**HQ Workouts**

**Monday April 12**

**Vimeo Link:**

<https://vimeo.com/442468747/edae58ec48>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Plank Alt Leg Lift

Speed Crunch

Alt Rev Lunge

Rev. Crunch

Plank Ups

Flutter Kicks

Squat Side punch

Toe Touch’s

Min Burst Ending

Quick Jax

Cherry Pickers

Burpees **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tuesday April 13

Vimeo Link:**

<https://vimeo.com/522871945/8c7333a00f>

**Format**:
Single Sided Sweat 

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Right Curl and Press

-Left Curl and Press

-Ground to O.H.

2)

-Right Rev Lunge

-Left Rev Lunge

-Mtn. Climber

3)

-Right Row

-Left Row

-Pop Squats

4)

-Right Leg Lat raise to Kickback

-Left Leg Lat raise to Kickback

-2 Push Up 2 Squat Jump

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Wednesday April 14

Vimeo Link:**

<https://vimeo.com/491816648/c55ee4fb01>

**Format:**

Brutal Full Body Beat Down

30 minutes of pure fitness FUN

40s work time

15s res

3x through everything!

Curl N Press

Skier Hops

Rev Lunge N Twist

Drop Squat

DB Sit Up

Bicycle Crunch

Alt Man Makers

Ground to O.H.

Get ready to sweat have fun and FEEL GREAT!

**Thursday April 15**

**Vimeo Link:**

<https://vimeo.com/442481273/3c535d86d2>

**Format:**

30s on 5s off

3x thru everything

Plank

Squatted Sky Reach

3 push-ups 3 squat Jumps

Butterfly Glute Bridge

Lo-Plank Jax

Dbl Arm + Leg Dead Bug

R Lunge to High Knee

L Lunge to High Knee

Push Up Reach

R Plank

L Plank

10/10 High Knee Mtn Climbers

**Friday April 16**

**Vimeo Link:**

<https://vimeo.com/442493529/51febc2a99>

**Format:**

40s on 15s off

3x thru everything

Glute Bridge

Front to Back Quick Feet

5/5 Donkey Kicks

5/5 Board Breakers

LRC Crunch

Predator Jax

Surrenders

High Knees

**Saturday April 17**

**Vimeo Link:**

<https://vimeo.com/442506864/7280ca4116>

**Format:**

Tabata- 20s on 10s off

4x thru everything

1A- Spiderman Plank

1B- 10/10 Hi-Lo Punches

2A- R-L-R-L Glute Bridge

2B- Jack Dbl Punch

3A- Push Up Plank Jax

3B- Bicycle Crunch

4A- R-L-R-L Lunge Pulse

4B- 100’s

1 Min Burst Ending

- Side-Side Shuffle

- Ground to Overhead

- Burpee w/ Push Up