**HQ Workouts**

**Monday November 15  
  
Vimeo Link:**

<https://vimeo.com/522871945/8c7333a00f>

**Format**:  
Single Sided Sweat 😓

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Right Curl and Press

-Left Curl and Press

-Ground to O.H.

2)

-Right Rev Lunge

-Left Rev Lunge

-Mtn. Climber

3)

-Right Row

-Left Row

-Pop Squats

4)

-Right Leg Lat raise to Kickback

-Left Leg Lat raise to Kickback

-2 Push Up 2 Squat Jump

**Tuesday November 16**

**Vimeo Link:**<https://vimeo.com/491816648/c55ee4fb01>

**Format:**

Brutal Full Body Beat Down

30 minutes of pure fitness FUN

40s work time

15s res

3x through everything!

Curl N Press

Skier Hops

Rev Lunge N Twist

Drop Squat

DB Sit Up

Bicycle Crunch

Alt Man Makers

Ground to O.H.

Get ready to sweat have fun and FEEL GREAT!

**Wednesday November 17  
  
Vimeo Link:**

<https://vimeo.com/442493529/51febc2a99>

**Format:**

40s on 15s off

3x thru everything

Glute Bridge

Front to Back Quick Feet

5/5 Donkey Kicks

5/5 Board Breakers

LRC Crunch

Predator Jax

Surrenders

High Knees

**Thursday November 18  
  
Vimeo Link:**  
  <https://vimeo.com/442506864/7280ca4116>

**Format:**

Tabata- 20s on 10s off

4x thru everything

1A- Spiderman Plank

1B- 10/10 Hi-Lo Punches

2A- R-L-R-L Glute Bridge

2B- Jack Dbl Punch

3A- Push Up Plank Jax

3B- Bicycle Crunch

4A- R-L-R-L Lunge Pulse

4B- 100’s

1 Min Burst Ending

- Side-Side Shuffle

- Ground to Overhead

- Burpee w/ Push Up

**Friday November 19**

**Vimeo Link:**

[**https://vimeo.com/570406478/aa22560416**](https://vimeo.com/570406478/aa22560416)In the LAB (Legs and Abs) - Ring of Fire

30 minutes of pure fitness FUN

30s work time

10s rest

3x through everything!

-Squat R Kick

-Heisman

-Squat L Kick

-Jax

-R Rev Lunge and Twist

-R Board Breaker

-L Rev Lunge and Twist

-L Board Breaker

-Walkout Plank

-Bicycle Crunch

-Plank Hip Dip

-Flutter Kick

**Saturday November 20  
  
Vimeo Link:**  
[**https://vimeo.com/573103818/ad6b9257d5**](https://vimeo.com/573103818/ad6b9257d5)

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-R. Rotational Crunch

-L. Rotational Crunch

-Plank

2)

-Uppercuts

-Jax

-Crossbody Jabs

3)

-R. Rotational Crunch

-L. Rotational Crunch

-Plank

4)

-Uppercuts

-Jax

-Crossbody Jabs