**HQ Workouts**

**Monday July 12**

**Vimeo Link:**

[**https://vimeo.com/436844987/faad307643**](https://vimeo.com/436844987/faad307643)

## 

**Format:**

Cardio Conditioning:

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 5/5 Board Breakers

## Squatted Punches

## Toe Tap

## Speed Crunches

## Jack Press

## Hollow Body Press

## “Phet” Step

## Ground to Overhead

**Tuesday July 13**

**Vimeo Link:**[**https://vimeo.com/554868881/8c6de63afd**](https://vimeo.com/554868881/8c6de63afd)Full Body Burn Out- Tabata

30 minutes of pure fitness FUN

20s work time

10s res

AAAABBBB

4x through everything!

1)

-Bicep Curl

-Board Breakers

2)

-Chest Press

-Squats

3)

-Shoulder Press

-Cross Crunch

4)

-Tricep Kickback

-Burpees

LADDER Ending

Push Up

Squat

Sit Up

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**Wednesday July 14  
  
Vimeo Link:**[**https://vimeo.com/560509732/f02b3b9a28**](https://vimeo.com/560509732/f02b3b9a28)

Full Body Ring of Fire 🔥

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

-Push Ups

-Squats w/ DB

-Flutter-kicks

-Russian Kicks

-Narrow to Wide Plank

-R Rev Lunge to High Knee

-Russian Twist

-High Knees

-Seated Bi Curls

-L Rev Lunge to High Knee

-Bicycle Crunch

-Cherry Pickers

**Thursday July 15**

**Vimeo Link:**[**https://vimeo.com/566729034/162c2a35c8**](https://vimeo.com/566729034/162c2a35c8)

Can you handle the hold-Tabata

30 minutes of pure fitness FUN!

20s work time

10s res

4x through everything!

1)

-Push Up

-Plank Hold

2)

-Squats

-Squat Hold

3)

-Bicycle Crunch

-Hollow Body Hold

4)

-Rev Lunge R,L

-Lunge Hold R,L

AMRAP

10-High Knees

10-Jax

10-Squat Jumps

**Friday July 16**

**Vimeo Link:**

[**https://vimeo.com/436606676/19518c32c6**](https://vimeo.com/436606676/19518c32c6)

## 

**Format:**

## Back and Abs

## 30 minutes of pure fitness FUN

## 

## 40s work time

## 15s rest

## 

## 2x through everything!

## 

## Bird Dog

## Hundreds

## Slider Climbers

## 

## Shimmies

## Ab Rollout

## Bicycle Crunches

## 

## Superman Pull-down

## Clock Push Up

## Predator Jax

## 

## Wide Plank

## Rev. Snow Angel

## Slider Burpees

**Saturday July 17  
  
Vimeo Link:**[**https://vimeo.com/436861707/fcac79d350**](https://vimeo.com/436861707/fcac79d350)

**Format:**

## Total Body Hype

## 30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## AMRAP

## 10 Squat N Kick

## 10 Plank Shoulder Taps

## 10 Alt Lunges

## Plank Ups

## 5/5 Sprinter Step to Hop

## AMRAP

## 10 High Knees

## 10 Sit Up Clap

## 10 Plank Toe Touches

## 

## 30s Sqaut Hold 10s Jax

## 30s High Plank 10s Climber