



5-minute workouts through the workday

The holidays (or any time of the year) can be challenging to fit in a workout. I love working out, and I can creatively carve out 30 minutes to 1 hour a day. However, there are days when I can barely find 5 minutes to do anything other than work, family, and kid obligations. Over time, I have done several mini-workouts that I try to incorporate into my day for those extra busy times in life. I know too many women who have the best intentions at heart, but at the end of the day, they don't get their workout in and then become frustrated. So, in the spirit of the giving season, I put my mini-workouts in a 5-day calendar format to share with you. I hope you will find these helpful in those crazy moments of life to still get your workout in for the day.

	Workout	Goals	Notes
Monday	<p>Movement into the workday:</p> <p>1 minute of activity: walk up and down stairs or march in place</p> <p><u>Step Ups</u>: use stairs or a sturdy box and step up and down. Alternating leading foot every 5 steps.</p> <p><u>Side Hop</u> : lay something on the floor and hop over it from side to side, with a slight bend</p>	<p>Add movement into your day</p> <p><u>Strength Exercises:</u> Start by doing each exercise for 15-30 seconds. If 15-30 seconds is easy, gradually increase to 1-minute continuous exercise for each movement.</p>	<p>This circuit will take you 5 minutes at most, or slightly less, depending on the time frame that you do each of the exercises listed. Repeat this circuit 3-5 throughout your workday to add movement and strength into your day. If you need to cut out a few exercises for lack of time, then choose the exercises you want to do for the first round and then start where you left off for</p>

	<p>in your knee.</p> <p>Body-Weight Squat Health : stand with feet shoulder width apart and squat down. Squeeze your glutes (bum on the way up) and don't let knees go over your toes</p> <p>Russian Twist: sit on the floor with your legs in front of you, slightly bent and twist your upper body from side to side, while keeping your core locked in place.</p>		the next round.
Tuesday	<p>Movement into the workday:</p> <p>5-minute from your desk workout</p>		Repeat this workout 3-5 times throughout your workday. Or, you could mix up the workouts by incorporating a few exercises from other days into this day. If you don't want to watch the same video 3-5 times throughout the day.
Wednesday	<p>Movement into the workday:</p> <p>1 minute of movement: walk up a flight of stairs, walk in place briskly, go moderate to hard for 1 minute</p> <p>Do some neck circles or side-to-side neck stretches</p>	<p>Add movement into your day</p> <p><u>Strength Exercises:</u> Start by doing each exercise for 15-30 seconds. If 15-30 seconds is easy, gradually increase to 1 minute of continuous exercise for each movement.</p>	This circuit will take you 5 minutes at most, or slightly less, depending on the time frame that you do each of the exercises listed. Repeat this circuit 3-5 throughout your workday to add movement and strength into your day. If you need to cut out a few exercises for lack of time, choose the exercises you want

	<p>Squat Jump The Right Way : feet shoulder width apart, squat down and jump up. Repeat. Make sure to land softly on your feet and engage your core and glutes.</p> <p>Mountain Climbers or Modified Mountain Climbers : use the backside of a chair that won't roll, walk your legs behind you until your body is at a 45 degree angle to floor. Drive one knee towards your chest, while your other leg stays still as the anchor and then switch legs. Repeat for 1 minute.</p> <p>Flutter Kicks : Lay flat on the floor, place your hands under your tailbone or lower back if you would like, lift both legs off floor and scissor kick. The higher your legs, the easier the kick, the lower the legs, the harder the kick. Make sure not too arch lower back and keep it flat on the ground.</p> <p>Single Leg Lunge: Start by standing up tall.</p> <ol style="list-style-type: none">1. Step forward with one foot until your leg reaches a 90-degree		<p>to do for the first round and start where you left off for the next round.</p>
--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	-----------------------------------------------------------------------------------

	<p>angle. Your rear knee should remain parallel to the ground and your front knee shouldn't go beyond your toes.</p> <ol style="list-style-type: none"> 2. Lift your front lunging leg to return to the starting position. 3. Do each leg for 30 seconds. 		
<p>Thursday</p>	<p>Movement into the workday:</p> <p>1 minute of movement: march in place with shoulder circles</p> <p>Rotational jacks</p> <p>Single leg deadlift</p> <p>Wide leg squat</p> <p>Wall Sit: place your back against a wall with your feet shoulder-width apart and a little ways out from the wall. Keeping your back against the wall lower your hips until your knees form right angles. It will be like you are sitting in a chair and you hold that position up to 1 minute.</p>	<p>Add movement into your day</p> <p><u>Strength Exercises:</u> Start by doing each exercise for 15-30 seconds. If 15-30 seconds is easy, gradually increase to 1 minute of continuous exercise for each movement.</p>	<p>This circuit will take you 5 minutes at most, or slightly less, depending on the time frame that you do each of the exercises listed. Repeat this circuit 3-5 throughout your workday to add movement and strength into your day. If you need to cut out a few exercises for lack of time, then choose the exercises you want to do for the first round and then start where you left off for the next round.</p>

Friday

Movement into the workday:

Low Impact Jumping Jacks:

standing tall, march out to the left and raise left hand and then bring left foot back and lower hand and repeat on the right side. It looks like a side to side march while raising the same arm as the leg that you are marching out.

Glute Bridges: Lie face up on the floor, with your knees bent and feet flat on the ground. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze the glutes hard and keep your abs drawn in so you don't overextend your back during the exercise. Then go back down. Repeat for 30 seconds to 1 minute.

Speed Skater: standing in one place, jump to your left and then from your left go to the right. Repeat for 30 seconds to 1 minute. Start with smaller jumps to the side and as you get bigger you can make your jumps bigger if you would like.

Modified Planks: Begin in the plank position, face down with

Add movement into your day

Strength Exercises:

Start by doing each exercise for 15-30 seconds. If 15-30 seconds is easy, gradually increase to 1 minute of continuous exercise for each movement.

This circuit will take you 5 minutes at most, or slightly less, depending on the time frame that you do each of the exercises listed. Repeat this circuit 3-5 throughout your workday to add movement and strength into your day. If you need to cut out a few exercises for lack of time, then choose the exercises you want to do for the first round and then start where you left off for the next round.

	<p>your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor. Engage your abdominal muscles, drawing your navel toward your spine. Lower your knees to the floor to get in the modified position.</p> <p><u>Wall Push-ups</u>: Assume the starting position with feet and legs together, standing about 2 feet from a wall with your arms straight out in front of you.</p> <ol style="list-style-type: none">1. Bend your elbows and begin to lean your body toward the wall until your nose almost touches it.2. Push back to the starting position and repeat.		
--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--