

HQ Workouts

Monday July 5

Vimeo Link:

<https://vimeo.com/436845731/6e2a46e571>

Format:

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Push Up Test

Lunge Squat

Plank Jacks

Dead bug - Heal Tap Crunch

Stationary Sprinters

20/20 Squat Hold Plank

Burpees

Tuesday July 6

Vimeo Link:

<https://vimeo.com/436958511/7a26ba4a26>

Total Body Conditioning:

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

Format:

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Squat Test

Alt Lunge SLOW

Plank

Left, right, center Crunch
4 Punch Switch

Butterfly Glute Bridge
Jacks

Wednesday July 7

Vimeo Link:

<https://vimeo.com/436958263/69af5906a2>

Format:

30 minutes of pure fitness FUN
40 seconds of work, 15 seconds of rest
3x through everything

Sit Up Test

Blast Off Push Up
Squat Lat Leg Raise

Shin Touch
Ground to Overhead

Speed Crunch
10 Jabs 1 Sidekick

Thursday July 8

Vimeo Link:

<https://vimeo.com/436845330/4a0c9bd8fc>

Format:

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest
3x through everything

Lunge Test

Around the World Plank
Glute Bridge March

3 Push Up 3 Jacks
3 Squats, 3 Burpees

4/4 Curtsy Pulse
Side Shuffle Midline Touch

Friday July 9

Vimeo Link:

<https://vimeo.com/444666492/b37067f4f5>

40s on 15s off
3x thru everything

1A- Palm release Push Ups
1B- Squatted Rev Lunges

2A- T-Plank
2B- Stationary Lateral Lunge

3A- 4ct Glute Bridge
3B- High Knees

4A- LRC Crunch
4B- 2 Push Ups to 2 Squats

Saturday July 10

Vimeo Link:

<https://vimeo.com/436844585/e2d021d541>

Format:
Total Body Conditioning

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Burpee Test

Right Side V-Up

Left Side V-Up

5/5 Donkey Kick

Swimmers

Right Sprinter Step to Hop

Left Sprinter Step to Hop
