

Joe Wicks: 5-Minute Move Workout 3

Touch the Sky

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees.
3. Touch the floor.
4. Stand up straight.
5. Stretch your arms high above your head.



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Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



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Touch Toes, Clap Hands

1. Sit down on the floor.
2. Legs out in front of you.
3. Stretch your arms to touch your toes.
4. Stand up.
5. Clap your hands above your head.



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Lunge

1. Start with your feet together.
2. Step back with one leg.
3. Touch your front foot with your hand.
4. Stand up straight.
5. Repeat with your other leg.
6. Keep going!



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Star Jump Sprint

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.
5. If you hear "Sprint", run as fast as you can on the spot!



