

# The 5x3 Daily Blast

## 1 - upper body

- pushup
- rows
- shoulder press

## 2 - cardio

- jumping jacks
- burpees

## 3 - abs

- mountain climbers
- toe touches
- crunches

## 4 - cardio

- jump rope
- high knees

## 5 - lower body

- squats
- lunges
- step ups

- select one exercise per grouping
- perform the 5 selected exercises in order for 45-60 seconds each
- repeat for a total of 3 times
- rest when needed and stay hydrated

