**HQ Workouts

Monday May 10

Vimeo Link:**[**https://vimeo.com/528393112/e1568bbc06**](https://vimeo.com/528393112/e1568bbc06)

Mysterious strength!!

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Chest Fly

-Seated Curl

-Kneeling Press

2)

-Low Squat Hold

-Alt DB Lunge

-Squats

3)

-ALT Hammer Curl

-ALT Skull Crusher

-5/5 Chest Press

4)

-Moving Beast

-Burpee Jump Squat

-Skiers

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**Tuesday May 11**

**Vimeo Link:**

<https://vimeo.com/444987866/e090245010>

40s on 15s off

3x thru everything

1A- Single Side Plank Alt leg/arm Lift

1B- Squatted Punches

2A- Side Plank Hip Dip

2B- Surrenders

3A- Leg Lifts with hip raise

3B- Wide Pike Up hops

4A- Push Up 2s Pause at bottom

4B- Quick Seal Jax

4B- Cross Country Skiers

**Wednesday May 12

Vimeo Link:**

<https://vimeo.com/493916905/c921b72dd8>

Tabata Total Body!

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1A -Push Ups

1B - Cross Body Hops

2A -Pulse Squat

2B -Mtn Climbers

3A - Speed Crunch

3B - Speed Skaters

4A - -Static Lunge

4B - -Burpee Jack

**Thursday May 13**

**Vimeo Link:**

<https://vimeo.com/500173998/5e8532eb29>

Tabata Body Blast

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1A - Spider-Man Push Ups

2B - Scissor Switch

2A - Squat and side punch

2B - Speed Crunch

3A - RLRL Rev. lunge to high knee

3B - High Knees

4A - Flutter kicks

4B - Plank Jax

**Friday May 14**

**Vimeo Link:**

<https://vimeo.com/444998776/321dda620f>

40s on 15s off

3x thru everything

1A - Mtn Climbers

1B - Jax

2A - Bicycle Crunch

2B - High Knees

3A - Speed Crunch

3B - 3 Squat 3 Push Ups

4A - Plank

4B - Burpees

**Saturday May 15**

**Vimeo Link:**

<https://vimeo.com/444998775/a18acf7753>

Tabata- 20s on 10s off

4x thru everything

1A - Squat hops fwd/bck

1B - Pulse Push Ups

2A - Crunches

2B - Stationary Sprinter R/L/R/L

3A- Squatted R Rev Lunge

3B- R Board Breaker

4A - Squatted L Rev Lunge

4B - L Board Breaker

1 Min Burst Ending AMRAP

5A -5 Push Ups

5B -5 Squat Jumps