**HQ Workouts**

**Monday August 16

Vimeo Link:**<https://vimeo.com/444666493/b0b0ef3756>

Tabata- 20s on 10s off

4x thru everything

1A- R Crunch

1B- L Crunch

2A- Staggered Push Ups

2B- Skier Hops

3A- R Lateral Lunge

3B- L Lateral Lunge

4A- Plank Shoulder Tap

4B- Rolling Flutter Kicks

1 Min Burst Ending AMRAP

- 5 Right Board Breakers

- 5 Left Board Breakers

- 5 Burpees

 **Tuesday August 17**

**Vimeo Link:**<https://vimeo.com/444666487/43bf4786bf>

EMOM

4 Min Per Station

EMOM #1

-14 Plank Ups

-Jabs

EMOM #2

-14 Curtsey Lunge

-Side to Side punch

EMOM #3

-14 Alt Leg V-Ups

-Elbow Plank

EMOM #4

-14 Surrenders

-Bicycle Crunch

Ending

–Fwd. Lunges-Buzz Saw Plank- Speed Skaters –2x 30s each

**Wednesday August 18
Vimeo Link:**

<https://vimeo.com/444666489/634e1c5c9b>

40s on 15s off

3x thru everything

1A- R Chest Press

1B- Plank DB Drag

2A- L Chest Press

2B- Superman Pull Down

3A- R Kneeling Curl

3B- Jump Rope\*

4A- L Kneeling Curl

4B- Cross Country Skiers

 **Thursday August 19**
**Vimeo Link:**
<https://vimeo.com/444666484/3e1819f09a>

Tabata- 20s on 10s off

4x thru everything

1A- Plank Right Leg Lift Pulse

1B- Plank Left Leg Lift Pulse

2A- Squats

2B- Squatted two step walk fwd/bck

3A- Push Ups

3B- Alt Jackknives

4A- Wide Agility Step/Hop

4B- L/R Burpees

1 Min Burst Ending AMRAP

- 3 Sit Ups

- 3 Squat Jumps

**Friday August 20**

**Vimeo Link:**[**https://vimeo.com/531422971/3c978aa591**](https://vimeo.com/531422971/3c978aa591)Abs in Action- Tabata

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1)

-Plank Hold

-Push Up

2)

-Hollow Body Hold

-Up and Over Abs

3)

-Plank Hold

-Bicycle Crunch

4)

-Speed Crunch

-Mtn Climbers

**Saturday August 21
Vimeo Link:**[**https://vimeo.com/534189512/263f3f4535**](https://vimeo.com/534189512/263f3f4535)

Total Body Toner

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Squat Rev Lunge

-Rotational Crunch

-Jax

2)

-High/Lo Plank

-Bent Over Row

-Burpees

3)

-Butterfly Glute Bridge

-Superman Pull Up

-Mtn Climbers

4)

-R. Ladder Crunch

-L. Ladder Crunch

-Uppercuts