

The concept of the 7-minute workout is to choose one from each group and do for 30 seconds, rest, and then chose from the next group and repeat. The goal is to exercise four parts of your body - cardio, lower body, upper body and core. The goal is to stick to the sequence so that each muscle group can rest for 2 minutes before beginning again. It doesn't matter which exercise you choose from each group; what matters is working to capacity.

CHOOSE ONE FROM EACH CATEGORY. DO THEM AT HIGH INTENSITY FOR 30 SECONDS (WITH 5 SECONDS' REST BETWEEN), THEN REPEAT THE SEQUENCE THREE TIMES.

1. CARDIO



JUMPING JACKS



HIGH KNEES (FAST)



JUMP-ROPE SKIP



MARCH IN PLACE (SLOW)



STAND AND BOX

2. LOWER BODY



CHAIR-ASSIST SPLIT SQUAT



CHAIR-ASSIST SQUAT



LUNGE



SIDE LUNGE



WALL SIT

3. UPPER BODY



KNEELING PUSH-UP



PUSH-UP



TRICEPS DIP



CHAIR-ASSIST PUSH-UP



WALL PUSH-UP

4. CORE



ABDOMINAL CRUNCH



KNEELING SIDE PLANK



PLANK



SUPERMAN



KNEELING PLANK