

Workout of the Day! It's just 5 minutes

5, 5 Minute High Intensity workouts

Warm Up: 5 Minutes As Many Rounds as Possible (AMRAP)

50 High Knees

50 Butt kickers

50 Jumping Jacks

50 Mtn Climbers

Set 1: 5 Minute AMRAP

5 Burpees

10 Lunges

30 Mtn Climbers

Set 2: 5 Min Every Minute on the Minute (EMOM)

10 Thrusters

10 V-ups

Set 3: 20 sec on/10 sec off 10 Rounds each

Plank Jacks

Jumping Jacks (Jumprope)

Set 4: 5 Min AMRAP

5 Pushups

10 Sit Ups

30 Tuck Jumps (high knees)

Set 5: 5 min EMOM

10 Renegade Rows

20 Russian Twists

Cool Down and Stretch