

FIT BODY WORKOUTS

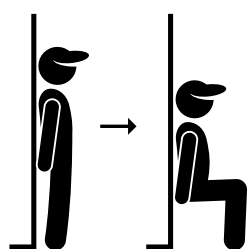


STRENGTH TRAINING ROUTINE

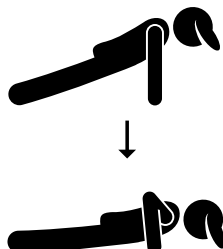
Got 5 minutes? That is all you need to incorporate this strength training workout into your day.

Don't forget - a warm up and cool down (5 minute walk and stretching exercises) is essential before you start this workout.

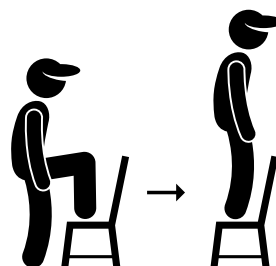
- **Minute 1: Wall Sit.** Lean against a wall and slide down as if you were sitting on an imaginary chair. Hold this position for 1 minute.
- **Minute 2: Push Up.** Perform push ups standing against a wall or in the standard position on the ground.
- **Minute 3: Step Ups.** Find a step and step up with the right foot, step down with the left foot, step up with the left foot and step down with the right foot.
- **Minute 4: Bicep Curls.** Bend the elbows and curl weights toward the shoulders without moving the elbows. Water bottles or tinned food can be used instead of dumbbells.
- **Minute 5: Tricep Dips.** Find a bench and sit on it. Place your hands on the bench, facing away from the bench and slowly lower your body up and down.



Wall Sit



Push-up



Chair Step Up



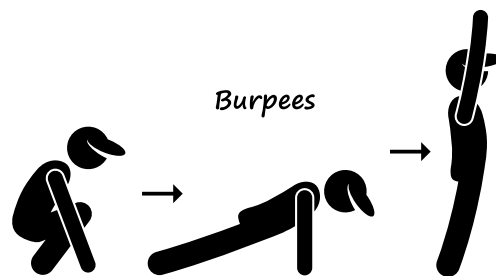
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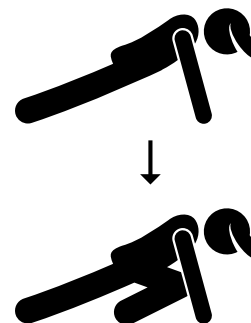
CARDIO PUMP WORKOUT

Instructions: Do each exercise for one minute.
Rest 15 seconds between each activity.

1. Run in place
2. Jumping jacks
3. **Burpees:** Stand with feet about hip-width apart and squat to the floor, placing your hands on the floor in front of you. In an explosive movement, jump the feet out behind you so that you're in a pushup position, on the hands and toes with the body in a straight line. Immediately jump the feet back to start. Continue jumping the feet out and in as quickly as you can.
4. Push-ups
5. **Mountain climbers:** Get into a plank position, on the hands and toes. From this position, pull the right knee into your chest as far as you can. Now, switch and bring the other knee in. Run the knees in as far and as fast as you can while keeping the hips down.



Burpees



Mountain Climbers

Don't forget - a warm up and cool down (5 minute walk and stretching exercises) is essential before you start this workout.

