**HQ Workouts**

**Monday November 8  
  
Vimeo Link:**

[**https://vimeo.com/516790929/870adbedde**](https://vimeo.com/516790929/870adbedde)For The Love Of My Legs

30 minutes of pure fitness FUN!

Tabata

20s work time

10s res

4x through everything!

1)

-R Split Squat

-L Split Squat

2)

-Plank Alt Leg Raise

-Quick Ft w/ Burpee

3)

-R Rev Lunge to High Knee

-L Rev Lunge to High Knee

4)

-Jax

-5/5 Pulse Squat Jump Squat

**Tuesday November 9**

**Vimeo Link:**<https://vimeo.com/436860781/3e1895aadb>

**Format:**

## TABATA TAKEOVER!

## 30 minutes of pure fitness FUN

## 20s work time

## 15s rest

## 4x through everything!

## Rev Fly Pulse

## Quick Jacks

## R Ladder Sit Up

## Superman Push Up

## L Ladder Sit Up

## Buzz Saw Plank

## Row

Toe Taps

**Wednesday November 10  
  
Vimeo Link:**

<https://vimeo.com/436609327/3f8963757e>

**Format:**

Back to the BASICS!!

30 minutes of pure fitness FUN

40s work time  
15s res

3x through everything!

Push Ups  
Squats

Sit Ups  
Jax

Plank Hold  
High knees

Alt Lunges  
Burpees

**Thursday November 11  
  
Vimeo Link:**  
<https://vimeo.com/442420895/063d551c72>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Push Up

Sit Up Punch

Pulse Squat

Alt Jackknives

Plank Shoulder Tap

Glute Bridge Step Out

Scissor Switch

Squatted Punches

Min Burst Ending

High Knees

Jax

-Mtn Climbers

**Friday November 12**

**Vimeo Link:**

<https://vimeo.com/442468747/edae58ec48>

**Format:**

Tabata- 20s on 10s off

4x thru everything

Plank Alt Leg Lift

Speed Crunch

Alt Rev Lunge

Rev. Crunch

Plank Ups

Flutter Kicks

Squat Side punch

Toe Touch’s

Min Burst Ending

Quick Jax

Cherry Pickers

Burpees

**Saturday November 13  
  
Vimeo Link:**  
[ttps://vimeo.com/442451457/b2f79b84ac](https://vimeo.com/442451457/b2f79b84ac)

**Format:**

Strength 40s on 15s off

3x thru everything

Lunge Lunge Squat

Bicycle Crunch

4s Down Push Ups

Leg Lifts

Superman

Side Shuffle Midline Touch

Single Side Jackknife

Ground to Overhead