

Joe Wicks: 5-Minute Move Workout 4

Squat Knee-Up

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees as if sitting in a chair.
3. Stand up straight.
4. Lift one knee high.
5. Bring your elbow to your knee.
6. Repeat, this time using the other knee.



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Mountain Climbers

1. Get on your hands and feet.
2. Keep your back and legs in a straight line.
3. Bend one knee and bring it to your chest.
4. Return your foot to the floor.
5. Move nice and slowly.
6. Repeat with your other knee.



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Knee Lifts

1. Hold your arms out to the side at about chest height.
2. Keep your arms straight.
3. Lift your knee high up to your elbow.
4. Keep your back straight.
5. Return your foot to the floor.
6. Repeat with the other knee.



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The Mummy

1. Hold your arms out to the front.
2. Kick your legs up and out to the front.
3. Cross your hands over each other. First one on top and then the other.
4. Keep your arms and legs straight.



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Lunge Punch

1. Start with your feet close together.
2. Step one foot backwards and bend your knees.
3. Punch out with one hand.
4. Stretch your arm out forwards.

