



FIVE IN FIVE

Five in Five is a completely customisable mini-workout to help you move in whatever way works for you. Doing Five in Five is simple: choose 5 exercises from the activity library and do each one for 1 minute, adding up to a 5 minute mini-workout.

We've created four different categories, each with a few activities that you pick from to mix and match your favourite combo. Whether you want to improve your strength, unwind and relax, or just have a bit of fun, there's bound to be a Five in Five that suits you.

See some activity options on the following pages, as well as space for you to write in your favourite Five in Five on the last page.

If you're new to being active or are just getting back into it, visit [WeAreUndefeatable.co.uk/getting-started](https://www.weareundefeatable.co.uk/getting-started)

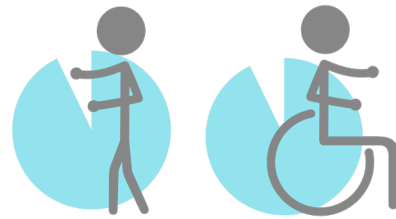
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Warming Up

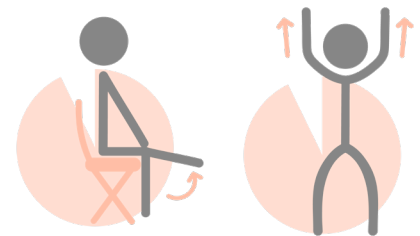
Activities to get your body warmed up that require no equipment

Pull no punches!
While seated or standing,



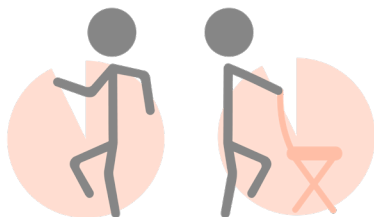
reach your arms out
to hit an imaginary punching bag!

Time to lift! While seated,
lift up one leg at a time,



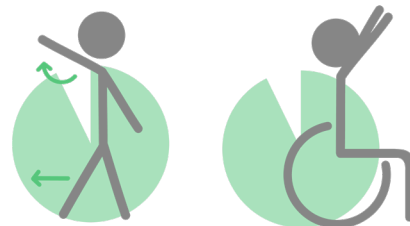
or start with your hands in front of
your shoulders and push up
above your head.

Get that heartbeat up!
Walk on the spot and gradually
increase arm swings and knee lifts
until you're marching.



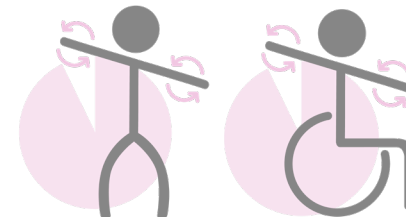
Hold onto a chair
for assistance if you need!

Get going with some half jacks.
Step to the side and lift one arm on
your left side, then your right.



If you're seated, you can do
overhead claps instead!

Let's get rolling.
Roll your shoulders around,
first forwards, then backwards.

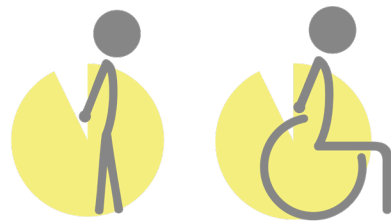


After a little while, raise your
arms for an arm roll, too!

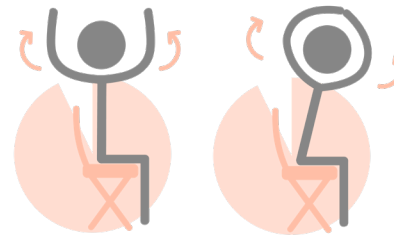
Stress-Busting

Stretching and other activities to unwind

Interlock your hands behind your back and look at the ceiling.



Raise your hands above your head and stretch them from left to right.

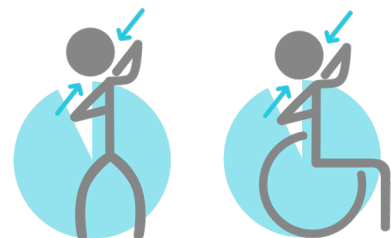


Gently pull your hands towards the floor (only as far as you're comfortable).

Interlink your hands when you do it for a bit more intensity!

Reach behind your shoulders and try to walk your fingers down your back.

Unwind - literally! Twist from the waist, and look back over your shoulder.



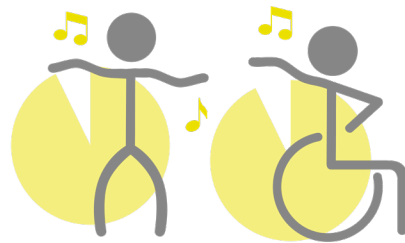
Don't worry if they don't touch - try holding on to your shirt instead.

Hold for a few seconds before twisting the other way!

Mood-Boosting

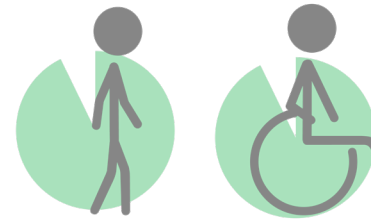
Activities to lift your spirits and clear your head

Dance in place,
any way that you like.



There are no wrong moves!

Move around your surroundings
for a minute, at your own pace.



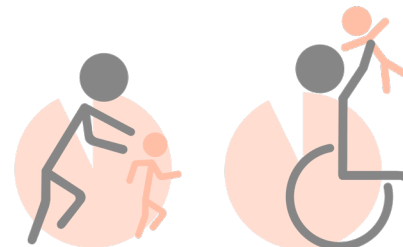
If you've got some outdoor space,
why not move there?

Shake out the tension in your arms -
and if you can, your legs, too.



Now's the time to let loose!

If you're getting active with
a child or grandchild,



it's their turn to
pick which move you do!

Exercises with Accessories

Exercises with equipment or household items

Holding a full water bottle or unopened can, curl your arm up to your shoulder



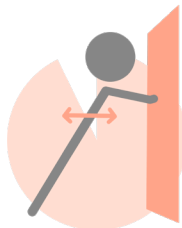
Do a few strengthening calf raises by rising up to your tip toes for a few seconds before lowering back down.



and then bring it back down.
No fancy equipment needed!

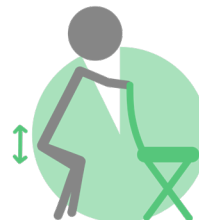
Be sure to hold on to the back of a chair for support.

Get the wall involved in your workout by facing it and standing at an angle, hands shoulder width apart at shoulder height.



Bend your elbows to lower your chest to the wall, then push back up.

Try squatting, but with a little support. Hold onto a chair with a straight back and feet hip width apart.



Bend at the knees like you're going to sit, then straighten your legs to stand right back up.

Make your own resistance band! Pull both ends of a tea towel with your hands.



Bring the towel to your chin and then lift it over your head keeping bent elbows.



FIVE IN FIVE

MY FIVE IN FIVE

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