



5-4-3-2-1 Workout

Workout of the Day

The 5-4-3-2-1 Workout :

5 Minutes:

Any Cardio You Choose:

Walk, Run, Bike, Stairs

If You're At Home:

- 1 Minute High Knees
- 1 Minutes Jumping Jacks
- 1 Minute Front Kicks
- 1 Minute Mountain Climbers
- 1 Minutes Run In Place

4 Minutes:

- 1 Minute Lunges
 - 1 Minute Burpees
- Repeat For 4 Minutes

3 Minutes

- 10 Push Up
 - 15 Triceps Dips
- Repeat For 3 Minutes

2 Minutes:

- 30 Seconds Squats
 - 30 Seconds Jump Squats
- Repeat 2X Through

1 Minute:

- Plank

The 5-4-3-2-1 Workout

Total time is 15 minutes:

- Beginners complete through 1X through
- Intermediate repeat 2X through
- Advanced repeat for 3X through

- Take breaks and drink water as you need

High Knees

- Stand with your feet hip-width apart. Lift up your left knee to your chest.
- Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace.



Jumping Jacks

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
- Jump back to starting position.



Butt Kicks

- Stand with your feet close together and your knees slightly bent. Heels should be hip-width apart. Transition your weight primarily to the balls of your feet, while your heels still touch the floor. Bend your elbows and hold your hands in close to your body.
- Kick your right foot up to your right glute so that your heel touches your right glute. Your right thigh should be almost perpendicular to the floor.
- Quickly switch to kick your left foot up to your left glute. If you can't get your heels to touch your glutes at first, don't worry as your heels will get closer over time.



Mountain Climbers

- Start in a high plank and draw your right knee under your torso, keeping your toes off the ground. Return your right foot to the starting position.
- Switch legs and bring your left knee under your chest. Keep switching legs as if you're running in place.



Hamstring Toe Touch

- Step forward with your right foot, and swing your left leg out in front of you, chest high or as high as you can go. Keeping your back straight, reach out with your right hand to try to touch your toes.
- Lower your left leg down a little bit in front of you. As you step forward, swing your right leg up to repeat the movements on your right side (using your left hand to touch your toes and grab your foot).



Lunges

- Stand tall with your feet hip distance apart.
- Take a large step forward and lower your body toward the floor. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Push off front leg to rise back up to start and repeat on the other side.



Burpees

- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
- Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.



Push Up

- Start kneeling on an exercise mat or the floor and bring your feet together behind you.
- Bend forward to position yourself in a high plank, the top of a pushup position, with your palms flat on the mat, hands shoulder-width apart, and with your fingers facing forward or hands turned slightly in. Your shoulders should be positioned over your hands. Your feet should be together behind you and your back should be flat. Keep your abs pulled in.
- Slowly lower your body toward the floor. Maintain a rigid torso and keep your head aligned with your spine. Don't let your low back sag or your hips hike upward.
- Continue to lower yourself until your chest or chin touch the ground. Your elbows may flare out during the downward movement.
- Press upward with your arms. Continue pressing until your arms are fully extended at your elbows and you're back in the plank, at the top of the pushup position



Triceps Dips

- Position your hands shoulder width apart on the floor or on a secured bench or stable chair.
- Move your booty in front of the bench with your legs out in front of you and feet placed about hip width apart on the floor.
- Straighten your arms, and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.
- Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.



Squats

- Stand with your feet about shoulder-width apart and slightly turned out with your weight in your heels.
- Hinge your hips to sit your butt back and bend your knees until your thighs are parallel to the ground.
- Drive through your heels to stand back up straight. Squeeze your butt and keep your core tight as you stand.



Jump Squats

- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, then engage your core and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.



Plank

- Plant hands under shoulders (slightly wider than shoulder width) like you're about to do a push-up.
- Ground toes into the floor and squeeze glutes to stabilize your body. Your legs should be working, too — be careful not to lock or hyperextend your knees.
- Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back.

