## **5 Minute Fitness**

Do 30 Seconds of each exercise

**Pushups** 



**Hip Flexor Stretch** 



**High Knees** 



**Burpees** 



Sit-ups



**Mountain Climbers** 



Calf Raises



**Hurdler Stretch** 



**Butterfly Stretch** 



**Downward Dog** 



Downward-Facing Dog

Plank Hold



**Jumping Jacks** 

