

The 5-4-3-2-1 Workout

5 Minutes

- 1 minute high knees
- 1 minute jumping jacks
- 1 minute front kicks
- 1 minute jumping jacks
- 1 minute run on the spot

3 Minutes

- 10 push ups/rest
- 15 tricep dips/rest
- Repeat for 3 minutes

2 Minutes

- 30 seconds squats
- 30 seconds squat jumps
- 30 seconds squats
- 30 seconds squat jumps

4 Minutes

- 1 min lunges
- 1 min mountain climbers

Repeat for 4 minutes

1 Minute

- plank

Total time 15 minutes.

Repeat 2 x through for beginners or 3x through for advance.