



FIT IN FIVE

SCHEDULE AND DEMO VIDEOS

FIT IN FIVE

Our Fit in Five (FiF) exercise sets are the nuts and bolts of all of the Sol Movement programs. Strength training - even if all you have is five minutes per day, is essential for our basic health and fitness. In addition to being stronger, the benefits include injury prevention, increased metabolism and energy.

If all you have is five minutes, you can add these sets into your daily routine and feel happy knowing you've spent a few minutes on you. It is always best to do any strength workouts after being warmed up, preferably 10 minutes.

Recommended execution:

- 1) Run through each exercise for 1 minute each (preferably after at least 10 minutes of warming up, or at the end of a cardio workout)
- 2) Run through three sets of each FiF three times, doing each exercise for 10 - 15 repetitions, depending on your ability
- 3) These can be done as HIIT (high intensity interval training), where you run through each set doing 10-15 reps or set amount of time (30-60 seconds) for each exercise, and taking a 1-minute break between each set.



FIT IN FIVE SCHEDULE

Click [here](#) for video demonstrations of the first week's exercises.

Week 1					
Exercises	Walking lunges Glute kick backs Bicep curl in standing lunge Tricep extensions Russian Twist	Sumo squats Pushups Ab Bikes Heel Sky Rise Leg lifts	Side Shuffle with high knee hold Plank Superman / Dead bugs Shoulder fly Glute bridges	Mountain Climbers Butterfly Kicks Alternating side lunge Shoulder press Bent over reverse fly	Downward Dog Warrior 1 Warrior 2 Seated forward Bend Child's pose
Week 2					
Exercises	High knees Tricep dips Shoulder press ups Side step with band Crunches	Round the clock lunges Arm extensions Bicep curls Ankle taps Supermans / Dead bugs	Glute Lunges Reverse Butterfly Half-kneeling wood chop Reverse crunch Wall squats	Squat with front kick Calf raises Shoulder shrugs Side-lying leg raises Ab bikes	Downward Dog Side Angle Pose Tree Cat/Cow Seated Forward Bend
Week 3					
Exercises	Sumo Squats Plank Shoulder Press Russian Twist Butterfly kicks	Mountain Climbers Side shuffle Tricep dips bicep curls Leg lifts	High Knees Pushups Heel Sky Rise Bent over reverse fly Tricep extensions	Walking Lunges Step Ups Hip drops Ankle taps Rolling like a ball	Downward Dog Plank Bridge Pose Triangle Pose Child's Pose
Week 4					
Exercises	Sumo Squats Plank Shoulder Press Russian Twist Butterfly kicks	Mountain Climbers Side shuffle Tricep dips bicep curls Leg lifts	High Knees Pushups Heel Sky Rise Bent over reverse fly Tricep extensions	Walking Lunges Step Ups Hip drops Ankle taps Rolling like a ball	Downward Dog Plank Bridge Pose Triangle Pose Child's Pose



**Here's the
bottom line:**

Fitness is
accessible to
everyone.

Our FiF exercises
help you make it
part of your daily
routine, so that
you can enjoy it
and feel strong,
fit and healthy.



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