

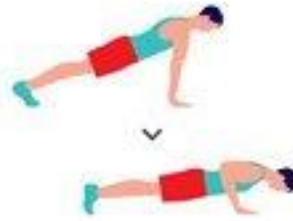
7-minute work out- perform each exercise for 30 seconds



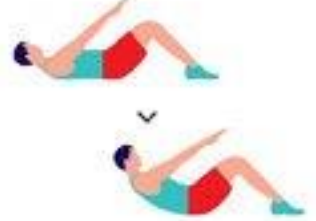
1. Jumping jacks



2. Wall sit



3. Push-up



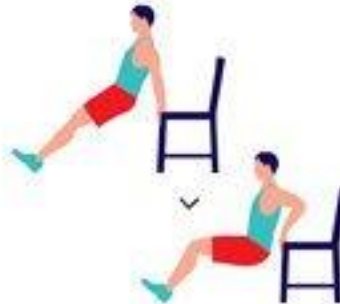
4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



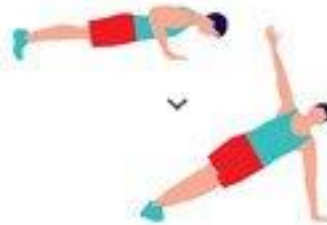
8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank