



FITLUD
FITNESS MOTIVATION GURU

**5 WEEK FIT5
TRANSFORMATION
CHALLENGE**

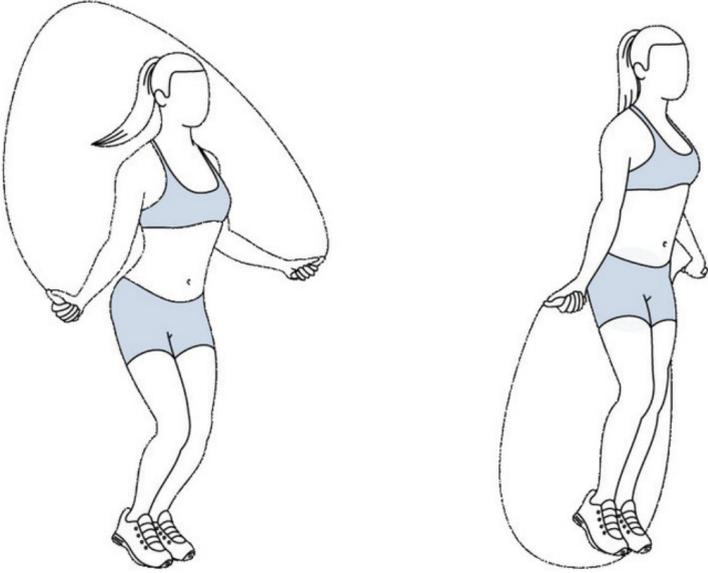
WEEK 5 VISUAL GUIDE

Warm up

Do each warm up exercise for 1 minute

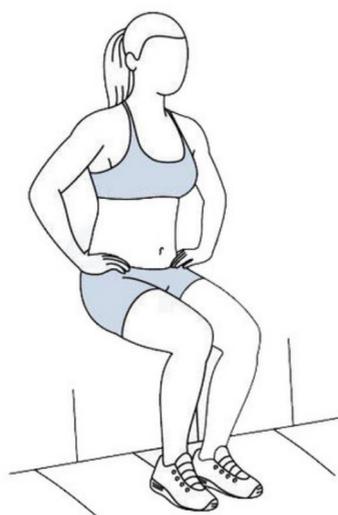
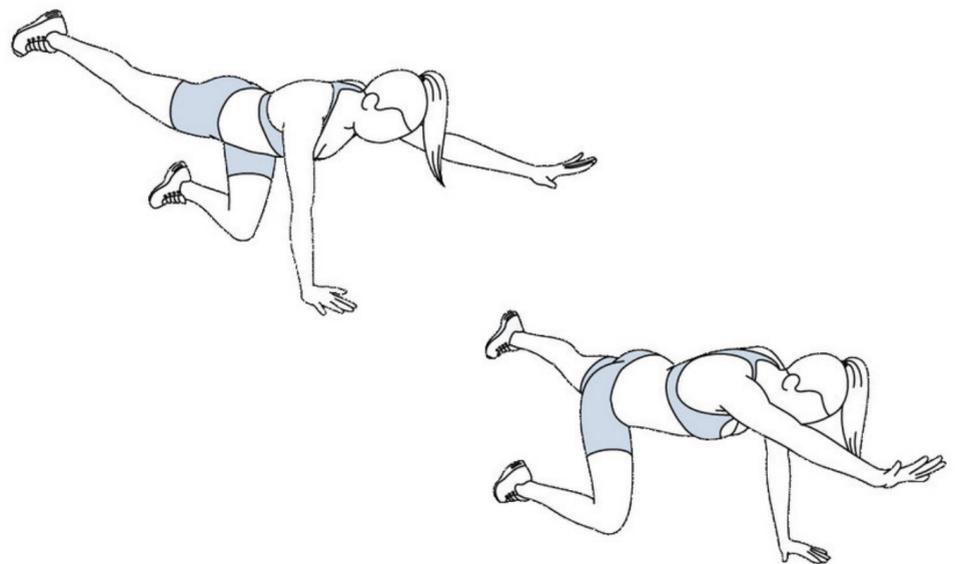
Jumping Rope

