



5 MINUTE MORNING WORKOUT ROUTINE

"Exterior assets mean nothing if you
can't control what goes on inside"

- Tyson Fury



20 PRESS UP'S

A great way to start the day and to really get a pump on for your arms and core.

If you can't do 20 in one go. start with 5 or 10 and slowly work your way up.



10 BURPEES

Burpees are essentially a press up and a jump combined.

When doing the burpees, start off slow by doing the full press up.

When you complete the press up, bring your arms to your leg in one motion and spring with your arms out as shown in the image.



30 MOUNTAIN CLIMBERS

This is great for your core and for improving cardio.

30 mountain climbers should last only 30 seconds on average. Bring your legs close to your body and continue you to do so at pace with both legs until the 30 seconds is up.

HEAVY HITTERS
WATER FILLED PUNCH BAGS