




No Fail Five

CARDIO



UPPER



LOWER

CORE

CHOICE

X X X X X X

HOW TO

Utilize the planning sheet to create your won exercise routine.

You can use exercises from the internet; Pinterest, YouTube, Google, Instagram. You need a
"cardio" exercise
"upper body strength" exercise
"lower body strength" exercise
"core strength" exercise
and an exercise for a focus area.

You can search all of these on the web

Complete your routine 2 ways

1) 10-15 reps of each exercise, 1 set all the way down the list. This is known as a "circuit". You would complete the circuit 3-4 times total

2) Timed intervals. Download an interval timer app to your phone or tablet. Set your "work" intervals to anywhere from :30-60 seconds and your "rest" intervals to :10-:20 seconds. Do the entire circuit 3-4 times through.

