

Five 5 minute fitness refreshers!

Don't have a lot of time? Don't worry! These quick, 5 min. workouts will help keep you active & fit when you are short on time!

Workout 1:

1 min. Jumping Jaks
2 min. Dynamic Lunges
30 sec. Mountain Climbers
30 sec. Push-ups
30 sec. Hip Bridge
30 sec. Cross Crawl

Workout 2:

2 min. Squat to calf raise
2 min. Dynamic squat side
30 sec. Half Burpee
30 sec. Plank hold

Workout 3:

1 min. Hamstring run/walk
1 min. High knee run/walk
1 min. Shuffle side to side
1 min. Inch worm
1 min. Skater Jumps

Workout 4:

1 min. Scissor shuffle
1 min. Agility run Right
1 min. Agility run left
1 min. Around the world squats
30 sec. Push-up side plank
30 sec. Side climber

Workout 5:

2 min. Side shuffle to sprawl
1 min. Jump squats
30 sec. Renegade push-up; 30 sec. Plank with heel raise
30 sec. Shoot-out; 30 sec. Leg extension