**HQ Workouts**

**Monday August 9  
  
Vimeo Link:**<https://vimeo.com/444666494/b0cfb0527d>

**Format:**

EMOM

4 Min Per Station

EMOM #1

-12 Push Ups

-Seal Jax

EMOM #2

-12 Squats

-Cross Body Hops

EMOM #3

-12 Sit Ups

-3 Step Agility

EMOM #4

-12 Lunges

-Cross Body Climbers

Ending

-Push Up – Squat – Bicycle Crunch 2x 30s each

**Tuesday August 10**

**Vimeo Link:**[**https://vimeo.com/575454280/8c06135a7e**](https://vimeo.com/575454280/8c06135a7e)More Core - Ring of Fire 

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

-Sit Up Cross Jab

-Superman Pulse

-R. Side Plank

-L. Side Plank

-R. Bird Dog

-L. Bird Dog

-Alt Heal Tap

-R. Standing Side Crunch

-L. Standing Side Crunch

-Full Body Extension

-Cross Body Hops

-Low Plank Alt Reach

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**Wednesday August 11  
  
Vimeo Link:**

<https://vimeo.com/577667208/cf7a133d81>

ROLL IT FOR RESULTS

1)

R. Calf

L. Calf

2)

R Hamstring

L Hamstring

3)

Mid to Upper Back

4)

R. Quad

L. Quad

5)

R. Lat

L. Lat

30 minutes of pure recovery!

Get ready to FEEL GREAT!

**Thursday August 12**  
**Vimeo Link:**  
 <https://vimeo.com/444666491/7563c2c2ac>

40s on 15s off

3x thru everything

1A- R Bird Dog

1B- Squat R Kick

2A- L Bird Dog

2B- Squat L Kick

3A- Glute Bridge Step Out

3B- Toe Taps

4A- Around the World Plank

4B- In and Out Squat

**Friday August 13**

**Vimeo Link:**[**https://vimeo.com/520178298/6d5fad8ee0**](https://vimeo.com/520178298/6d5fad8ee0) **Format:**Total Body Head-to-Toe Here We Go!

30 minutes of pure fitness FUN 🙌❤️

30s work time

10s rest

4x through everything!

1)

-Beast Hold Shoulder Tap to

High Plank Arm Reach

-Alt. Heel Tap Crunch

2)

-Right Side Lateral Lunge to Torso Twist

-Left Side Lateral Lunge to Torso Twist

3)

-Superman Hold

-Lunge, Lunge, Squat

4)

-Low Plank Jax

-5/5 Sprinter Stance to High Knee Drive

**Saturday August 14  
Vimeo Link:**<https://vimeo.com/497078916/9d67189f1d>

**Format:**

Full Body Blast EMOM

1-10 R Rev Lunge to Shoulder Press

* In/out - Frnt/Bck Quick Feet

2-10 L Rev Lunge to Shoulder Press

* Busz Saw Plank

3-10ea DB Russian Twist

* Quick Jax

4-10ea SA Supine Rows

* Bicycle Crunch

5-Squat to O.H. Tri Ext

* 2 Push Ups to 2 Squat Jumps