

# The 7-minute Workout

A deceptively simple routine based on science that only requires your body weight, a chair, and a wall. Remember, before starting any diet or physical activity, please consult your Primary Care Provider first.

## How it works:

12 exercises

30 seconds each

10-second break in-between



**1. Jumping Jacks**



**2. Wall Sit**



**3. Push-ups**



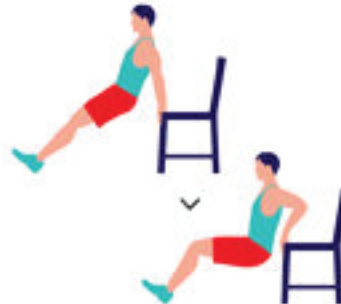
**4. Abdominal Crunch**



**5. Step-up onto chair**



**6. Squat**



**7. Tricep dip on chair**



**8. Plank**



**9. High knees running in place**



**10. Lunge**



**11. Push-up & rotation**



**12. Side Plank**