs

3B- Slider Push Up

4A- Slider Step Through Lunge

4B- Burpee DB Press

**Saturday March 6**

**Vimeo Link:**

<https://vimeo.com/398578619/ff4f24b9a9>

5 Minutes for Each Round

Round 1

1A x10 John Travoltas

1B x10 Standing Bicycles

1C x10 Narrow Push-ups

Round 2

2A Deadbug w/ Alt Heel Tap

2B x10 Glute Bridge March

2C x10 Total Body Extension Jumps

Round 3

3A x10 in/out & front/back line sprints

3B x20 Cross Body Crunches

Round 4

4A x5 High Knees + 1 Burpee

4B x Hinge Position YTA’s