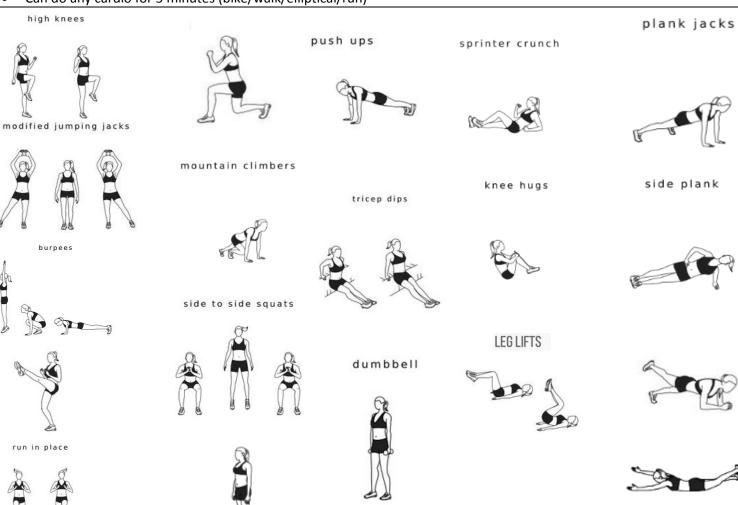
5-4-3-2-1 Workout									
5 Minutes	4 Minutes	3 Minutes	2 Minutes	1 Minute					
CARDIO	LEGS	ARMS	ABS	FULL BODY					
1 minute high knees	1 minute lunges	unges 1 minute push ups 1 minute sit (regular, spri		1 minute plank (regular, plank jacks, side plank, plank lifts, pilates swimming)					
1 minute 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 (3o 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)



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
- <u>5-4-3-2-1:</u> do 2x for 30 minutes; 3x for 45 minutes
- <u>Video:</u> Do for 30-45 minutes