**HQ Workouts**

**Monday April 26

Vimeo Link:**[**https://vimeo.com/520178298/6d5fad8ee0**](https://vimeo.com/520178298/6d5fad8ee0) **Format:**Total Body Head-to-Toe Here We Go!

30 minutes of pure fitness FUN ️

30s work time

10s rest

4x through everything!

1)

-Beast Hold Shoulder Tap to

High Plank Arm Reach

-Alt. Heel Tap Crunch

2)

-Right Side Lateral Lunge to Torso Twist

-Left Side Lateral Lunge to Torso Twist

3)

-Superman Hold

-Lunge, Lunge, Squat

4)

-Low Plank Jax

-5/5 Sprinter Stance to High Knee Drive

 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Tuesday April 27**

**Vimeo Link:**

<https://vimeo.com/497078916/9d67189f1d>

**Format:**

Full Body Blast EMOM

1-10 R Rev Lunge to Shoulder Press

* In/out - Frnt/Bck Quick Feet

2-10 L Rev Lunge to Shoulder Press

* Busz Saw Plank

3-10ea DB Russian Twist

* Quick Jax

4-10ea SA Supine Rows

* Bicycle Crunch

5-Squat to O.H. Tri Ext

* 2 Push Ups to 2 Squat Jumps

**Wednesday April 28**

**Vimeo Link:**

<https://vimeo.com/444666493/b0b0ef3756>

Tabata- 20s on 10s off

4x thru everything

1A- R Crunch

1B- L Crunch

2A- Staggered Push Ups

2B- Skier Hops

3A- R Lateral Lunge

3B- L Lateral Lunge

4A- Plank Shoulder Tap

4B- Rolling Flutter Kicks

1 Min Burst Ending AMRAP

- 5 Right Board Breakers

- 5 Left Board Breakers

- 5 Burpees

**Thursday April 29**

**Vimeo Link:**

<https://vimeo.com/444666487/43bf4786bf>

EMOM

4 Min Per Station

EMOM #1

-14 Plank Ups

-Jabs

EMOM #2

-14 Curtsey Lunge

-Side to Side punch

EMOM #3

-14 Alt Leg V-Ups

-Elbow Plank

EMOM #4

-14 Surrenders

-Bicycle Crunch

Ending

–Fwd. Lunges-Buzz Saw Plank- Speed Skaters –2x 30s each

**Friday April 30**

**Vimeo Link:**

<https://vimeo.com/444666489/634e1c5c9b>

40s on 15s off

3x thru everything

1A- R Chest Press

1B- Plank DB Drag

2A- L Chest Press

2B- Superman Pull Down

3A- R Kneeling Curl

3B- Jump Rope\*

4A- L Kneeling Curl

4B- Cross Country Skiers

**Saturday May 1**

**Vimeo Link:**

<https://vimeo.com/444666484/3e1819f09a>

Tabata- 20s on 10s off

4x thru everything

1A- Plank Right Leg Lift Pulse

1B- Plank Left Leg Lift Pulse

2A- Squats

2B- Squatted two step walk fwd/bck

3A- Push Ups

3B- Alt Jackknives

4A- Wide Agility Step/Hop

4B- L/R Burpees

1 Min Burst Ending AMRAP

- 3 Sit Ups

- 3 Squat Jumps