**HQ Workouts**

**Monday August 30  
  
Vimeo Link:**<https://vimeo.com/493916905/c921b72dd8>

Tabata Total Body!

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1A -Push Ups

1B - Cross Body Hops

2A -Pulse Squat

2B -Mtn Climbers

3A - Speed Crunch

3B - Speed Skaters

4A - -Static Lunge

4B - -Burpee Jack

**Tuesday August 31**

**Vimeo Link:**<https://vimeo.com/500173998/5e8532eb29>

Tabata Body Blast

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1A - Spider-Man Push Ups

2B - Scissor Switch

2A - Squat and side punch

2B - Speed Crunch

3A - RLRL Rev. lunge to high knee

3B - High Knees

4A - Flutter kicks

4B - Plank Jax

**Wednesday September 1  
Vimeo Link:**

<https://vimeo.com/444998776/321dda620f>

40s on 15s off

3x thru everything

1A - Mtn Climbers

1B - Jax

2A - Bicycle Crunch

2B - High Knees

3A - Speed Crunch

3B - 3 Squat 3 Push Ups

4A - Plank

4B - Burpees

**Thursday September 2  
  
Vimeo Link:**  
<https://vimeo.com/444998775/a18acf7753>

Tabata- 20s on 10s off

4x thru everything

1A - Squat hops fwd/bck

1B - Pulse Push Ups

2A - Crunches

2B - Stationary Sprinter R/L/R/L

3A- Squatted R Rev Lunge

3B- R Board Breaker

4A - Squatted L Rev Lunge

4B - L Board Breaker

1 Min Burst Ending AMRAP

5A -5 Push Ups

5B -5 Squat Jumps

**Friday September 3**

**Vimeo Link:**<https://vimeo.com/444964137/54855ecdcb>

40s on 15s off

3x thru everything

1A - Deadbug

1B - Jump Squat Mid Touch

2A - R Step Through Lunge

2B - L Step Through Lunge

3A - Staggered Push Ups

3B - Squatted Sky Reach

4A - Squat Rev Leg Kickback

4B - 5/5 Board Breakers

**Saturday September 4  
  
Vimeo Link:**<https://vimeo.com/502293015/1607a8c1a2>

Dumbbell Domination!

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1A - Squatted Alt Shoulder Press

2A - Renegade Row

3A - Jax

2A - Rev Lunge N Curl

2B - Alt Skull Crusher

2C - Mtn Climber

3A - Diagonal Press out

3B - Rev Fly

3C - Burpee

4A - Squat Curl Press

4B - DB Russian Twist

4C - DB High Knees