**HQ Workouts**

**Monday June 7**

**Vimeo Link:**

<https://vimeo.com/507379151/e75fa90c33>

30s work time

10s res

3x through everything!

1A-Squat, Pulse, Press

1B-Plank DB Drag

1C-Alt Jabs

2A-Chest Fly Leg Lift

2B-Renegade Row

2C-Ground to Overhead

3-Repeat #1

4-Repeat #2

**Tuesday June 8**

**Vimeo Link:**[**https://vimeo.com/543264430/65e7a60633**](https://vimeo.com/543264430/65e7a60633)  
PLANK-N-BOOTY ACTION

30 minutes of pure fitness FUN

30s work time

10s rest

3x through everything!

1)

-DB Hinge

-Plank DB Drag

-Bicycle Crunch

2)

-Rev Lunge DB Twist

-Plank Shoulder Tap

-Russian Twist

3)

-DB Squat Hold

-Plank Side To Side Hop

4)

-DB Glute Bridge Step Out

-Plank Around The World

-Alt V-Up Toe Reach

**Wednesday June 9**

**Vimeo Link:**

<https://vimeo.com/507356649/beaa37d22a>

30s work time

10s res

3x through everything!

1)

-Squat High Five

-Russian Twist DB Pass

-Jax Challenge

2)

-Push Up High Five

-Squat Hold DB Pass

-Burpee Challenge

3)

-Sit Up High Five

-Plank - 10 Squat Jump

-Push Up Challenge

4)

-Plank Five

-Squat Hold -10 Jax

-Squat Challenge

Get ready to sweat have fun and FEEL GREAT!

**Thursday June 10**

**Vimeo Link:**

<https://vimeo.com/446965689/fcabd174bb>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- S.A. Chest Press

1B- S.A. DB Row

2A- Suitcase deadlift

2B- Goblet Squat

3A- S.A. Shoulder Press

3B- Single Side Lunges

4A- Single DB Squat and Press

4B- Russian Twist

**Friday June 11**[**https://vimeo.com/510302321/1a6e274ab0**](https://vimeo.com/510302321/1a6e274ab0)

**CLIMB THE LADDER**

**30 minutes of pure fitness FUN**

**CLIMB THE LADDER**

**1 -> 10 -> 1**

**1) Sit Up w/ DB**

**2) Push Up**

**3) Squat w/ DB**

**4) Plank Jax**

**5) Rev Fly**

**6) DB Lunge**

**7) Leg Lift**

**8)Seated DB Shoulder Press**

**9) Butterfly Glute Bridge**

**10) BURPEE**

**Saturday June 12**

**Vimeo Link:**

<https://vimeo.com/446965513/0e22b78ef2>

Tabata- 20s on 10s off

4x thru everything

1A- R Sprinter Step to Hop

1B- L Sprinter Step to Hop

2A- Push Up Shoulder Tap

2B- Bicycle Crunches

3A- Ground to Overhead

3B- Low Squat Hold w/ Punches

4A- T-Plank

4B- Jack Press

1 Min Burst Ending

- High Knees

- Mtn Climber

- Jax