**HQ Workouts**

**Monday March 8**

**Vimeo Link:**

<https://vimeo.com/398579223/54416ed3c7>

36 Seconds of Work

12 Seconds of Rest

1x per exercise before moving to next

3 Rounds through all exercises

1. Squats with 4:2:X Tempo
2. Flutter Kicks
3. Pushups 4:2:X Tempo
4. In and Out Sprints
5. Split Squat 4:2:X Tempo
6. Up/Down Plank
7. Straight Leg Set-up 4:2:X Tempo
8. Lateral Lunge 4:2:X Tempo
9. Leg Lower 4:2:X Tempo
10. Burpee

**Tuesday March 9**

**Vimeo Link:**

<https://vimeo.com/398579771/58c597f9f3>

Format: TABATA – AAAABBBB – 20:10

Station1:

A. Sprint-to-Backpedal

B. Push Ups

Station 2:

A. Carioca

B. Glute Bridges

Station 3:

A. Triangle Drill

B. Alligator Sit Up

Station 4:

A. Lateral Speed Skaters

B. Squat Jumps

Station 5:

A. Deadbug Heel Lower

B. Plank Jack Burpee

**Wednesday March 10**

**Vimeo Link:**

<https://vimeo.com/398580686/f56b47ae66>

5 Exercise Circuit

Format: 1 minute per exercise with no break between exercises (Take 1-2 min break between rounds).

Perform Circuit for 3 Total Rounds (15 min total)

1. Jump Squats
2. Push-Ups
3. Alternating Reverse Lunges
4. Up/Down Planks
5. Burpees

Finisher:

30sec each exercise (no break)

2x though (2 min total)

1. High Knees
2. Mt. Climbers

**Thursday March 11**

<https://vimeo.com/513995420/2f4ffd3bec>

BICEP BUILDER

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Right Curl

-Right Supine Row

-Squat Press Out

2)

-Left Curl

-Left Supine Row

-Burpee

3)

-Static Alt Curl 1/1

-Controlled Rev Fly

-Upper Cuts

4)

-21 Curls

-Static Supine Row 1/1

-10/10 High Knees-Jax

Get ready to sweat have fun and FEEL GREAT!

**Friday March 12**

**Vimeo Link:**

<https://vimeo.com/398581605/3be8861e85>

Ten Total Exercises

Rep Goal Each Exercise to Meet Within 1 Minute

Repeat Twice Each Exercise – Jog In Place/Rest If Completed Before Minute Is Up

2 Minute EMOM

1. Air Jacks (30 reps)
2. Push Ups (20 reps)
3. Shoulder Retractions (8 reps) (tempo – 4 sec retraction/2 sec hold)
4. 1.5 Stance Hinge (8 reps) (tempo – 4 sec lower/2 sec hold)
5. Deadbug Heel Lower (8 reps) (tempo – 4 sec hold/2 sec lower)
6. Wall Sit
7. Plank Alternating Hip Dips (8 reps) (tempo – 4 sec lower/2 sec hold)
8. Glute Bridge (8 reps) (tempo – 4 sec hold/2 sec lower)
9. Squat Pulse (40 reps)
10. Mountain Climbers (50 reps)

**Saturday March 13**

**Vimeo Link:**

<https://vimeo.com/398582651/a8a89f4490>

AA conveyor 39:12 Total body strength

1. Reverse lunge to hop (4:2:X tempo)
2. High plank pull through
3. Bent-over row pulse
4. Shawn-T
5. Straight leg lower (4:2:X tempo)
6. Sumo bob squats
7. Single leg glute bridge (4:2:X tempo)
8. Break the boards
9. Single arm high plank hold
10. Quadruped donkey kick

Finisher:

1. 25:10 A conveyor speed round with all exercises above
2. Pyramid: (1:1:1, 2:2:2, 3:3:3, etc.) 2 mins
   1. Glute bridge
   2. Push-up
   3. Vertical push press jack