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
Warming Up
Activities to get your body warmed up that require no equipment

- Pull no punches!
  While seated or standing,

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

- reach your arms out
  to hit an imaginary punching bag!

- 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.

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

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

- Hold onto a chair
  for assistance if you need!

- If you’re seated, you can do
  overhead claps instead!

- 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.
- Move around your surroundings for a minute, at your own pace.
- There are no wrong moves!
- 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.
- If you’re getting active with a child or grandchild,
- Now’s the time to let loose!
- 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.
- Try squatting, but with a little support. Hold onto a chair with a straight back and feet hip width apart.
- Make your own resistance band! Pull both ends of a tea towel with your hands.

- Bend your elbows to lower your chest to the wall, then push back up.
- Bend at the knees like you're going to sit, then straighten your legs to stand right back up.
- Bring the towel to your chin and then lift it over your head keeping bent elbows.
MY FIVE IN FIVE

1

2

3

4

5

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