**HQ Workouts**

**Monday June 14**

 **Vimeo Link:**[**https://vimeo.com/548587711/2b35af8fde**](https://vimeo.com/548587711/2b35af8fde)

Crazy Cardio

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-R Board Breaker

-L Board Breaker

-Skier Hops

2)

-Bicycle Crunch

-R Sprinter Step to Hop

-L Sprinter Step to Hop

3)

-Alt Toe Touches

-10/10 Frnt to Back/ side to side quick feet

-Jax

4)

-Flutter Kick

-Squat Lat Leg Raise

-High Knees

 **Tuesday June 15**

**Vimeo Link:**
<https://vimeo.com/552019068/a7767e4c22>

Lazy Leg Day- Tabata

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1)

-Squat Rev Lunge

-Lateral Lunges

2)

-Jump Squats

-Squat Kick

3)

-Glute Bridge Walk out

-Squat Lat Leg Lift

4)

-Pulse Squat

-Squat Rev Leg Lift

AMRAP Ending

10- Sit Ups

10- Leg Lifts

10- Bicycle Crunches

**Wednesday June 16**

 **Vimeo Link:**

<https://vimeo.com/446966295/8e4bae127c>

\*\*Dumbbells and Paper Plate Needed

40s on 15s off

3x thru everything

1A- Side to Side Shimmie

1B- Donkey to Hydrant

2A- S.A. Chest Press

2B- Slider Knee Tucks

3A- Slider Roll Outs

3B- Slider Push Up

4A- Slider Step Through Lunge

4B- Burpee DB Press

**Thursday June 17**

**Vimeo Link:**

<https://vimeo.com/398578619/ff4f24b9a9>

5 Minutes for Each Round

Round 1

1A x10 John Travoltas

1B x10 Standing Bicycles

1C x10 Narrow Push-ups

Round 2

2A Deadbug w/ Alt Heel Tap

2B x10 Glute Bridge March

2C x10 Total Body Extension Jumps

Round 3

3A x10 in/out & front/back line sprints

3B x20 Cross Body Crunches

Round 4

4A x5 High Knees + 1 Burpee

4B x Hinge Position YTA’s

**Friday June 18**

**Vimeo Link:**

<https://vimeo.com/398579223/54416ed3c7>

36 Seconds of Work

12 Seconds of Rest

1x per exercise before moving to next

3 Rounds through all exercises

1. Squats with 4:2:X Tempo
2. Flutter Kicks
3. Pushups 4:2:X Tempo
4. In and Out Sprints
5. Split Squat 4:2:X Tempo
6. Up/Down Plank
7. Straight Leg Set-up 4:2:X Tempo
8. Lateral Lunge 4:2:X Tempo
9. Leg Lower 4:2:X Tempo
10. Burpee

**Saturday June 19**

**Vimeo Link:**

<https://vimeo.com/398579771/58c597f9f3>

Format: TABATA – AAAABBBB – 20:10

Station1:

A. Sprint-to-Backpedal

B. Push Ups

Station 2:

A. Carioca

B. Glute Bridges

Station 3:

A. Triangle Drill

B. Alligator Sit Up

Station 4:

A. Lateral Speed Skaters

B. Squat Jumps

Station 5:

A. Deadbug Heel Lower

B. Plank Jack Burpee