**HQ Workouts**

**Monday July 26  
  
Vimeo Link:**

<https://vimeo.com/442451457/b2f79b84ac>

**Format:**

Strength 40s on 15s off

3x thru everything

Lunge Lunge Squat

Bicycle Crunch

4s Down Push Ups

Leg Lifts

Superman

Side Shuffle Midline Touch

Single Side Jackknife

Ground to Overhead

**Tuesday July 27**

**Vimeo Link:**<https://vimeo.com/442468747/edae58ec48>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Plank Alt Leg Lift

Speed Crunch

Alt Rev Lunge

Rev. Crunch

Plank Ups

Flutter Kicks

Squat Side punch

Toe Touch’s

Min Burst Ending

Quick Jax

Cherry Pickers

Burpees

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**Wednesday July 28  
  
Vimeo Link:**

<https://vimeo.com/522871945/8c7333a00f>

**Format**:  
Single Sided Sweat 😓

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Right Curl and Press

-Left Curl and Press

-Ground to O.H.

2)

-Right Rev Lunge

-Left Rev Lunge

-Mtn. Climber

3)

-Right Row

-Left Row

-Pop Squats

4)

-Right Leg Lat raise to Kickback

-Left Leg Lat raise to Kickback

-2 Push Up 2 Squat Jump

**Thursday July 29**

**Vimeo Link:**

<https://vimeo.com/491816648/c55ee4fb01>

**Format:**

Brutal Full Body Beat Down

30 minutes of pure fitness FUN

40s work time

15s res

3x through everything!

Curl N Press

Skier Hops

Rev Lunge N Twist

Drop Squat

DB Sit Up

Bicycle Crunch

Alt Man Makers

Ground to O.H.

Get ready to sweat have fun and FEEL GREAT!

**Friday July 30**

**Vimeo Link:**

<https://vimeo.com/442493529/51febc2a99>

**Format:**

40s on 15s off

3x thru everything

Glute Bridge

Front to Back Quick Feet

5/5 Donkey Kicks

5/5 Board Breakers

LRC Crunch

Predator Jax

Surrenders

High Knees

**Saturday July 31  
  
Vimeo Link:**<https://vimeo.com/442506864/7280ca4116>

**Format:**

Tabata- 20s on 10s off

4x thru everything

1A- Spiderman Plank

1B- 10/10 Hi-Lo Punches

2A- R-L-R-L Glute Bridge

2B- Jack Dbl Punch

3A- Push Up Plank Jax

3B- Bicycle Crunch

4A- R-L-R-L Lunge Pulse

4B- 100’s

1 Min Burst Ending

- Side-Side Shuffle

- Ground to Overhead

- Burpee w/ Push Up