



FIVE MINUTE WORKOUTS

Everybody is too busy to workout!

These workouts are designed to take ONLY 5 minutes and can be done with NO EQUIPMENT!

Always, please consult with your medical professional before starting an exercise program.

BEGINNER

ACTIVITY	DESCRIPTION	TOTAL TIME
LEG WORKOUT #1 • Front Kicks (Alternate Left and Right) • Toe Touches • Calf Raises	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
LEG WORKOUT #2 • Squats • Side Kicks (Alternate Left and Right) • Good Mornings	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
UPPER BODY WORKOUT #1 • Shoulder Presses • Boxing (Alternate punches with Left and Right hand) • Bent Over Rows	Perform each exercise for 30 seconds and move to next exercise	5 mins
CORE WORKOUT #1 • Standing Bicycles • Side Bends (Alter L/R) • Standing Back Extensions	Perform each exercise for 30 seconds and move to next exercise	5 mins

INTERMEDIATE

ACTIVITY	DESCRIPTION	TOTAL TIME
LEG WORKOUT #1 • Squats plus Side Step (Alternate Left and Right) • Wall Sit • Single Leg RDL	Perform 5 reps of each exercise and then move on to next exercise. For the Wall Sit, do for a 5 count Keep going for 5 minutes straight through	5 mins
LEG WORKOUT #2 • Bridges • Prone Abduction (Do Left and then Right) • Prone Leg Raises	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
UPPER BODY WORKOUT #1 • Inchworms • Wall Push Ups • Chair Dips- Bent Knees	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
CORE WORKOUT #1 • Crunches • Single Leg Raises (Alternate Left and Right) • Prone Back Extensions	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins

ADVANCED

ACTIVITY	DESCRIPTION	TOTAL TIME
LEG WORKOUT #1 • Squats Jumps • Single Leg Bridges (Do Left and then Right) • Prone Leg Circles	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
LEG WORKOUT #2 • Reverse Lunge plus Front Kick (Alternate Left and then Right) • High Knees • Bounding	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
UPPER BODY WORKOUT #1 • Inchworm to Push Up (on either toes or knees) • High Plank Shoulder Touches • Chair Dips- Straight Leg	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins
CORE WORKOUT #1 • Bicycles • Leg Raises • Supermans	Perform 5 reps of each exercise and then move on to next exercise. Keep going for 5 minutes straight through	5 mins