

Joe Wicks: 5-Minute Move Workout 5

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.



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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.



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Slow Motion Burpees

1. Bend to put your hands on the floor.
2. Walk your feet backwards.
3. Walk your feet to your hands.
4. Stand up with your arms up above your head.



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Touch the Foot, Touch the Sky

1. Place your feet out wide.
2. Reach to your toes with a straight arm.
3. Stretch your arms up high.
4. Pretend to touch the sky!



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Ski Jump

1. Tuck your arms into your chest.
2. Crouch forward.
3. Pretend there is a line on the floor.
4. Jump to the side over this line.
5. Jump back to the other side.

