

SET A TIMER: 5:00

50 THINGS TO DO IN FIVE MINUTES

Pick one. Set the timer. Do that one thing. Stop when it rings if you want.

FIVE MINUTES COUNTS. IT DOES NOT HAVE TO BECOME A WHOLE THING.

1

March in place

Easy pace or pump the arms and make it brisk.

MOVE

2

Walk laps around the house

Hallway, kitchen, stairs - keep moving for five.

MOVE

3

High knees

Alternate 20 seconds strong / 20 seconds easy.

MOVE

4

Step-touch side to side

Add big arm reaches or keep it low-key.

MOVE

5

Dance to one song

No choreography. Just move until the timer ends.

MOVE

6

Stair laps

Walk up and down safely at a steady pace.

MOVE

7

Shadow box

Jab, cross, hook, reset. Keep your feet moving.

MOVE

8

Heel digs + arm swings

Alternate heels forward while swinging the arms.

MOVE

9

Low-impact jacks

Step one foot out at a time while arms reach overhead.

MOVE

10

Fast feet intervals

20 seconds quick feet, 20 seconds easy. Repeat.

MOVE

11

Walk + reach

Walk around while reaching overhead and side to side.

MOVE

12

Side steps + mini squat

Two steps right, mini squat. Two left, repeat.

MOVE

13

Standing knee drives

Pull one knee in at a time. Add opposite arm.

MOVE

14

Low-impact skaters

Step behind and across, side to side, no jumping needed.

MOVE

15

Walk outside

Five minutes out the door still absolutely counts.

MOVE

16

Bodyweight squats

Slow down. Sit back. Stand tall. Repeat.

STRONG

17

Sit-to-stands

Use a chair. Stand up, sit down, keep going.

STRONG

18

Wall push-ups

Hands on wall, body long, bend and press.

STRONG

KEEP GOING. PICK WHAT SOUNDS GOOD.

No perfect sequence. No catching up. Just five minutes of something useful.

19

Counter push-ups

Use a sturdy counter for a slightly bigger challenge.

STRONG

20

Reverse lunges

Step back one foot at a time. Hold a wall if needed.

STRONG

21

Walking lunges

Take controlled lunge steps across the room and back.

STRONG

22

Calf raises

Rise onto toes, lower slowly. Use support if you want.

STRONG

23

Glute bridges

Lie down, knees bent. Lift hips, squeeze, lower.

STRONG

24

Dead bugs

On your back, alternate opposite arm and leg slowly.

STRONG

25

Bird dogs

From hands and knees, reach opposite arm and leg.

STRONG

26

Wall sit intervals

20-30 seconds on, stand and shake it out, repeat.

STRONG

27

Side-lying leg lifts

About 2.5 minutes per side. Slow and controlled.

STRONG

28

Standing kickbacks

Hold a chair, press one leg back, switch halfway.

STRONG

29

Counter plank

Hands on counter, body long. Hold or add shoulder taps.

STRONG

30

Squat + calf raise

Squat down, stand up, rise onto toes. Repeat.

STRONG

31

Doorway chest opener

Forearms or hands on the frame. Step through gently.

STRETCH

32

Hamstring stretch

Heel forward, soft knee, hinge from the hips.

STRETCH

33

Hip-flexor lunge stretch

Half-kneeling or standing. Tuck pelvis gently.

STRETCH

34

Figure-four stretch

Seated or lying down. Switch sides halfway.

STRETCH

35

Supported child's pose

Fold over a pillow or cushion and breathe.

STRETCH

36

Legs up the wall

Scoot in comfortably, let the legs rest, breathe.

STRETCH

STRETCH, RESET, OR JUST BE STILL.

No perfect sequence. No catching up. Just five minutes of something useful.

37 Cat-cow

Move slowly between rounding and opening your spine.

STRETCH

38 Thread the needle

From hands and knees, rotate one arm under, then switch.

STRETCH

39 Seated spinal twist

Sit tall, rotate gently. Switch sides halfway.

STRETCH

40 Standing side stretch

Reach up and over, breathe into your ribs.

STRETCH

41 Calf stretch at the wall

Back heel heavy, knee straight. Switch halfway.

STRETCH

42 Shoulder circles + neck release

Slow circles, gentle tilts, no forcing.

STRETCH

43 Ankle + foot mobility

Circle ankles, point/flex, roll through the feet.

STRETCH

44 90/90 hip switches

Sit on the floor and slowly switch knees side to side.

STRETCH

45 Lunge + rotation

Low lunge, rotate toward the front leg, then switch.

STRETCH

46 Soft-knee forward fold

Bend knees, let head and arms hang, breathe.

STRETCH

47 Feet on the couch + breathe

Lie on your back, calves supported, slow the exhale.

RESET

48 Wall angels

Back to wall if comfortable. Slide arms up and down.

RESET

49 Shake it out

Shake arms, shoulders and legs, then take long exhales.

RESET

50 Floor reset

Lie down, knees bent, arms wide. Breathe and be still.

RESET