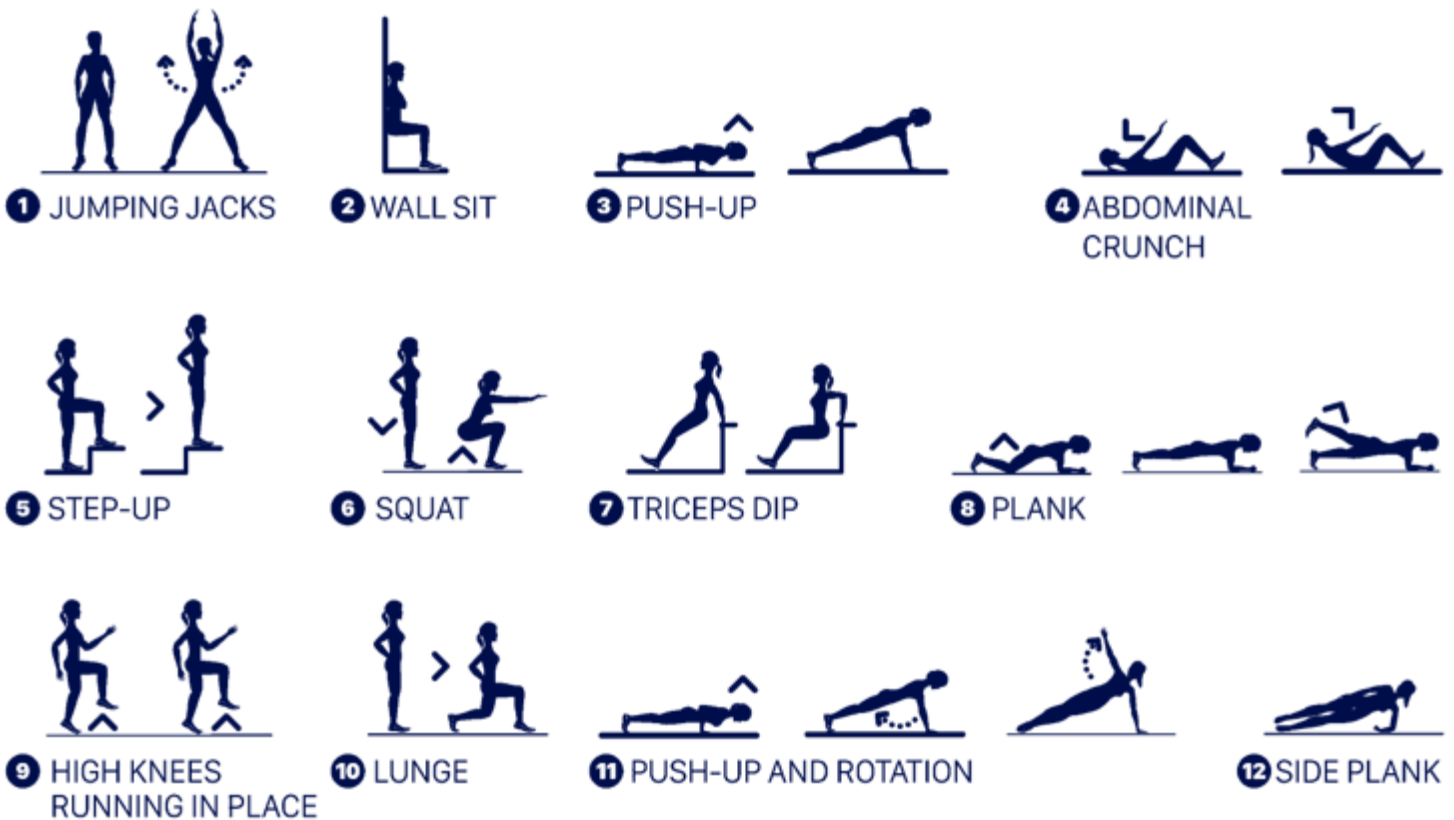


7 MINUTE WORKOUT

DO EACH WORKOUT FOR 30 SECONDS



- Perform exercises for 30 seconds each in rapid succession
- Break for 10 seconds in between each exercise
- Intensity should be about an 8 on a discomfort scale of 1-10
- If something causes discomfort (not in a challenging way), try to modify the exercise (side step instead of jump) or avoid it all together