

5-4-3-2-1 Workout

5 Minutes	4 Minutes	3 Minutes	2 Minutes	1 Minute
CARDIO	LEGS	ARMS	ABS	FULL BODY
1 minute high knees	1 minute lunges	1 minute push ups	1 minute sit ups (regular, sprinter crunch)	1 minute plank (regular, plank jacks, side plank, plank lifts, pilates swimming)
1 minute jumping jacks	1 minute mountain climbers	1 minute tricep dips	1 minute leg lifts or knee hugs	
1 minute front kicks	1 minute squats	1 minute weight lifting		
1 minute burpees	1 minute calf raises			
1 minute run in place				

- Total time: 15 minutes; Intermediate: repeat for 2x through (30 minutes); Advanced repeat for 3x through (45 minutes)
- Drink H2O + take breaks whenever you need them (you can even do some while cooking/waiting)
- Can do any cardio for 5 minutes (bike/walk/elliptical/run)

high knees



modified jumping jacks



burpees



run in place



1



mountain climbers



side to side squats



push ups



tricep dips



dumbbell



sprinter crunch



knee hugs



LEG LIFTS



plank jacks



side plank



Exercise Log (Goal: 4 days a week)

	MON (GYM)	TUE (rest)	WED (5-4-3-2-1)	THU (GYM)	FRI (rest)	SAT (rest)	SUN (video)
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

- Gym: Record miles and time
- 5-4-3-2-1: do 2x for 30 minutes; 3x for 45 minutes
- Video: Do for 30-45 minutes