**HQ Workouts**

**Monday September 6  
  
Vimeo Link:**<https://vimeo.com/445043318/6c9bcca682>

EMOM #1

-12 Squat and Press

-Toe Taps

EMOM #2

-12 Chest Fly

-Plank Ups

EMOM #3

-12 Rev Fly

-Seal Jax

EMOM #4

-12 Skull Crusher Leg Lifts

-Pop Squats

Ending

-Mtn Climbers -Push Ups -High knees 2x 30s each

**Tuesday September 7**

**Vimeo Link:**<https://vimeo.com/445096264/1b1d57e166>

4 Min Per Station

EMOM #1

-12 Tall ½ Kneeling R Curl N Press

-R Board Breaker

EMOM #2

-12 Tall ½ Kneeling L Curl N Press

-L Board Breaker

EMOM #3

-12 R Chest Press

-3 Step Agility

EMOM #4

-12 L Chest Press

-3 Push Ups 3 Squat Jumps

Ending

-V-Ups -Bicycle Crunch -High knees 2x 30s each

**Wednesday September 8  
Vimeo Link:**

<https://vimeo.com/445088929/28a15d4643>

Tabata- 20s on 10s off

4x thru everything

1A- Alt Jackknife Crunches

1B- Squatted Punches

2A- Alt Toe/Shin Reaches

2B- Cherry Pickers

3A- Bicycle Crunch

3B- Stationary Skaters

4A- Flutter Kicks

4B- Ground to Overhead

1 Min Burst Ending AMRAP

-5 R Lunges

-5 L Lunges

**Thursday September 9  
  
Vimeo Link:**  
<https://vimeo.com/445085834/6c578b9f2e>

40s on 15s off

3x thru everything

1A- Chest Press

1B- Plank R Knee to Elbow

2A- Bent Over Row

2B- Plank L Knee to Elbow

3A- DB Racked Deep Squat

3B- Jabs

4A- Fwd Lunge Press

4B- Burpees

**Friday September 10**

**Vimeo Link:**[**https://vimeo.com/445078037/68ecd7db81**](https://vimeo.com/445078037/68ecd7db81)

30s on 5s off

3x thru everything

1A- Bicep Curl

1B- Tricep Kick Back

1C- Sit Up Press

2A- L-Raise

2B- Seated Shoulder Press

2C- Bicycle Crunch

3A- Squatted Press Out

3B- Rev Lunge N Twist

3C- Plank Jax

4A- Jack Press

4B- Russian Twist

4C- High Knees w/ DB

**Saturday September 11  
  
Vimeo Link:**<https://vimeo.com/444703760/18fd951d34>

40s on 15s off

3x thru everything

1A- Fwd Lunge

1B- Skier Hop

2A- 2 Leg Glute Bridge

2B- Stationary Skater

3A- Push Up

3B- Toe Taps

4A- Squats

4B- Jax