



**FITLUUD**  
**FITNESS MOTIVATION GURU**

**THE FIT5 GUIDE 5  
WEEK PROGRAM**

**E-BOOK #2**

**WEEK 5 WORKOUTS**

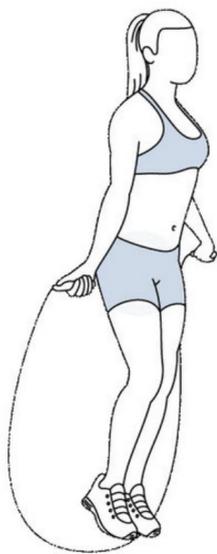
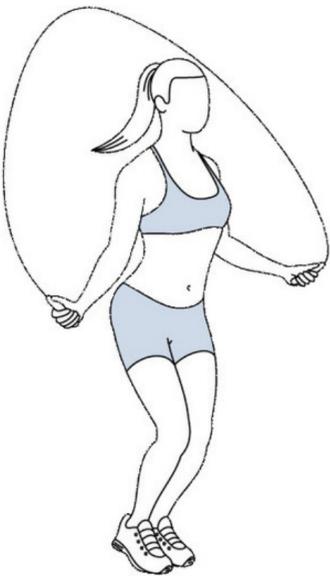
# WEEK 5 VISUAL GUIDE

## Warm up

Do each warm up exercise for 1 minute

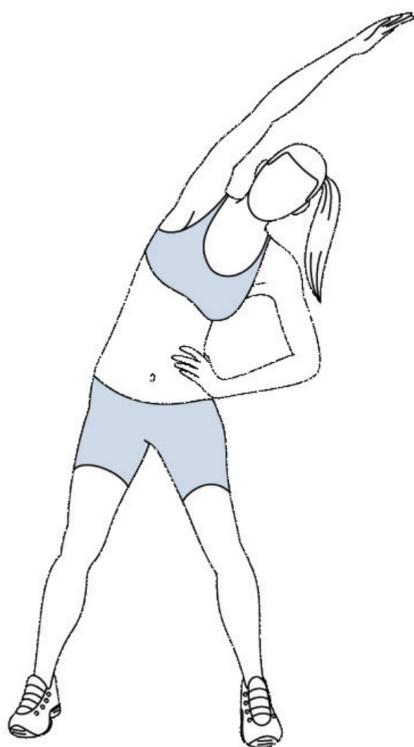
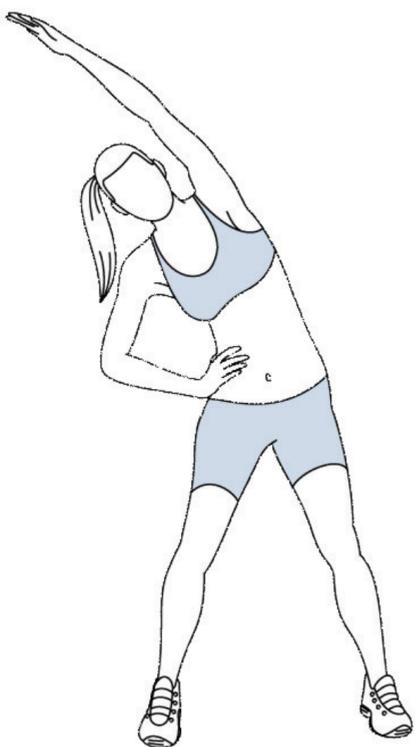
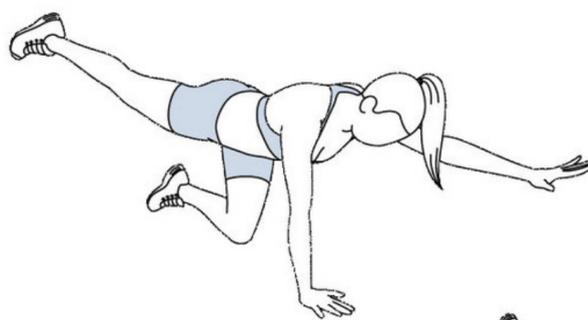
## Jumping Rope

