



# FIVE FURY



## FULL BODY FITNESS

5 MOVES

5 ROUNDS

5 DAYS

ACTIVITY	TIME	REPS
<b>DAY 1</b> <ul style="list-style-type: none"><li>• Jump Squats</li><li>• Push Ups</li><li>• Plank Jack</li><li>• Mountain Climbers</li><li>• Full Sit Ups</li></ul>	20 seconds work 10 second break Repeat for next move	<b>5 Rounds</b>
<b>DAY 2</b> <ul style="list-style-type: none"><li>• Jump Lunges</li><li>• Russian Twists</li><li>• Glute Bridge</li><li>• Butterfly Sit Ups</li><li>• Flutter Kicks</li></ul>	30 seconds work 10 second break Repeat for next move	<b>5 Rounds</b>
<b>DAY 3</b> <ul style="list-style-type: none"><li>• Jump Squats</li><li>• Push Ups</li><li>• Plank Jack</li><li>• Mountain Climbers</li><li>• Full Sit Ups</li></ul>	30 seconds work 10 second break Repeat for next move	<b>5 Rounds</b>
<b>DAY 4</b> <ul style="list-style-type: none"><li>• Jump Lunges</li><li>• Russian Twists</li><li>• Glute Bridge</li><li>• Butterfly Sit Ups</li><li>• Flutter Kicks</li></ul>	60 seconds work 10 second break Repeat for next move	<b>5 Rounds</b>
<b>DAY 5</b> <ul style="list-style-type: none"><li>• Jump Squats</li><li>• Push Ups</li><li>• Plank Jack</li><li>• Mountain Climbers</li><li>• Full Sit Ups</li></ul>	40 seconds work 10 second break Repeat for next move	<b>5 Rounds</b>