**HQ Workouts**

**Monday October 25  
  
Vimeo Link:**

<https://vimeo.com/436958263/69af5906a2>

**Format:**

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Sit Up Test

Blast Off Push Up

Squat Lat Leg Raise

Shin Touch

Ground to Overhead

Speed Crunch

10 Jabs 1 Sidekick

**Tuesday October 26**

**Vimeo Link:**<https://vimeo.com/436845330/4a0c9bd8fc>

**Format:**

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Lunge Test

Around the World Plank

Glute Bridge March

3 Push Up 3 Jacks

3 Squats, 3 Burpees

4/4 Curtsy Pulse

Side Shuffle Midline Touch

**Wednesday October 27  
  
Vimeo Link:**

[**https://vimeo.com/444666492/b37067f4f5**](https://vimeo.com/444666492/b37067f4f5)

40s on 15s off

3x thru everything

1A- Palm release Push Ups

1B- Squatted Rev Lunges

2A- T-Plank

2B- Stationary Lateral Lunge

3A- 4ct Glute Bridge

3B- High Knees

4A- LRC Crunch

4B- 2 Push Ups to 2 Squats

**Thursday October 28  
  
Vimeo Link:**  
 [**https://vimeo.com/436844585/e2d021d541**](https://vimeo.com/436844585/e2d021d541)

Format:

Total Body Conditioning

30 minutes of pure fitness FUN

40 seconds of work, 15 seconds of rest

3x through everything

Burpee Test

Right Side V-Up

Left Side V-Up

5/5 Donkey Kick

Swimmers

Right Sprinter Step to Hop

Left Sprinter Step to Hop

**Friday October 29**

**Vimeo Link:**

[**https://vimeo.com/436844987/faad307643**](https://vimeo.com/436844987/faad307643)

**Format:**

Cardio Conditioning:

30 minutes of pure fitness FUN

40s work time

15s rest

3x through everything!

5/5 Board Breakers

Squatted Punches

Toe Tap

Speed Crunches

Jack Press

Hollow Body Press

“Phet” Step

Ground to Overhead

**Saturday October 30  
  
Vimeo Link:**  
<https://vimeo.com/554868881/8c6de63afd>  
  
Full Body Burn Out- Tabata

30 minutes of pure fitness FUN

20s work time

10s res

AAAABBBB

4x through everything!

1)

-Bicep Curl

-Board Breakers

2)

-Chest Press

-Squats

3)

-Shoulder Press

-Cross Crunch

4)

-Tricep Kickback

-Burpees

LADDER Ending

Push Up

Squat

Sit Up