

## WEEK 5

This workout plan is in a form of a check-list. You can simply print out a sheet before you work out, and tick off the exercises you've already completed during the workout. There may be some exercises in the video where I'm using props, but don't worry - you can do every exercise without them. If you don't know how, Carmen and I are always here to help.

Now let's work! xx

### WARM-UP

- jump rope 3min (if you don't have one just do 3x40sec high skipping)

### CARDIO + UPPER BODY

- mountain climbers - standing 30sec
- push-ups 10reps
- mountain climbers 30sec
- baby dips 10reps
  
- mountain climbers - standing 30sec
- push-ups 10reps
- mountain climbers 30sec
- baby dips 10reps
  
- mountain climbers - standing 30sec
- push-ups 10reps
- mountain climbers 30sec
- baby dips 10reps

### ABS

- ball-pass crunches 12reps
- leg raises 12reps
- cycling crunches 20reps
- flutter kikcs 20reps
  
- ball-pass crunches 12reps
- leg raises 12reps
- cycling crunches 20reps
- flutter kikcs 20reps
  
- ball-pass crunches 12reps
- leg raises 12reps
- cycling crunches 20reps
- flutter kikcs 20reps

choose  
happy