



7 Minute Workout

The fast, science based full body workout you can do anywhere.

How It Works

- Perform each exercise for 30 seconds.
- Rest for 10 seconds between exercises.
- Move quickly between movements to maintain intensity.
- Focus on proper form before speed.
- Repeat the full circuit 1 to 3 times depending on your fitness level.

The 12 Exercises

- 1 Jumping Jacks
- 2 Wall Sit
- 3 Push Ups
- 4 Abdominal Crunch
- 5 Step Up onto Chair
- 6 Squats
- 7 Triceps Dip on Chair
- 8 Plank
- 9 High Knees Running in Place
- 10 Lunge
- 11 Push Up and Rotation
- 12 Side Plank

Created with the 7 Minute Workout app.

Download the app and explore guided workouts, custom plans, and progress tracking at:

<https://7minuteworkoutapp.com>