

Five Quick Fitness Moves

BeautifulFitFree.com



by Lori Dee

Enjoy these 5 quick body weight moves that can be done in 2.5 minutes or less.

Click to go to videos



1 BASIC CORE



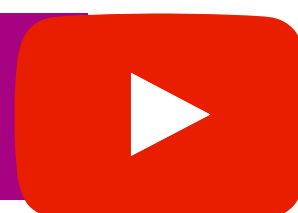
Table top to Bird Dog to Alternating Reach Bear Position

2 BEGINNER PUSH UP



Engage your full body with your best push up from knees or full body.

3 WALK OUTS



Walk out to Down Dog and/or Plank

4 YOGI STYLE PUSHUP



Elbows in to target your triceps.

5 DOWN DOG CORE



Down Dog to plank with rotating knees.

SEE IMPORTANT INFORMATION BELOW

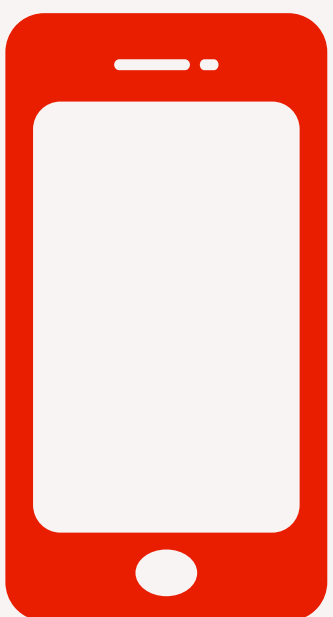
Please join our
Social Media
Tribe!



IMPORTANT!

Please consult your physician or healthcare professional before beginning this or any exercise program. This is especially important for persons with pre-existing health conditions. BeautifulFitFree.com, Lori D. Frazier, Everybody's Beautiful LLC & affiliates assume no responsibility for personal injury or property damage sustained by or through the use of this product. Advice given in videos is in no way intended to be a substitute for professional medical advice. **DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN, SEVERE DISCOMFORT, NAUSEA, DIZZINESS, OR SHORTNESS OF BREATH AND CONSULT A MEDICAL EXPERT.** Start slowly and at the level that is appropriate for you. Not all exercise plans are suitable for everyone.

***Always hydrate.
Have a bottle of
water available &
drink frequently.***



And finally, particularly when doing a virtual workout alone. Have a cell phone nearby in case of an emergency.

Enjoy your workout!