

5 minute Home Workout



Before you start, take a deep breath:

- Inhale ... Exhale
- Inhale ... Exhale
- Inhale ... Exhale
- Inhale ... Exhale
- Inhale ... Exhale

Stomach should be tucked in throughout the workout

1



Stretch your back by moving your upper body to the right (INHALE) pause for 15 seconds, go back to standing position (EXHALE) and then do it again for the same side for 15 seconds. Repeat same exercise for the other side

2



March for 1 minute

Stomach in - inhale ... exhale

3



Stand up straight, lift your arm to both side of your body and move them in circular motion to the front for 30 seconds. Repeat same exercise by moving them to the back for 30 seconds.

Stomach in - inhale ... exhale

4



Stand up straight, lift your right leg up, knee at 90° angle then put it down again, repeat 10 times for each leg. *If you cannot balance you can hold a chair or wall or the table next to you.*

Stomach in - inhale ... exhale

5



Lay on the floor on your right side and lift your right leg at a 30°-45° angle and put it down again, repeat for 15 times. Repeat same exercise for the left side.

Stand up, Stomach in:

- Inhale ... Exhale
- Inhale ... Exhale
- Inhale ... Exhale
- Inhale ... Exhale
- Inhale ... Exhale

Congratulations! You're done... OR you can do it again! ☺