

7 MINUTE WORKOUT I WORKOUT FOR 30 SECONE JUMPING JACKS 2 WALL SIT ABDOMIN CRUNCH TRICEPS DIP 5 STEP-UP 6 SQUAT **1** LUNGE PUSH-UP AND ROTATION 9 HIGH KNEES 12 SIDE PLANK RUNNING IN PLACE

- 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)

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