**HQ Workouts**

**Monday October 4  
  
Vimeo Link:**

<https://vimeo.com/446966295/8e4bae127c>

\*\*Dumbbells and Paper Plate Needed

40s on 15s off

3x thru everything

1A- Side to Side Shimmie

1B- Donkey to Hydrant

2A- S.A. Chest Press

2B- Slider Knee Tucks

3A- Slider Roll Outs

3B- Slider Push Up

4A- Slider Step Through Lunge

4B- Burpee DB Press

**Tuesday October 5**

**Vimeo Link:**<https://vimeo.com/398578619/ff4f24b9a9>

5 Minutes for Each Round

Round 1

1A x10 John Travoltas

1B x10 Standing Bicycles

1C x10 Narrow Push-ups

Round 2

2A Deadbug w/ Alt Heel Tap

2B x10 Glute Bridge March

2C x10 Total Body Extension Jumps

Round 3

3A x10 in/out & front/back line sprints

3B x20 Cross Body Crunches

Round 4

4A x5 High Knees + 1 Burpee

4B x Hinge Position YTA’s

**Wednesday October 6  
  
Vimeo Link:**

<https://vimeo.com/398579223/54416ed3c7>

36 Seconds of Work

12 Seconds of Rest

1x per exercise before moving to next

3 Rounds through all exercises

1. Squats with 4:2:X Tempo
2. Flutter Kicks
3. Pushups 4:2:X Tempo
4. In and Out Sprints
5. Split Squat 4:2:X Tempo
6. Up/Down Plank
7. Straight Leg Set-up 4:2:X Tempo
8. Lateral Lunge 4:2:X Tempo
9. Leg Lower 4:2:X Tempo
10. Burpee

**Thursday October 7  
  
Vimeo Link:**  
<https://vimeo.com/398579771/58c597f9f3>

Format: TABATA – AAAABBBB – 20:10

Station1:

A. Sprint-to-Backpedal

B. Push Ups

Station 2:

A. Carioca

B. Glute Bridges

Station 3:

A. Triangle Drill

B. Alligator Sit Up

Station 4:

A. Lateral Speed Skaters

B. Squat Jumps

Station 5:

A. Deadbug Heel Lower

B. Plank Jack Burpee

**Friday October 8**

**Vimeo Link:**

<https://vimeo.com/398580686/f56b47ae66>

5 Exercise Circuit

Format: 1 minute per exercise with no break between exercises (Take 1-2 min break between rounds).

Perform Circuit for 3 Total Rounds (15 min total)

1. Jump Squats
2. Push-Ups
3. Alternating Reverse Lunges
4. Up/Down Planks
5. Burpees

Finisher:

30sec each exercise (no break)

2x though (2 min total)

1. High Knees
2. Mt. Climbers

**Saturday October 9  
  
Vimeo Link:**

<https://vimeo.com/513995420/2f4ffd3bec>

BICEP BUILDER

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Right Curl

-Right Supine Row

-Squat Press Out

2)

-Left Curl

-Left Supine Row

-Burpee

3)

-Static Alt Curl 1/1

-Controlled Rev Fly

-Upper Cuts

4)

-21 Curls

-Static Supine Row 1/1

-10/10 High Knees-Jax