

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



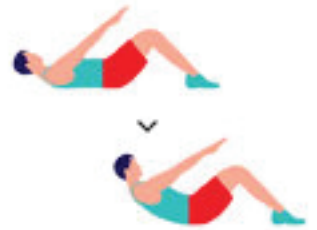
1. Jumping Jacks



2. Wall Sit



3. Push-ups



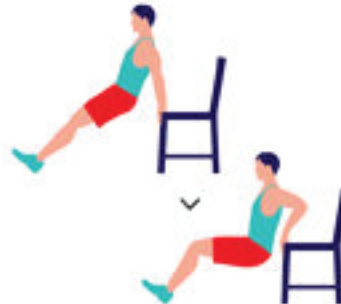
4. Abdominal Crunch



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