

# Five Days of Fitness

Credits

2020

Foundation Skills  
The Warm Up  
Workout 1: Engage Your Core  
Workout 2: Strong Glutes  
Workout 3: Kick it, Punch it  
Workout 4: Posture Perfect  
Workout 5: Planks and Arms  
The Cool Down  
Improve Your Posture

**Writer** Kathryn Montgomery

**Director** Sascha Karner

**Director of Photography** Alastair Duffield

**Sound Recordist** Elliott Klein

**Interviewees/Presenters** Kathryn Montgomery

**Extras** James Parry  
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## GETTY/ PUBLIC DOMAIN OR CREATIVE COMMONS ACKNOWLEDGEMENT

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