Modify by pretending to have a jump rope if needed



Opposite arm and leg reach

Remember to engage your core by pulling your naval to spine



Wall Sit

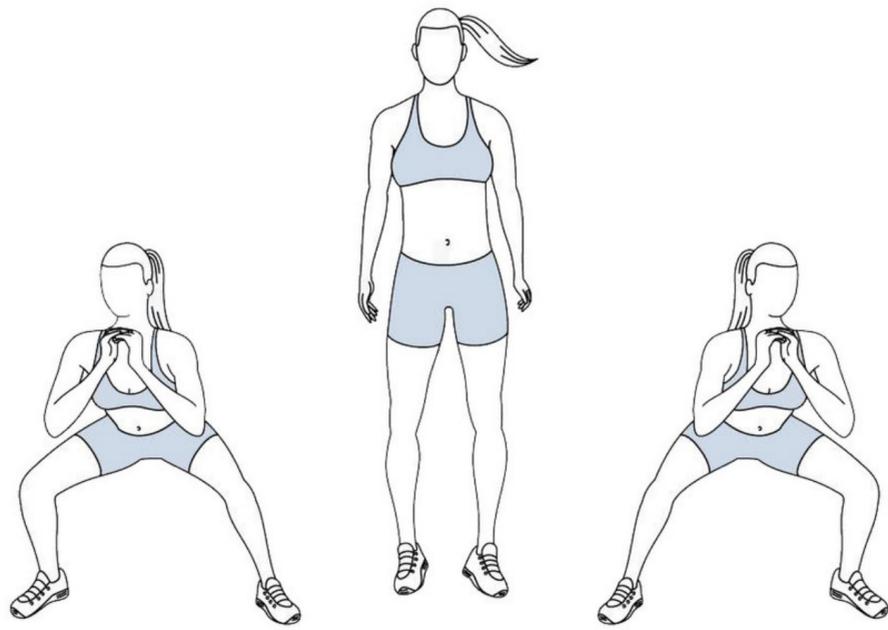
Sit against a wall with your knees bent at 90 degrees and back and neck pushing flat into the wall.



WORKOUT WEEK 5

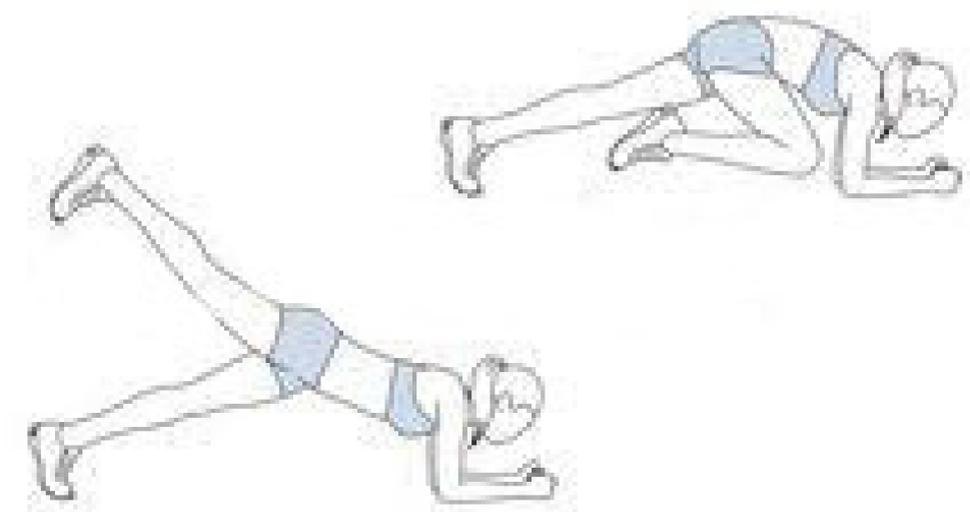
Do this same workout for 5 days this week

