

# 5 MINUTE ISOMETRIC STRENGTH WORKOUT *while you're travelling*

## 1. Wall Sit:

With your back against a wall, slide down to up to 90 degrees. Keeping your knees over your toes, hold up to one minute.

## 2. Forearm Plank:

On the floor facing down, starting with your knees and if you're able, progressing to your toes, hold up to one minute.

## 3. Bridge:

Keeping your head, neck and shoulders relaxed on the floor, engage your legs and squeeze your glutes, bringing your hips up. Hold up to one minute.

## 4. Dead Bug:

On the floor facing up with your arms up and legs at 90 degrees, engage your core and hold up to one minute.

## 5. Iron Man:

Facing down, clasp your hands behind your back while raising your legs, tucking your chin in slightly and keeping your shoulders down. Flutter your legs for an extra challenge.