

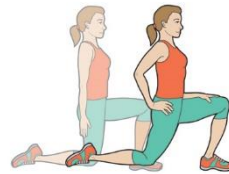
# 5 Minute Fitness

Do 30 Seconds of each exercise

## Pushups



## Hip Flexor Stretch



## High Knees



## Burpees



## Sit-ups



## Mountain Climbers



## Calf Raises



## Hurdler Stretch



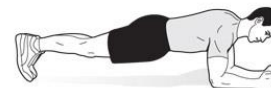
## Butterfly Stretch



## Downward Dog



## Plank Hold



## Jumping Jacks

