

FIT CHICKS®

"Fit Chicks 5"

WORKOUT

This workout is just 5 moves for 5 minutes (or you can repeat if you feel energetic!) It's full body and you can do without equipment!

1 minute jump squats

1 minute push ups

1 minute jump lunges

1 minute burpees

1 minute plank hold

Choose your intensity!

Level 1 - eliminate the jumps and step out burpees

Level 2 - do the workout as is

Level 3 - add in a push up to your burpees

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