**HQ Workouts**

**Monday March 15**

**Vimeo Link:**

<https://vimeo.com/398583951/d687f7ed16>

Five Total Stations

4 Minutes Each Station Alternating Between Exercises Every 30 Seconds

Format: 4 Minute AMRAP – ABABABAB – 30:30

Station1:

A. Jumping Jacks

B. Front-to-Back Speed Skaters

Station 2:

A. Drop Squat

B. Heisman’s

Station 3:

A. Push Ups

B. Deadbug Rockers

Station 4:

A. Lateral Shuffle

B. Glute Bridge Walkout

Station 5:

A. Sky Reach Crunch

B. Burpee Alternating Lateral Reach

**Tuesday March 16**

**Vimeo Link:**

<https://vimeo.com/399225719/b23231c1e2>

33:12 A conveyor x 3

1. Hollow body hold
2. Split squat (4:2:X)
3. Switch sides
4. Plank T rotations
5. 10 front to back speed skaters -> 10 high knees
6. Wide -> narrow push-ups
7. Superman scap retraction
8. Glute bridge L taps
9. Tricep dips
10. Surfer squat jumps

Finisher: Sally up down plank (1 min)

Sally up down squat (1 min)

**Wednesday March 17**

**Vimeo Link:**

<https://vimeo.com/399236043/134e1dce40>

24 Seconds of Work

12 Seconds of Rest

Four times in a row of Exercise A, then four times for Exercise B before going to the next pairing.

1A Sphinx Pushup

1B Squat to Board Breaker

2A Hollow Body to Deadbug

2B Lateral Speed Skater

3A Bird Dog Crunches

3B Jump Lunges

4A Russian Twist

4B Lateral Lunge Shifts

5A Alt Toe Taps

5B Star Jacks

**Thursday March 18**

**Vimeo Link:**

<https://vimeo.com/399240890/11c28dcea8>

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

Format: 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)

**Friday March 19**

**Vimeo Link:**

<https://vimeo.com/399245514/6ac83eabe9>

Format: ABABAB 30:10

Starter: 45s Full Body Extension Jumps, 45s Straight Arm Crunches

Station 1:

1. Side Lying V-Ups
2. Speed Jacks

Station 2:

1. Straight Leg Glute Bridge Hold
2. Lateral Shuffle to 6 Mt. Climbers

Station 3:

1. Beast Hold
2. Line Sprints

Station 4:

1. 10 High Plank Shoulder Taps, 2 Push Ups
2. Heismans

Station 5:

1. Reverse Lunges
2. 10 High Knees, 2 Burpees

Finisher: 90s Low Plank Hold

**Saturday March 20**

**Vimeo Link:**

<https://vimeo.com/399250304/88a7f1a0cc>

30 Seconds of Work

10 Seconds of Rest

2x at each exercise before moving to the next

1. Squats 4:2:1 Tempo
2. Lateral Shuffle to 3 Burpees
3. Single Leg Hip Thrusts 4:2:1 Tempo
4. El Chapo with Quarter Turns
5. Split Squats 4:2:1 Tempo
6. X5 BW Speed Squats to 5 Running Mans
7. Chest Press 4:2:1 Tempo
8. Rainbow Planks
9. Single Leg RDL 4:2:1 Tempo
10. Squirming Turtles