**HQ Workouts**

**Monday March 29**

**Vimeo Link:**

[**https://vimeo.com/444666492/b37067f4f5**](https://vimeo.com/444666492/b37067f4f5)

40s on 15s off

3x thru everything

1A- Palm release Push Ups

1B- Squatted Rev Lunges

2A- T-Plank

2B- Stationary Lateral Lunge

3A- 4ct Glute Bridge

3B- High Knees

4A- LRC Crunch

4B- 2 Push Ups to 2 Squats

**Tuesday March 30**

**Vimeo Link:**

[**https://vimeo.com/436844585/e2d021d541**](https://vimeo.com/436844585/e2d021d541)

##

Format:

Total Body Conditioning

## 30 minutes of pure fitness FUN

##

## 40 seconds of work, 15 seconds of rest

## 3x through everything

##

## Burpee Test

##

## Right Side V-Up

## Left Side V-Up

##

## 5/5 Donkey Kick

## Swimmers

##

## Right Sprinter Step to Hop

## Left Sprinter Step to Hop

**Wednesday March 31**

**Vimeo Link:**

[**https://vimeo.com/436844987/faad307643**](https://vimeo.com/436844987/faad307643)

##

**Format:**

## Cardio Conditioning:

## 30 minutes of pure fitness FUN

##

## 40s work time

## 15s rest

##

## 3x through everything!

##

## 5/5 Board Breakers

## Squatted Punches

##

## Toe Tap

## Speed Crunches

## Jack Press

## Hollow Body Press

##

## “Phet” Step

## Ground to Overhead

**Thursday April 1**

**Vimeo Link:**

[**https://vimeo.com/436606676/19518c32c6**](https://vimeo.com/436606676/19518c32c6)

##

**Format:**

## Back and Abs

## 30 minutes of pure fitness FUN

##

## 40s work time

## 15s rest

##

## 2x through everything!

##

## Bird Dog

## Hundreds

## Slider Climbers

##

## Shimmies

## Ab Rollout

## Bicycle Crunches

##

## Superman Pull-down

## Clock Push Up

## Predator Jax

##

## Wide Plank

## Rev. Snow Angel

## Slider Burpees

##

**Friday April 2**

**Vimeo Link:**

[**https://vimeo.com/436861707/fcac79d350**](https://vimeo.com/436861707/fcac79d350)

**Format:**

## Total Body Hype

## 30 minutes of pure fitness FUN

##  40s work time

## 15s rest

##  3x through everything!

##  AMRAP

## 10 Squat N Kick

## 10 Plank Shoulder Taps

## 10 Alt Lunges

##  Plank Ups

## 5/5 Sprinter Step to Hop

##  AMRAP

## 10 High Knees

## 10 Sit Up Clap

## 10 Plank Toe Touches

##

## 30s Sqaut Hold 10s Jax

## 30s High Plank 10s Climber

**Saturday April 3**

**Vimeo Link:**

[**https://vimeo.com/444675230/8495ca4f75**](https://vimeo.com/444675230/8495ca4f75)

30s on 5s off

3x thru everything

1A- R Curtsey Lunge

1B- L Curtsey Lunge

1C- Toe Taps

2A- Walkout Push Up

2B- Speed Crunch

2C- Cross Body Hops

3A- Plank R Opp Knee to Elbow

3B- Plank L Opp Knee to Elbow

3C- Pop Squat

4A- 2 Step Beast

4B- Crunch to clap

4C- 5 Dot Drill

##