**HQ Workouts**

**Monday June 21**

**Vimeo Link:**

<https://vimeo.com/398580686/f56b47ae66>

5 Exercise Circuit

Format: 1 minute per exercise with no break between exercises (Take 1-2 min break between rounds).

Perform Circuit for 3 Total Rounds (15 min total)

1. Jump Squats
2. Push-Ups
3. Alternating Reverse Lunges
4. Up/Down Planks
5. Burpees

Finisher:

30sec each exercise (no break)

2x though (2 min total)

1. High Knees
2. Mt. Climbers

**Tuesday June 22**

**Vimeo Link:**  
<https://vimeo.com/513995420/2f4ffd3bec>

BICEP BUILDER

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Right Curl

-Right Supine Row

-Squat Press Out

2)

-Left Curl

-Left Supine Row

-Burpee

3)

-Static Alt Curl 1/1

-Controlled Rev Fly

-Upper Cuts

4)

-21 Curls

-Static Supine Row 1/1

-10/10 High Knees-Jax

Get ready to sweat have fun and FEEL GREAT!

**Wednesday June 23**

**Vimeo Link:**

<https://vimeo.com/398581605/3be8861e85>

Ten Total Exercises

Rep Goal Each Exercise to Meet Within 1 Minute

Repeat Twice Each Exercise – Jog In Place/Rest If Completed Before Minute Is Up

2 Minute EMOM

1. Air Jacks (30 reps)
2. Push Ups (20 reps)
3. Shoulder Retractions (8 reps) (tempo – 4 sec retraction/2 sec hold)
4. 1.5 Stance Hinge (8 reps) (tempo – 4 sec lower/2 sec hold)
5. Deadbug Heel Lower (8 reps) (tempo – 4 sec hold/2 sec lower)
6. Wall Sit
7. Plank Alternating Hip Dips (8 reps) (tempo – 4 sec lower/2 sec hold)
8. Glute Bridge (8 reps) (tempo – 4 sec hold/2 sec lower)
9. Squat Pulse (40 reps)

Mountain Climbers (50 reps)

**Thursday June 24**

**Vimeo Link:**

<https://vimeo.com/398582651/a8a89f4490>

AA conveyor 39:12 Total body strength

1. Reverse lunge to hop (4:2:X tempo)
2. High plank pull through
3. Bent-over row pulse
4. Shawn-T
5. Straight leg lower (4:2:X tempo)
6. Sumo bob squats
7. Single leg glute bridge (4:2:X tempo)
8. Break the boards
9. Single arm high plank hold
10. Quadruped donkey kick

Finisher:

1. 25:10 A conveyor speed round with all exercises above
2. Pyramid: (1:1:1, 2:2:2, 3:3:3, etc.) 2 mins
   1. Glute bridge
   2. Push-up
   3. Vertical push press jack

**Friday June 25**

**Vimeo Link:**

<https://vimeo.com/398583951/d687f7ed16>

Five Total Stations

4 Minutes Each Station Alternating Between Exercises Every 30 Seconds

Format: 4 Minute AMRAP – ABABABAB – 30:30

Station1:

A. Jumping Jacks

B. Front-to-Back Speed Skaters

Station 2:

A. Drop Squat

B. Heisman’s

Station 3:

A. Push Ups

B. Deadbug Rockers

Station 4:

A. Lateral Shuffle

B. Glute Bridge Walkout

Station 5:

A. Sky Reach Crunch

B. Burpee Alternating Lateral Reach

**Saturday June 26**

**Vimeo Link:**

<https://vimeo.com/399225719/b23231c1e2>

33:12 A conveyor x 3

1. Hollow body hold
2. Split squat (4:2:X)
3. Switch sides
4. Plank T rotations
5. 10 front to back speed skaters -> 10 high knees
6. Wide -> narrow push-ups
7. Superman scap retraction
8. Glute bridge L taps
9. Tricep dips
10. Surfer squat jumps

Finisher: Sally up down plank (1 min)

Sally up down squat (1 min)