Side jump Squats



Step out into a low squat with your R leg and then explode and jump into air. Step put into a low squat with your L leg and then explode into the air. This is 1 rep. *Modify and do not jump. *Intensify by holding dumbbells

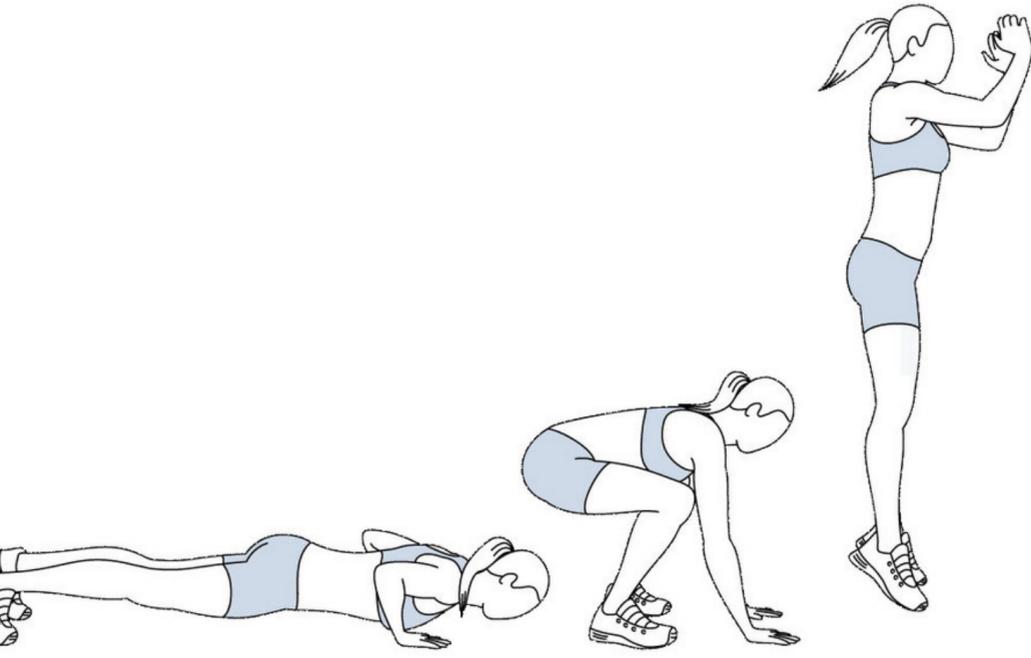
Alternating Knee kicks



Start in a an elbow plank position. Bring right knee to right elbow without allowing your leg or knee to touch the ground and shoot it up into the air behind you for reps. Return to start. Repeat on the other side. This is one rep. *Modify and hold plank for one minute *Intensify and do a full plank position on your hands.

