

# 5 MINUTE WORKOUT

[thelittlefrugalhouse.com](http://thelittlefrugalhouse.com)

Set a timer for 5 minutes!

1st minute: Jumping Jacks  
Do these as fast as you can!

2nd minute: Alternating Lunges and Squats  
Do as many as you can!

3rd minute: Split between push ups  
and sit ups - Focus on your form!

4th minute: Alternating Bicep Curls and Tricep  
Raises

Last minute: Yoga and Stretch