

Week 2

Joe Wicks Workout

Do each exercise for 1 minute
for a 5 minute workout

Or

Each exercise for 2 minutes for
a 10 minute workout.

Remember to have a little
break in between each exercise
and drink plenty water.



Joe Wicks: 5-Minute Move Workout 2

Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



Joe Wicks: 5-Minute Move Workout 2

Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.



Joe Wicks: 5-Minute Move Workout 2

Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!



Joe Wicks: 5-Minute Move Workout 2

Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



Joe Wicks: 5-Minute Move Workout 2

Marching High Knees

1. March on the spot.
2. Lift your knees high.
3. Touch your elbow to your knee.
4. Keep your back straight.