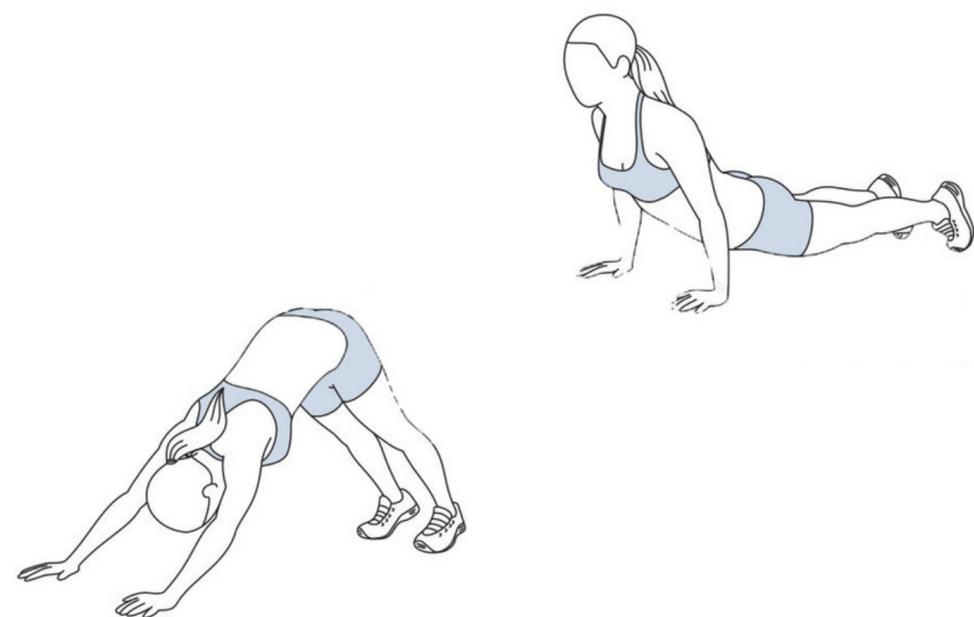
WORKOUT WEEK 5

Burpees



Start in a pushup position and jump feet in towards hands. Explode up and jump in the air as high as possible. Jump back to plank position. *Modify and step back and then stand up without jumping. *Intensify and add a pushup

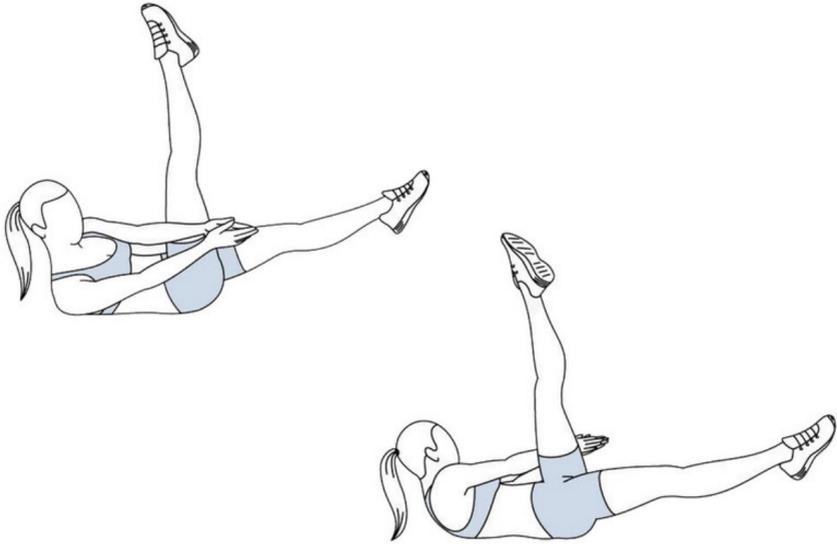
Down dog Pushups



Start in a down dog position. Nose dive down as you bend your elbows keeping them close to your rib cage. Lift up into up dog. Return to start and repeat for reps. *Modify by doing a traditional pushup *Intensify by not allowing knees to touch throughout the set.

WORKOUT WEEK 5

Scissors

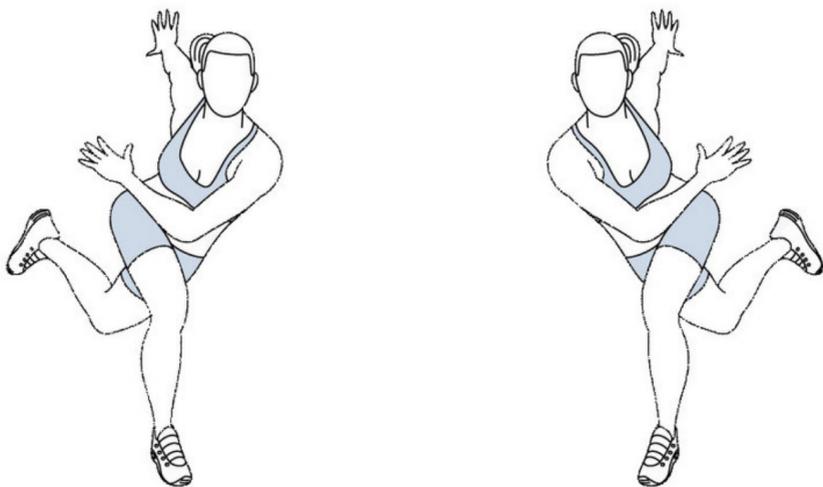


Start on your back and extend R leg to the ceiling as your L leg hovers. Bring both hands as shown to the outside of the R leg. Switch legs and bring hands to the outside of the L leg. That is 1 rep. *Modify by allowing the lower leg to touch the ground.

