**HQ Workouts**

**Monday November 1

Vimeo Link:**

[**https://vimeo.com/560509732/f02b3b9a28**](https://vimeo.com/560509732/f02b3b9a28)

Full Body Ring of Fire 

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

-Push Ups

-Squats w/ DB

-Flutter-kicks

-Russian Kicks

-Narrow to Wide Plank

-R Rev Lunge to High Knee

-Russian Twist

-High Knees

-Seated Bi Curls

-L Rev Lunge to High Knee

-Bicycle Crunch

-Cherry Pickers

 **Tuesday November 2**

 **Vimeo Link:**[**https://vimeo.com/566729034/162c2a35c8**](https://vimeo.com/566729034/162c2a35c8)

Can you handle the hold-Tabata

30 minutes of pure fitness FUN!

20s work time

10s res

4x through everything!

1)

-Push Up

-Plank Hold

2)

-Squats

-Squat Hold

3)

-Bicycle Crunch

-Hollow Body Hold

4)

-Rev Lunge R,L

-Lunge Hold R,L

AMRAP

10-High Knees

10-Jax

10-Squat Jumps

**Wednesday November 3

Vimeo Link:**

[**https://vimeo.com/436606676/19518c32c6**](https://vimeo.com/436606676/19518c32c6)

##

**Format:**

## Back and Abs

## 30 minutes of pure fitness FUN

##  40s work time

## 15s rest

## 2x through everything!

## Bird Dog

## Hundreds

## Slider Climbers

## Shimmies

## Ab Rollout

## Bicycle Crunches

## Superman Pull-down

## Clock Push Up

## Predator Jax

## Wide Plank

## Rev. Snow Angel

## Slider Burpees

 **Thursday November 4

Vimeo Link:**
 [**https://vimeo.com/436861707/fcac79d350**](https://vimeo.com/436861707/fcac79d350)

**Format:**

## Total Body Hype

## 30 minutes of pure fitness FUN

##  40s work time

## 15s rest

##  3x through everything!

##  AMRAP

## 10 Squat N Kick

## 10 Plank Shoulder Taps

## 10 Alt Lunges

##  Plank Ups

## 5/5 Sprinter Step to Hop

##  AMRAP

## 10 High Knees

## 10 Sit Up Clap

## 10 Plank Toe Touches

##

## 30s Squat Hold 10s Jax

30s High Plank 10s Climber

**Friday November 5**

**Vimeo Link:**

 [**https://vimeo.com/444675230/8495ca4f75**](https://vimeo.com/444675230/8495ca4f75)

30s on 5s off

3x thru everything

1A- R Curtsey Lunge

1B- L Curtsey Lunge

1C- Toe Taps

2A- Walkout Push Up

2B- Speed Crunch

2C- Cross Body Hops

3A- Plank R Opp Knee to Elbow

3B- Plank L Opp Knee to Elbow

3C- Pop Squat

4A- 2 Step Beast

4B- Crunch to clap

4C- 5 Dot Drill

**Saturday November 6

Vimeo Link:**
<https://vimeo.com/436861399/215953f53f>

**Format:**

BURNT BODY

30 minutes of pure fitness FUN

## 40s work time

## 15s rest

## 3x through everything!

## 4s Pause Push Up

## 3 Step Agility

## 4s Pause Squat

## 1/2 Oz Burpee

## Alt Step Thru Lunges

## Cross Body Hop

## Staggered Push Up

## Russian Kicks