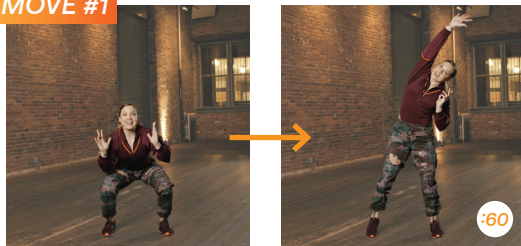


# STOP THE SCROLL

## 5-MINUTE WORKOUT

### MOVE #1



SQUAT TO REACH

### MOVE #2



LATERAL LUNGES

### MOVE #3



PLANK CHEST TAPS

### MOVE #4



REVERSE LUNGE WITH STRETCH

### MOVE #5



PLANK WALK-OUTS

### WHAT'S UP TEAM!

Get up and give yourself 5-minutes with these five one minute exercises.

Things to focus on:

- Form
- Extension
- Breathing

Any MOVEMENT is better than no movement! So way to go Team!

Looking for more?  
Check out my other programs at:

[KaisaFit.com](https://KaisaFit.com)