**HQ Workouts**

**Monday July 19  
  
Vimeo Link:**

[**https://vimeo.com/444675230/8495ca4f75**](https://vimeo.com/444675230/8495ca4f75)

30s on 5s off

3x thru everything

1A- R Curtsey Lunge

1B- L Curtsey Lunge

1C- Toe Taps

2A- Walkout Push Up

2B- Speed Crunch

2C- Cross Body Hops

3A- Plank R Opp Knee to Elbow

3B- Plank L Opp Knee to Elbow

3C- Pop Squat

4A- 2 Step Beast

4B- Crunch to clap

4C- 5 Dot Drill

**Tuesday July 20**

**Vimeo Link:**

<https://vimeo.com/436861399/215953f53f>

**Format:**

BURNT BODY

30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 4s Pause Push Up

## 3 Step Agility

## 4s Pause Squat

## 1/2 Oz Burpee

## Alt Step Thru Lunges

## Cross Body Hop

## Staggered Push Up

## Russian Kicks

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**Wednesday July 21  
  
Vimeo Link:**[**https://vimeo.com/516790929/870adbedde**](https://vimeo.com/516790929/870adbedde)For The Love Of My Legs

30 minutes of pure fitness FUN!

Tabata

20s work time

10s res

4x through everything!

1)

-R Split Squat

-L Split Squat

2)

-Plank Alt Leg Raise

-Quick Ft w/ Burpee

3)

-R Rev Lunge to High Knee

-L Rev Lunge to High Knee

4)

-Jax

-5/5 Pulse Squat Jump Squat

**Thursday July 22**

**Vimeo Link:**<https://vimeo.com/436860781/3e1895aadb>

**Format:**

## TABATA TAKEOVER!

## 30 minutes of pure fitness FUN

## 20s work time

## 15s rest

## 4x through everything!

## Rev Fly Pulse

## Quick Jacks

## R Ladder Sit Up

## Superman Push Up

## L Ladder Sit Up

## Buzz Saw Plank

## Row

Toe Taps

**Friday July 23**

**Vimeo Link:**

<https://vimeo.com/436609327/3f8963757e>

**Format:**

Back to the BASICS!!

30 minutes of pure fitness FUN

40s work time  
15s res

3x through everything!

Push Ups  
Squats

Sit Ups  
Jax

Plank Hold  
High knees

Alt Lunges  
Burpees

**Saturday July 24  
  
Vimeo Link:**<https://vimeo.com/442420895/063d551c72>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Push Up

Sit Up Punch

Pulse Squat

Alt Jackknives

Plank Shoulder Tap

Glute Bridge Step Out

Scissor Switch

Squatted Punches

Min Burst Ending

High Knees

Jax

-Mtn Climbers