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



## Side Bends

Bend from side to side reaching arm up and over alternate sides



# WORKOUT WEEK 5

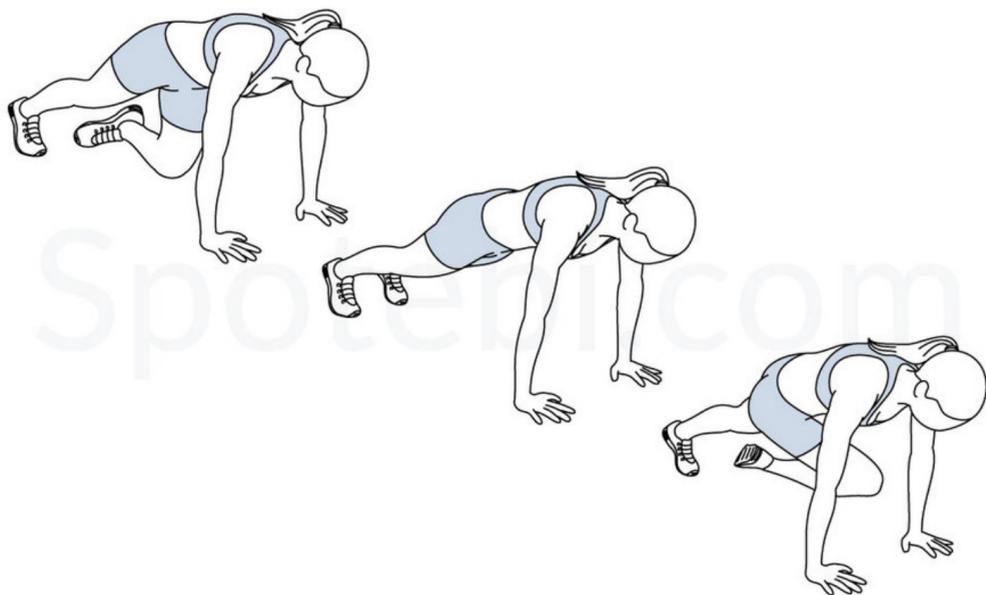
Do this same workout for 5 days this week

## Split lunge



Stand in a split stance with your right leg in front. Lunge down and up with left knee moving towards the ground. Do prescribed amount of reps. Then change to the other side. Modify by not going down as low. \*Intensify by holding dumbbells

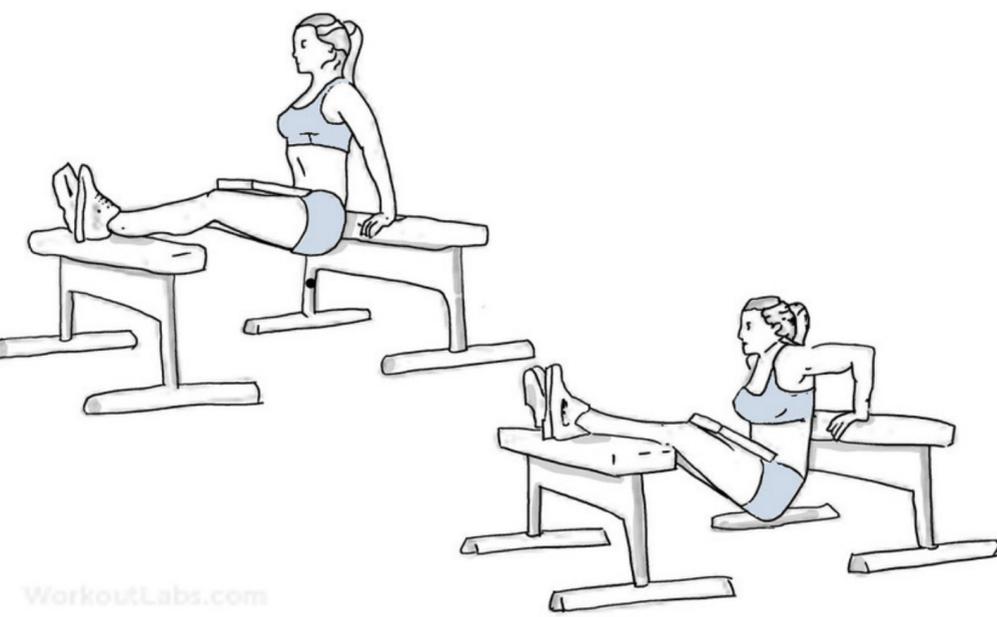
## Alternating Knee to elbow



Start in a plank position. Bring right knee to left elbow and return to start. Repeat on the other side. This is one rep. \*Modify and plank \*Intensify and go as fast as possible

