**HQ Workouts**

**Monday November 22  
  
Vimeo Link:**

<https://vimeo.com/444666501/45b76d0f81>

**Format:**

30s on 5s off

3x thru everything

1A- 10/10 Deep/Pulse Squat

1B- Jax

1C- Mtn Climbers

2A- Plank Hip Drop

2B- In/Out Crunch

2C- Stationary Skater

3A- R Leg Lat Raise

3B- L Leg Lat Raise

3C- 2 Step Moving Beast

4A- Push Up w/ bottom Pulse

4B- Shimmie

**Tuesday November 23**

**Vimeo Link:**<https://vimeo.com/525112333/2f6d43fb7f>  
  
Format:  
Booty and Bi’s

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

1)

-Straight Leg Glute Bridge

-Bicep Curl 7’s or 21’s

-Squat and Kick

2)

-Glute Bridge Step Out

-Cross Chest Hammer Curl

-Stationary Speed Skater

3)

-DB Hinge

-Tricep Kickback

-Jump Rope

4)

-Split Squat 5/5

-Runner Speed Step R

-Runner Speed Step L

**Wednesday November 24  
  
Vimeo Link:**

<https://vimeo.com/444666506/ef2ac6b4f6>

**Format:**

Tabata- 20s on 10s off

4x thru everything

1A- Russian Twist

1B- Plank Alt Shin Touch

2A- Push Ups

2B- 180 Jump Squat

3A- R Sprinter Step to Hop

3B- L Sprinter Step to Hop

4A- Speed Crunch

4B- Upper Cuts

1 Min Burst Ending

- 5 Push Ups

- 10 Mtn Climbers

**Thursday November 25  
  
Vimeo Link:**  
  <https://vimeo.com/444666496/73a053632b>

**Format:**

*\*\*Dumbbell Needed*

30s on 5s off

3x thru everything

1A- R Bent Over Row

1B- L Bent Over Row

1C- Jack N Press

2A- R Lunge N Curl

2B- L Lunge N Curl

2C- Quick Squats

3A- R Wood Chops

3B- L Wood Chops

3C- Front to Back Skaters

4A- Right Kneeling Press

4B- Left Kneeling Press

4C- Burpees

**Friday November 26**

**Vimeo Link:**

<https://vimeo.com/444666494/b0cfb0527d>

**Format:**

EMOM

4 Min Per Station

EMOM #1

-12 Push Ups

-Seal Jax

EMOM #2

-12 Squats

-Cross Body Hops

EMOM #3

-12 Sit Ups

-3 Step Agility

EMOM #4

-12 Lunges

-Cross Body Climbers

Ending  
  
-Push Up – Squat – Bicycle Crunch 2x 30s each

**Saturday November 27  
  
Vimeo Link:**  
[**https://vimeo.com/575454280/8c06135a7e**](https://vimeo.com/575454280/8c06135a7e)More Core - Ring of Fire 

30 minutes of pure fitness FUN

30s work time

10s res

3x through everything!

-Sit Up Cross Jab

-Superman Pulse

-R. Side Plank

-L. Side Plank

-R. Bird Dog

-L. Bird Dog

-Alt Heal Tap

-R. Standing Side Crunch

-L. Standing Side Crunch

-Full Body Extension

-Cross Body Hops

-Low Plank Alt Reach