*Intensify by moving faster.

Skaters

***Cardio Blast
NOT OPTIONAL
THIS WEEK**



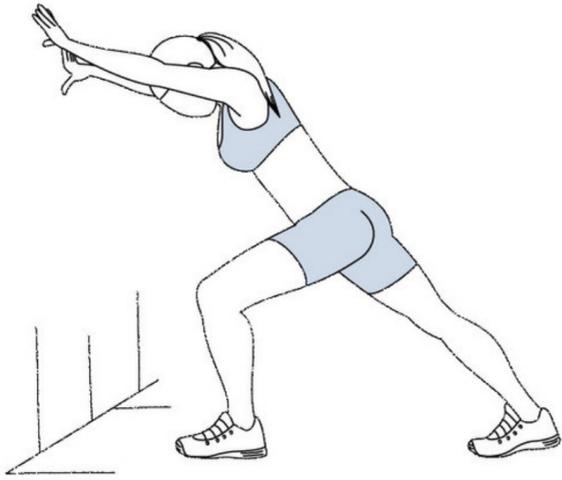
*Imagine you are an ice skater and laterally jump side to side landing on one leg as the opposite arm sweeps across your chest. Jump as far laterally as possible and then explode quickly to the other side. *Modify and do not jump from side to side. *Intensify and go for 90 seconds. instead of 60



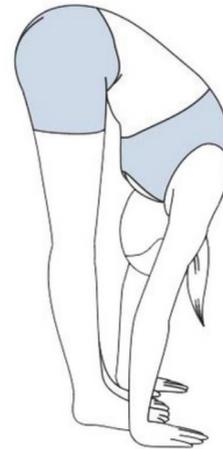
COOL/DOWN AND STRETCH WEEK 5

Hold each stretch as shown for 30-45 seconds on each side

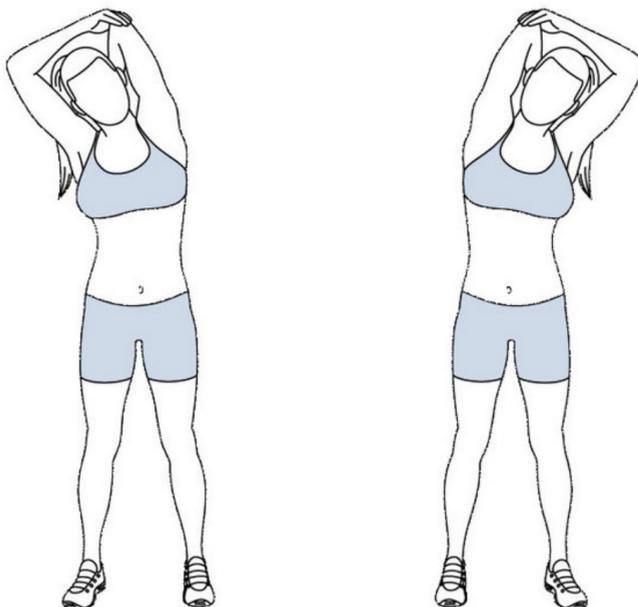
Calf Stretch



Forward fold



Tricep and shoulder stretch





Congrats Rockstar! You just completed my 5 week Fit5 Transformation Challenge! Now that you have experienced how simple fitness can you can continue to reach your goals because I am offering my 5 month Fit5 Challenge for those of you who want a more individualized specific program for your goals and more one on one coaching from me.

For more info on how you can continue to simplify your fitness and nutrition for life visit my website at

:

www.fitlud.com