# WORKOUT WEEK 5

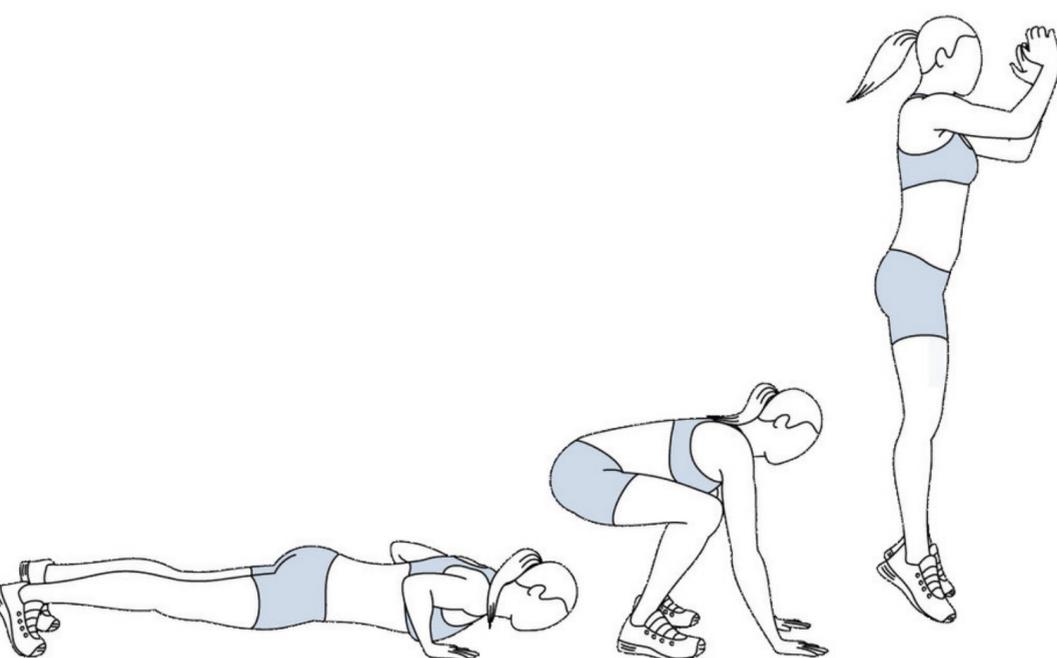
## Tricep dips



Place hands on a raised surface and use a step stool or chair to rest your feet. Slowly lower yourself down and press back to start while lifting your chest and squeezing your triceps.

\*Modify by placing feet on the floor. \*Intensify by adding a dumbbell to your lap.

## Burpees

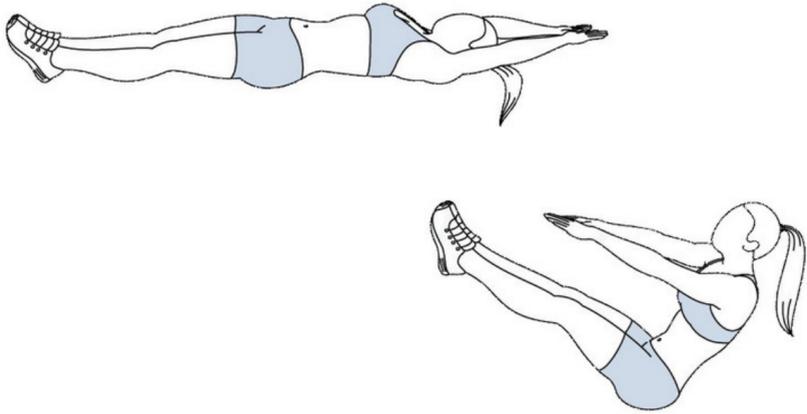


Start in a pushup position and jump feet in towards hands. Explode up and jump in the air as high as possible. Jump back to plank position. \*Modify and step back and then stand up without jumping.

