**HQ Workouts**

**Monday October 11  
  
Vimeo Link:**

<https://vimeo.com/398581605/3be8861e85>

Ten Total Exercises

Rep Goal Each Exercise to Meet Within 1 Minute

Repeat Twice Each Exercise – Jog In Place/Rest If Completed Before Minute Is Up

2 Minute EMOM

1. Air Jacks (30 reps)
2. Push Ups (20 reps)
3. Shoulder Retractions (8 reps) (tempo – 4 sec retraction/2 sec hold)
4. 1.5 Stance Hinge (8 reps) (tempo – 4 sec lower/2 sec hold)
5. Deadbug Heel Lower (8 reps) (tempo – 4 sec hold/2 sec lower)
6. Wall Sit
7. Plank Alternating Hip Dips (8 reps) (tempo – 4 sec lower/2 sec hold)
8. Glute Bridge (8 reps) (tempo – 4 sec hold/2 sec lower)
9. Squat Pulse (40 reps)

Mountain Climbers (50 reps)

**Tuesday October 12**

**Vimeo Link:**<https://vimeo.com/398582651/a8a89f4490>

AA conveyor 39:12 Total body strength

1. Reverse lunge to hop (4:2:X tempo)
2. High plank pull through
3. Bent-over row pulse
4. Shawn-T
5. Straight leg lower (4:2:X tempo)
6. Sumo bob squats
7. Single leg glute bridge (4:2:X tempo)
8. Break the boards
9. Single arm high plank hold
10. Quadruped donkey kick

Finisher:

1. 25:10 A conveyor speed round with all exercises above
2. Pyramid: (1:1:1, 2:2:2, 3:3:3, etc.) 2 mins
   1. Glute bridge
   2. Push-up
   3. Vertical push press jack

**Wednesday October 13  
  
Vimeo Link:**

<https://vimeo.com/398583951/d687f7ed16>

Five Total Stations

4 Minutes Each Station Alternating Between Exercises Every 30 Seconds

Format: 4 Minute AMRAP – ABABABAB – 30:30

Station1:

A. Jumping Jacks

B. Front-to-Back Speed Skaters

Station 2:

A. Drop Squat

B. Heisman’s

Station 3:

A. Push Ups

B. Deadbug Rockers

Station 4:

A. Lateral Shuffle

B. Glute Bridge Walkout

Station 5:

A. Sky Reach Crunch

B. Burpee Alternating Lateral Reach

**Thursday October 14  
  
Vimeo Link:**  
 <https://vimeo.com/399225719/b23231c1e2>

33:12 A conveyor x 3

1. Hollow body hold
2. Split squat (4:2:X)
3. Switch sides
4. Plank T rotations
5. 10 front to back speed skaters -> 10 high knees
6. Wide -> narrow push-ups
7. Superman scap retraction
8. Glute bridge L taps
9. Tricep dips
10. Surfer squat jumps

Finisher: Sally up down plank (1 min)

Sally up down squat (1 min)

**Friday October 15**

**Vimeo Link:**

<https://vimeo.com/399236043/134e1dce40>

24 Seconds of Work

12 Seconds of Rest

Four times in a row of Exercise A, then four times for Exercise B before going to the next pairing.

1A Sphinx Pushup

1B Squat to Board Breaker

2A Hollow Body to Deadbug

2B Lateral Speed Skater

3A Bird Dog Crunches

3B Jump Lunges

4A Russian Twist

4B Lateral Lunge Shifts

5A Alt Toe Taps

5B Star Jacks

**Saturday October 16  
  
Vimeo Link:**<https://vimeo.com/399240890/11c28dcea8>

Ten Total Exercises

Rep Goal Each Exercise to Meet Within 1 Minute

Repeat Twice Each Exercise – Jog In Place/Rest If Completed Before Minute Is Up

Format: 2 Minute EMOM

1. Air Jacks (30 reps)
2. Push Ups (20 reps)
3. Shoulder Retractions (8 reps) (tempo – 4 sec retraction/2 sec hold)
4. 1.5 Stance Hinge (8 reps) (tempo – 4 sec lower/2 sec hold)
5. Deadbug Heel Lower (8 reps) (tempo – 4 sec hold/2 sec lower)
6. Wall Sit
7. Plank Alternating Hip Dips (8 reps) (tempo – 4 sec lower/2 sec hold)
8. Glute Bridge (8 reps) (tempo – 4 sec hold/2 sec lower)
9. Squat Pulse (40 reps)
10. Mountain Climbers (50 reps)