**HQ Workouts**

**Monday September 13  
  
Vimeo Link:**<https://vimeo.com/444705156/074f509db9>

40s on 15s off

3x thru everything

1A- Dead Bug Legs Only

1B- Quick Feet

2A- Single Side Lateral Lunge

2B- Buzz Saw Plank

3A- Plank Up to Push Up

3B- Ground to Overhead

4A- Squats Pulse Squat

4B- Russian Kicks   
  
  
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**Tuesday September 14**

**Vimeo Link:** <https://vimeo.com/445025320/6c8bf84200>

4 Min Per Station

\*\*DB Needed

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

**Wednesday September 15  
  
Vimeo Link:**

<https://vimeo.com/446968281/d05d94f698>

30s on 10s off

3x thru everything

1A- Squat Press N Twist

1B- Plank DB Drag

1C- Toe Taps

2A- 3/3 Renegade Rows

2B- Crunch DB Pass Thru

2C- Mummy Kicks

3A- R Side Plank Tri Ext

3B- Russian Twist

3C- DB Pulse Squat

4A- L Side Plank Tri Ext

4B- DB Toe/Shin Touch

4C- Pogo Hops

-5 L Lunges

**Thursday September 16  
  
Vimeo Link:**  
<https://vimeo.com/446968065/18c80c1b6f>

40s on 15s off

3x thru everything

1A- Around the world Plank

1B- L to R Punches

2A- R. Leg V-Up

2B- R. Sprinter Step to Hop

3A- L. Leg V-Up

3B- L. Sprinter Step to Hop

4A- Straight Leg Glute Bridge

4B- Plank Jax

**Friday September 17**

**Vimeo Link:**<https://vimeo.com/446967763/4d49d7c509>

Tabata- 20s on 10s off

4x thru everything

1A- Push Up

1B- Squat Jump

2A- Sit Up Punch

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

3A- Buzz Saw Plank

3B- High Knees

4A- Mini Leg Lifts

4B- Cross Body Hops

1 Min Burst Ending AMRAP

- 10 Scissor Switches

- 10 Push Ups

**Saturday September 18  
  
Vimeo Link:**<https://vimeo.com/446967370/e7a8a746ba>

4 Min Per Station

EMOM #1

-15 DB Bicep Curl

-Tall Plank

EMOM #2

-15 Arnold Press

-Flutter Kicks

EMOM #3

-15 Chest Fly

-Side Shuffle Mid Touch

EMOM #4

-15 O.H. Tricep Ext

-Mtn Climbers

Ending

-R Plank – L Plank - Plank 2x 30s each