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

Source: May-June issue of the American College of Sports Medicine Health & Fitness Journal