**HQ Workouts**

**Monday September 27

Vimeo Link:**<https://vimeo.com/507356649/beaa37d22a>

30s work time

10s res

3x through everything!

1)

-Squat High Five

-Russian Twist DB Pass

-Jax Challenge

2)

-Push Up High Five

-Squat Hold DB Pass

-Burpee Challenge

3)

-Sit Up High Five

-Plank - 10 Squat Jump

-Push Up Challenge

4)

-Plank Five

-Squat Hold -10 Jax

-Squat Challenge

 **Tuesday September 28**

 **Vimeo Link:**<https://vimeo.com/446965689/fcabd174bb>

\*\*Dumbbells Needed

40s on 15s off

3x thru everything

1A- S.A. Chest Press

1B- S.A. DB Row

2A- Suitcase deadlift

2B- Goblet Squat

3A- S.A. Shoulder Press

3B- Single Side Lunges

4A- Single DB Squat and Press

4B- Russian Twist

**Wednesday September 29

Vimeo Link:**

[**https://vimeo.com/510302321/1a6e274ab0**](https://vimeo.com/510302321/1a6e274ab0)

CLIMB THE LADDER

30 minutes of pure fitness FUN

CLIMB THE LADDER

1 -> 10 -> 1

1) Sit Up w/ DB

2) Push Up

3) Squat w/ DB

4) Plank Jax

5) Rev Fly

6) DB Lunge

7) Leg Lift

8)Seated DB Shoulder Press

9) Butterfly Glute Bridge

10) BURPEE

 **Thursday September 30

Vimeo Link:**
<https://vimeo.com/446965513/0e22b78ef2>

Tabata- 20s on 10s off

4x thru everything

1A- R Sprinter Step to Hop

1B- L Sprinter Step to Hop

2A- Push Up Shoulder Tap

2B- Bicycle Crunches

3A- Ground to Overhead

3B- Low Squat Hold w/ Punches

4A- T-Plank

4B- Jack Press

1 Min Burst Ending

- High Knees

- Mtn Climber

- Jax

**Friday October 1**

**Vimeo Link:**

[**https://vimeo.com/548587711/2b35af8fde**](https://vimeo.com/548587711/2b35af8fde)

Crazy Cardio

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-R Board Breaker

-L Board Breaker

-Skier Hops

2)

-Bicycle Crunch

-R Sprinter Step to Hop

-L Sprinter Step to Hop

3)

-Alt Toe Touches

-10/10 Frnt to Back/ side to side quick feet

-Jax

4)

-Flutter Kick

-Squat Lat Leg Raise

-High Knees

**Saturday October 2

Vimeo Link:**

<https://vimeo.com/552019068/a7767e4c22>

Lazy Leg Day- Tabata

30 minutes of pure fitness FUN

20s work time

10s res

4x through everything!

1)

-Squat Rev Lunge

-Lateral Lunges

2)

-Jump Squats

-Squat Kick

3)

-Glute Bridge Walk out

-Squat Lat Leg Lift

4)

-Pulse Squat

-Squat Rev Leg Lift

AMRAP Ending

10- Sit Ups

10- Leg Lifts

10- Bicycle Crunches