

OFF & RUNNING | REP fit 5 • Mini Workout



DURATION	4 minutes
MUSCLE FOCUS	legs, core, shoulders
BENEFIT	general strength, daily tasks
DIFFICULTY	advanced
EQUIPMENT	floor mat, watch / stopwatch / clock to monitor seconds

This routine provides a short cardio workout, and is a great warmup for a longer exercise routine.

Run on the Spot

🕒 20 seconds

1. Stand with your feet together, step sideways with one foot and kick your other foot out to the side.
2. Return the back foot to the floor and repeat on the other side.
3. Keep upright, looking ahead as you move, alternating from side to side.

REST

..... 🕒 10 seconds

Plank

🕒 20 seconds

1. Lying face down on your elbows and toes, form a straight line by lifting your hips off the floor.
2. Hold your body straight for the allocated time by keeping your core muscles tight.

REST

..... 🕒 10 seconds

WORKOUT INSTRUCTIONS

- Perform each exercise for 20 seconds.
- Allow 10 seconds of rest between exercises
- Repeat the pair of exercises four times (8 exercises in the total sequence)
- (For extra credit, perform each exercise for 30 seconds)



This workout is designed to improve personal fitness and wellbeing. If you chose to participate in this workout, you understand that you are doing so voluntarily, you certify you can perform the physical exercise, you understand the risks involved, and you fully acknowledge the Terms of Service outlined on our website at <https://simplimove.health/terms-of-service/>