

Joe Wicks: 5-Minute Move Workout 1

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.



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.



Joe Wicks: 5-Minute Move Workout 3

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!



Joe Wicks: 5-Minute Move Workout 4

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.



Joe Wicks: 5-Minute Move Workout 5

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.

