**Monday May 3rd

Vimeo Link:**[**https://vimeo.com/531422971/3c978aa591**](https://vimeo.com/531422971/3c978aa591)Abs in Action- Tabata

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1)

-Plank Hold

-Push Up

2)

-Hollow Body Hold

-Up and Over Abs

3)

-Plank Hold

-Bicycle Crunch

4)

-Speed Crunch

-Mtn Climbers

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 **Tuesday May 4

Vimeo Link:**[**https://vimeo.com/534189512/263f3f4535**](https://vimeo.com/534189512/263f3f4535)

Total Body Toner

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Squat Rev Lunge

-Rotational Crunch

-Jax

2)

-High/Lo Plank

-Bent Over Row

-Burpees

3)

-Butterfly Glute Bridge

-Superman Pull Up

-Mtn Climbers

4)

-R. Ladder Crunch

-L. Ladder Crunch

-Uppercuts

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Wednesday May 5

Vimeo Link:**[**https://vimeo.com/536570425/da431dbb1a**](https://vimeo.com/536570425/da431dbb1a)Legs and Love Handles! ￼

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Bicycle Crunch

-R. Rev Lunge to HK

-L. Rev Lunge to HK

2)

-Leg Raise

-Pulse Squat

-Deep Squat

3)

-R. Half Crunch

-L. Half Crunch

-Jumping Jax

4)

-Rocking Low Plank

-Glute Bridge Step Out

-High Knees
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 **Thursday May 6

Vimeo Link:**[**https://vimeo.com/539273812/5bbee87293**](https://vimeo.com/539273812/5bbee87293)BURPEE BANANZA!

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-R. Supine Row

-L. Supine Row

-Burpee Alt Kick

2)

-R. Curl N Press

-L. Curl N Press

-Burpee Jack

3)

-R. Chest Press

-L. Chest Press

-Burpee 2 Squats

4)

-R. Windmill

-L. Windmill

-Burpee

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 **Friday May 7**

**Vimeo Link:**

<https://vimeo.com/444675897/bd8868b791>

EMOM

4 Min Per Station

EMOM #1

-12 Blast Off push up

-Bicycle Crunches

EMOM #2

-12 Narrow Push Ups

-Ground to Overhead

EMOM #3

-12 Plank Opp shin touch to reach

-Speed Skater

EMOM #4

-12 Ea. Leg Rev Lunge (Hop if can)

-Burpees

Ending

–Jabs- Mtn Climbers- High Knees - 2x 30s each

**Saturday May 8**

**Vimeo Link:**

<https://vimeo.com/444971145/00d0c031e7>

40s on 15s off

3x thru everything

1A- Lunge Lunge Squat

1B- Jabs

2A- Single Leg Glute Bridge

2B- Jax

3A- Plank Shoulder Taps

3B- UpperCuts

4A- Elbow Plank Reach

4B- Scissor Switch