

# 7 MINUTE WORKOUT

DO EACH WORKOUT FOR 30 SECONDS



1 JUMPING JACKS



2 WALL SIT



3 PUSH-UP



4 ABDOMINAL CRUNCH



5 STEP-UP



6 SQUAT



7 TRICEPS DIP



8 PLANK



9 HIGH KNEES  
RUNNING IN PLACE



10 LUNGE



11 PUSH-UP AND ROTATION



12 SIDE PLANK

- Perform exercises for 30 seconds each in rapid succession.
- Break for 10 seconds in between each exercise.
- Intensity should be about an eight on a discomfort scale of 1-10. If something causes discomfort, not in a challenging way, try to modify the exercise; for example, try a side step instead of jumping or avoid it altogether.

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For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)