**HQ Workouts**

**Monday August 23  
  
Vimeo Link:**[**https://vimeo.com/536570425/da431dbb1a**](https://vimeo.com/536570425/da431dbb1a)Legs and Love Handles! ￼

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Bicycle Crunch

-R. Rev Lunge to HK

-L. Rev Lunge to HK

2)

-Leg Raise

-Pulse Squat

-Deep Squat

3)

-R. Half Crunch

-L. Half Crunch

-Jumping Jax

4)

-Rocking Low Plank

-Glute Bridge Step Out

-High Knees

**Tuesday August 24**

**Vimeo Link:**[**https://vimeo.com/539273812/5bbee87293**](https://vimeo.com/539273812/5bbee87293)BURPEE BANANZA!

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-R. Supine Row

-L. Supine Row

-Burpee Alt Kick

2)

-R. Curl N Press

-L. Curl N Press

-Burpee Jack

3)

-R. Chest Press

-L. Chest Press

-Burpee 2 Squats

4)

-R. Windmill

-L. Windmill

-Burpee

**Wednesday August 25  
Vimeo Link:**

<https://vimeo.com/444675897/bd8868b791>

EMOM

4 Min Per Station

EMOM #1

-12 Blast Off push up

-Bicycle Crunches

EMOM #2

-12 Narrow Push Ups

-Ground to Overhead

EMOM #3

-12 Plank Opp shin touch to reach

-Speed Skater

EMOM #4

-12 Ea. Leg Rev Lunge (Hop if can)

-Burpees

Ending

–Jabs- Mtn Climbers- High Knees - 2x 30s each

**Thursday August 26  
  
Vimeo Link:**  
<https://vimeo.com/444971145/00d0c031e7>

40s on 15s off

3x thru everything

1A- Lunge Lunge Squat

1B- Jabs

2A- Single Leg Glute Bridge

2B- Jax

3A- Plank Shoulder Taps

3B- UpperCuts

4A- Elbow Plank Reach

4B- Scissor Switch

**Friday August 27**

**Vimeo Link:**[**https://vimeo.com/528393112/e1568bbc06**](https://vimeo.com/528393112/e1568bbc06)  
  
Mysterious strength!!

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Chest Fly

-Seated Curl

-Kneeling Press

2)

-Low Squat Hold

-Alt DB Lunge

-Squats

3)

-ALT Hammer Curl

-ALT Skull Crusher

-5/5 Chest Press

4)

-Moving Beast

-Burpee Jump Squat

-Skiers

**Saturday August 28  
  
Vimeo Link:**<https://vimeo.com/444987866/e090245010>

40s on 15s off

3x thru everything

1A- Single Side Plank Alt leg/arm Lift

1B- Squatted Punches

2A- Side Plank Hip Dip

2B- Surrenders

3A- Leg Lifts with hip raise

3B- Wide Pike Up hops

4A- Push Up 2s Pause at bottom

4B- Quick Seal Jax

4B- Cross Country Skiers