**HQ Workouts**

**Monday September 20  
  
Vimeo Link:**<https://vimeo.com/446967157/90024c701a>

30s on 10s off

3x thru everything

1A- DB Squat R lateral Leg Raise

1B- Up and Over Abs

1C- Ladder Push Up to Jax

2A- DB Squat L lateral Leg Raise

2B- In and Out abs

2C- Ladder Board Breakers

3A- R DB T Plank

3B- DB Hip raised Step Out

3C- Ladder High Low Dbl Punch

4A- L DB T Plank

4B- DB Super Man  
4C- Ladder Mtn Climber to High Knees

**Tuesday September 21**

**Vimeo Link:**<https://vimeo.com/446966920/f556420aa1>

40s on 15s off

3x thru everything

1A- Plank Opp Shin Touch to Reach

1B- Cherry Picker

2A- DB Surrender

2B- Bicycle Crunch

3A- Man Maker

3B- Leg Lift with Hip Raise

4AMRAP- 5 Chest Fly – 5 Rev Fly – 5 Burpees

**Wednesday September 22  
  
Vimeo Link:**

<https://vimeo.com/446965919/347ffe5fc2>

Tabata- 20s on 10s off

4x thru everything

1A- Push Up

1B- Sit Up Punch

2A- Pulse Squat

2B- Alt Jackknives

3A- Plank Shoulder Tap

3B- Glute Bridge Step Out

4A- Scissor Switch

4B- Squatted Punches

1 Min Burst Ending

-High Knees

-Jax

-Mtn Climbers

**Thursday September 23  
  
Vimeo Link:**  
<https://vimeo.com/446966502/e3b93fd611>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- Plank DB Drag

1B- Squat and Press

2A- 21 (7-7-7) Curls

2B- Rev Lunge DB Twist

3A- O.H Tricep Ext

3B- Jack Press

4A- DB Curl Mid Pause

4B- DB High Knees

**Friday September 24**

**Vimeo Link:**<https://vimeo.com/507379151/e75fa90c33>

30s work time

10s res

3x through everything!

1A-Squat, Pulse, Press

1B-Plank DB Drag

1C-Alt Jabs

2A-Chest Fly Leg Lift

2B-Renegade Row

2C-Ground to Overhead

3-Repeat #1

4-Repeat #2

**Saturday September 25  
  
Vimeo Link:**[**https://vimeo.com/543264430/65e7a60633**](https://vimeo.com/543264430/65e7a60633)  
PLANK-N-BOOTY ACTION

30 minutes of pure fitness FUN

30s work time

10s rest

3x through everything!

1)

-DB Hinge

-Plank DB Drag

-Bicycle Crunch

2)

-Rev Lunge DB Twist

-Plank Shoulder Tap

-Russian Twist

3)

-DB Squat Hold

-Plank Side To Side Hop

4)

-DB Glute Bridge Step Out

-Plank Around The World

-Alt V-Up Toe Reach