

The 5-4-3-2-1 Workout

5 minutes

- any cardio you want, walk, run, elliptical, bike
- if you're at home
 - 1 min high knees
 - 1 min jumping jacks
 - 1 min front kicks
 - 1 min jumping jacks
 - 1 min run in place

4 minutes

- 1 min lunges or walking lunges
- 1 min mountain climbers
- repeat for 4 minutes

3 minutes

- 10 pushups / rest
- 15 tricep dips / rest
- repeat for 3 minutes

2 minutes

- 30 seconds regular squats
- 30 seconds jump squats
- 30 seconds regular squats
- 30 seconds jump squats

1 minute

- plank

total time 15 mins; intermediate repeat for 2x through;
advanced repeat for 3x through;

drink H2O + take breaks whenever you need them:)