

# Big 5

Start with the following:

10 second plank

5 body squats

10 second side plank

5 push ups

10 second side plank on other side

Now repeat the whole series, reducing the planks to 9 seconds and the other exercises to 4 reps.

Keep repeating the series, reducing by one each time, until the last set includes 6 second planks and a single rep of the exercises.