



7 MINUTE WORKOUT

DO EACH WORKOUT FOR 30 SECONDS



1 JUMPING JACKS



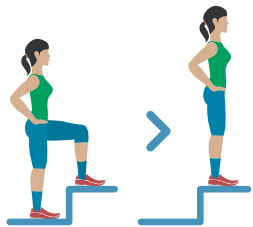
2 WALL SIT



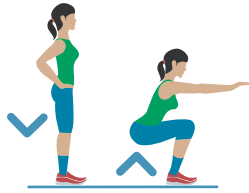
3 PUSH-UP



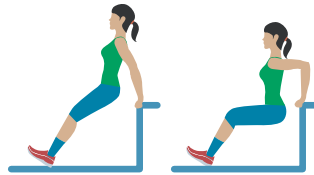
4 ABDOMINAL CRUNCH



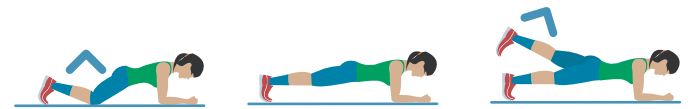
5 STEP-UP



6 SQUAT



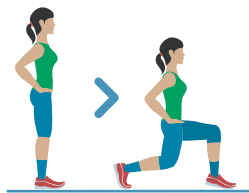
7 TRICEPS DIP



8 PLANK



9 HIGH KNEES
RUNNING IN PLACE



10 LUNGE



11 PUSH-UP AND ROTATION



12 SIDE PLANK