

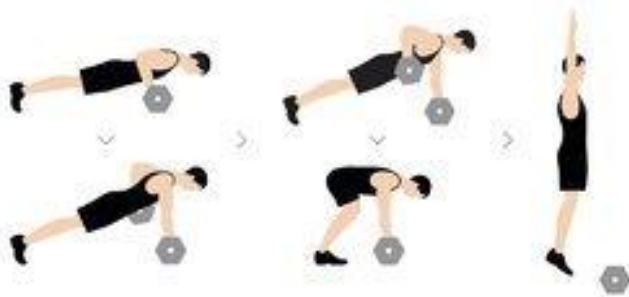
Advance 7-minute work out- perform each exercise for 30 seconds



1. Reverse lunge, elbow to instep with rotation, alternating sides (30 seconds)



2. Lateral pillar bridge, left side (30 seconds)



3. Push-up to row to burpee (60 seconds)



4. Lateral pillar bridge, right side (30 seconds)



5. Single-leg Romanian dead lift to curl to press (60 seconds for each leg)



6. Plank with arm lift (30 seconds)



7. Lateral lunge to overhead triceps extension (60 seconds)



8. Bent-over row, alternating arms (60 seconds)