\*Intensify and add a pushup

# WORKOUT WEEK 5

## Straight leg V-Sit

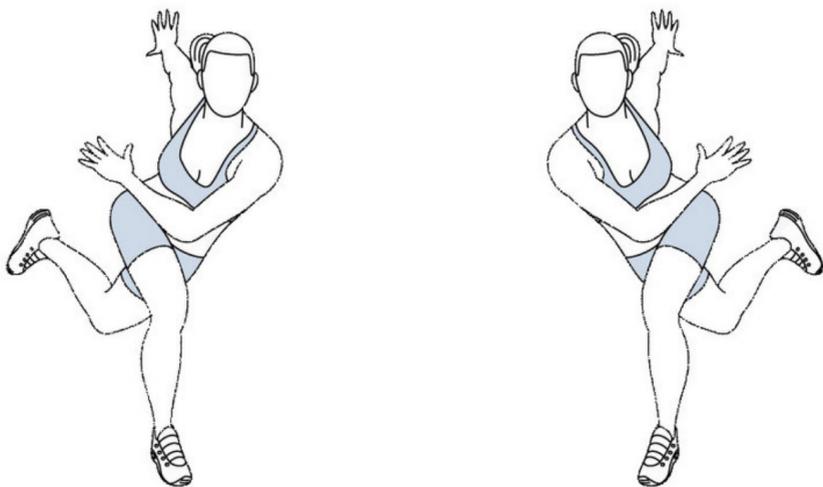


\*Lay flat as shown and engage your core. Reach hands to toes and balance on your tail bone to touch your toes then slowly lower back down extending hands over head as shown. \*Modify bend knees \*Intensify and hold a dumbbell

## Skaters

**\*Cardio Blast**

**NOT OPTIONAL  
THIS WEEK**

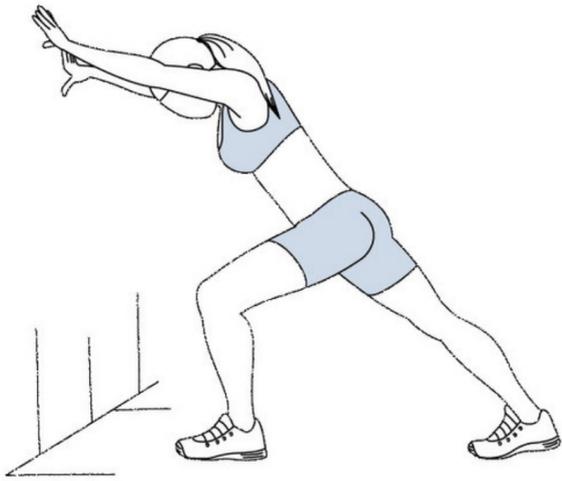


\*Imagine you are an ice skater and laterally jump side to side landing on one leg as the opposite arm sweeps across your chest . Jump as far laterally as possible and then explode quickly to the other side. \*Modify and do not jump from side to side. \*Intensify and go for 90 seconds. instead of 60

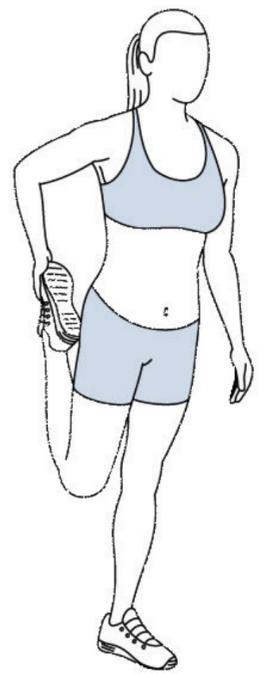
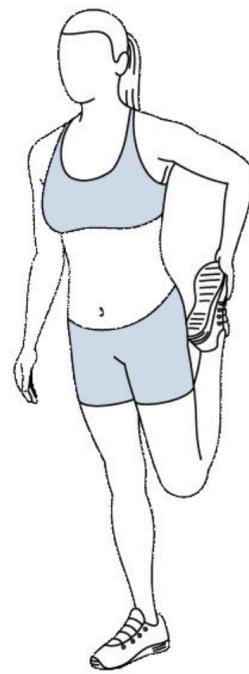
# COOL/DOWN AND STRETCH WEEK 5

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

## Calf Stretch



## Quad Stretch



## Tricep and shoulder stretch

