**HQ Workouts**

**Monday November 29  
  
Vimeo Link:**

<https://vimeo.com/577667208/cf7a133d81>

ROLL IT FOR RESULTS

1)

R. Calf

L. Calf

2)

R Hamstring

L Hamstring

3)

Mid to Upper Back

4)

R. Quad

L. Quad

5)

R. Lat

L. Lat

30 minutes of pure recovery!

Get ready to FEEL GREAT!

**Tuesday November 30**

**Vimeo Link:**<https://vimeo.com/444666491/7563c2c2ac>

40s on 15s off

3x thru everything

1A- R Bird Dog

1B- Squat R Kick

2A- L Bird Dog

2B- Squat L Kick

3A- Glute Bridge Step Out

3B- Toe Taps

4A- Around the World Plank

4B- In and Out Squat

**Wednesday December 1  
  
Vimeo Link:**

[**https://vimeo.com/520178298/6d5fad8ee0**](https://vimeo.com/520178298/6d5fad8ee0) **Format:**Total Body Head-to-Toe Here We Go!

30 minutes of pure fitness FUN 🙌❤️

30s work time

10s rest

4x through everything!

1)

-Beast Hold Shoulder Tap to

High Plank Arm Reach

-Alt. Heel Tap Crunch

2)

-Right Side Lateral Lunge to Torso Twist

-Left Side Lateral Lunge to Torso Twist

3)

-Superman Hold

-Lunge, Lunge, Squat

4)

-Low Plank Jax

-5/5 Sprinter Stance to High Knee Drive

**Thursday December 2  
  
Vimeo Link:**  
 <https://vimeo.com/497078916/9d67189f1d>

**Format:**

Full Body Blast EMOM

1-10 R Rev Lunge to Shoulder Press

* In/out - Frnt/Bck Quick Feet

2-10 L Rev Lunge to Shoulder Press

* Busz Saw Plank

3-10ea DB Russian Twist

* Quick Jax

4-10ea SA Supine Rows

* Bicycle Crunch

5-Squat to O.H. Tri Ext

* 2 Push Ups to 2 Squat Jumps

**Friday December 3**

**Vimeo Link:**

<https://vimeo.com/444666493/b0b0ef3756>

Tabata- 20s on 10s off

4x thru everything

1A- R Crunch

1B- L Crunch

2A- Staggered Push Ups

2B- Skier Hops

3A- R Lateral Lunge

3B- L Lateral Lunge

4A- Plank Shoulder Tap

4B- Rolling Flutter Kicks

1 Min Burst Ending AMRAP

- 5 Right Board Breakers

- 5 Left Board Breakers

- 5 Burpees

**Saturday December 4  
  
Vimeo Link:**  
<https://vimeo.com/444666487/43bf4786bf>

EMOM

4 Min Per Station

EMOM #1

-14 Plank Ups

-Jabs

EMOM #2

-14 Curtsey Lunge

-Side to Side punch

EMOM #3

-14 Alt Leg V-Ups

-Elbow Plank

EMOM #4

-14 Surrenders

-Bicycle Crunch

Ending

–Fwd. Lunges-Buzz Saw Plank- Speed Skaters –2x 30s each