**HQ Workouts**

**Monday June 28**

**Vimeo Link:**

<https://vimeo.com/399236043/134e1dce40>

24 Seconds of Work

12 Seconds of Rest

Four times in a row of Exercise A, then four times for Exercise B before going to the next pairing.

1A Sphinx Pushup

1B Squat to Board Breaker

2A Hollow Body to Deadbug

2B Lateral Speed Skater

3A Bird Dog Crunches

3B Jump Lunges

4A Russian Twist

4B Lateral Lunge Shifts

5A Alt Toe Taps

5B Star Jacks

**Tuesday June 29**

**Vimeo Link:**  
<https://vimeo.com/399240890/11c28dcea8>

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

Format: 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)
10. Mountain Climbers (50 reps)

**Wednesday June 30  
Vimeo Link:**

<https://vimeo.com/399245514/6ac83eabe9>

Format: ABABAB 30:10

Starter: 45s Full Body Extension Jumps, 45s Straight Arm Crunches

Station 1:

1. Side Lying V-Ups
2. Speed Jacks

Station 2:

1. Straight Leg Glute Bridge Hold
2. Lateral Shuffle to 6 Mt. Climbers

Station 3:

1. Beast Hold
2. Line Sprints

Station 4:

1. 10 High Plank Shoulder Taps, 2 Push Ups
2. Heismans

Station 5:

1. Reverse Lunges
2. 10 High Knees, 2 Burpees

Finisher: 90s Low Plank Hold

**Thursday July 1**

**Vimeo Link:**

<https://vimeo.com/399250304/88a7f1a0cc>

30 Seconds of Work

10 Seconds of Rest

2x at each exercise before moving to the next

1. Squats 4:2:1 Tempo
2. Lateral Shuffle to 3 Burpees
3. Single Leg Hip Thrusts 4:2:1 Tempo
4. El Chapo with Quarter Turns
5. Split Squats 4:2:1 Tempo
6. X5 BW Speed Squats to 5 Running Mans
7. Chest Press 4:2:1 Tempo
8. Rainbow Planks
9. Single Leg RDL 4:2:1 Tempo
10. Squirming Turtles

**Friday July 2**

**Vimeo Link:**

<https://vimeo.com/436608181/fb0dbe91a0>

**Format:**

## 30 minutes of pure fitness FUN

## Station 1 and 3:

## 40 seconds of work

## 15 seconds of rest

## 3x through each!

## Station 2 and 4

## AMRAP

## **Station 1**

## Spiderman Plank

## Leg Raises

## **Station 2: AMRAP 10 ea.**

## Right Donkey Pulse

## Left Donkey Pulse

## Pulse Squat

## **Station 3**

## Flying Plank

## Speed Crunch Hold

## **Station 4: AMRAP 10 ea.**

## Butterfly Bridge

## Squatted Side Step

## Quick Jacks

**Saturday July 3**

**Vimeo Link:**

<https://vimeo.com/436606450/d543e35d60>

**Format:**

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything.

## R side Single Leg Jackknife

## L side Single Leg Jackknife

## High Knees

## Plank to Pike

## R side Crunch

## L side Crunch

## 

## Stationary Speed Skater

## Seal Jacks