**HQ Workouts**

**Monday October 18  
  
Vimeo Link:**

<https://vimeo.com/399245514/6ac83eabe9>

Format: ABABAB 30:10

Starter: 45s Full Body Extension Jumps, 45s Straight Arm Crunches

Station 1:

1. Side Lying V-Ups
2. Speed Jacks

Station 2:

1. Straight Leg Glute Bridge Hold
2. Lateral Shuffle to 6 Mt. Climbers

Station 3:

1. Beast Hold
2. Line Sprints

Station 4:

1. 10 High Plank Shoulder Taps, 2 Push Ups
2. Heismans

Station 5:

1. Reverse Lunges
2. 10 High Knees, 2 Burpees

Finisher: 90s Low Plank Hold

**Tuesday October 19**

**Vimeo Link:**<https://vimeo.com/399250304/88a7f1a0cc>

30 Seconds of Work

10 Seconds of Rest

2x at each exercise before moving to the next

1. Squats 4:2:1 Tempo
2. Lateral Shuffle to 3 Burpees
3. Single Leg Hip Thrusts 4:2:1 Tempo
4. El Chapo with Quarter Turns
5. Split Squats 4:2:1 Tempo
6. X5 BW Speed Squats to 5 Running Mans
7. Chest Press 4:2:1 Tempo
8. Rainbow Planks
9. Single Leg RDL 4:2:1 Tempo
10. Squirming Turtles

**Wednesday October 20  
  
Vimeo Link:**

<https://vimeo.com/436608181/fb0dbe91a0>

**Format:**

## 30 minutes of pure fitness FUN

## Station 1 and 3:

## 40 seconds of work

## 15 seconds of rest

## 3x through each!

## Station 2 and 4

## AMRAP

## **Station 1**

## Spiderman Plank

## Leg Raises

## **Station 2: AMRAP 10 ea.**

## Right Donkey Pulse

## Left Donkey Pulse

## Pulse Squat

## **Station 3**

## Flying Plank

## Speed Crunch Hold

## **Station 4: AMRAP 10 ea.**

## Butterfly Bridge

## Squatted Side Step

## Quick Jacks

**Thursday October 21  
  
Vimeo Link:**  
<https://vimeo.com/436606450/d543e35d60>

**Format:**

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything.

## R side Single Leg Jackknife

## L side Single Leg Jackknife

## High Knees

## Plank to Pike

## R side Crunch

## L side Crunch

## 

## Stationary Speed Skater

## Seal Jacks

**Friday October 22**

**Vimeo Link:**

<https://vimeo.com/436845731/6e2a46e571>

**Format:**

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Push Up Test

Lunge Squat

Plank Jacks

Dead bug - Heal Tap Crunch

Stationary Sprinters

20/20 Squat Hold Plank

Burpees

**Saturday October 23  
  
Vimeo Link:**<https://vimeo.com/436958511/7a26ba4a26>

**Total Body Conditioning:**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

**Format:**

## 30 minutes of pure fitness FUN

## 40 seconds of work, 15 seconds of rest

## 3x through everything

## Squat Test

## Alt Lunge SLOW

## Plank

## Left, right, center Crunch

## 4 Punch Switch

## 

## Butterfly Glute Bridge

## Jacks