

7-MINUTE

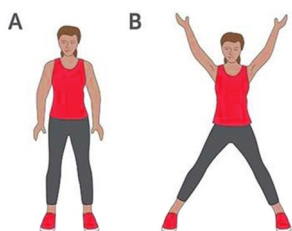
Holiday Fitness

THE HOLIDAYS ARE FAST APPROACHING!

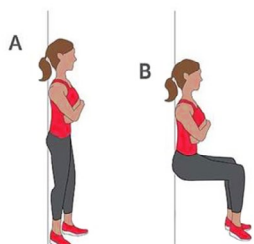
That means lots of parties, hearty meals, sweets and treats! What's the secret to surviving the season? Try the 7-minute workout! It can serve as a solid full-body exercise substitution during this busy season. It can be done indoors or outdoors, in a gym or at home, which makes it a convenient option.

Perform as many reps as you can for each exercise for 30 seconds each. Rest for 5 seconds between each exercise and repeat the process 2 or 3 times.

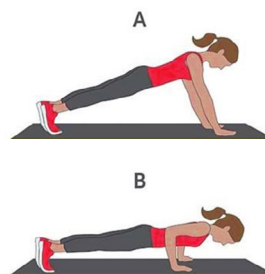
1 JUMPING JACKS



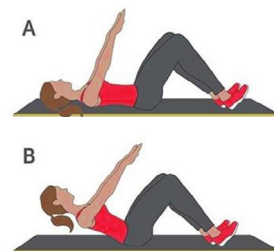
2 WALL SITS



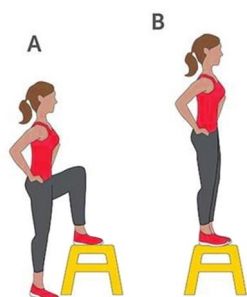
3 PUSH-UPS



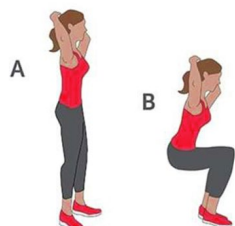
4 CRUNCHES



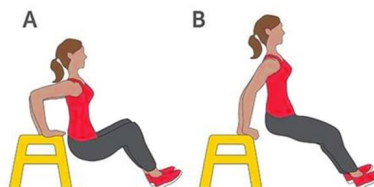
5 STEP-UPS



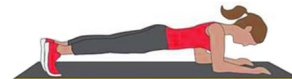
6 SQUATS



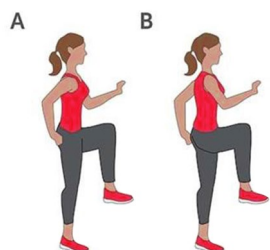
7 TRICEP DIPS



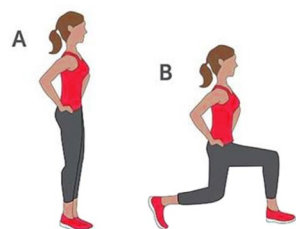
8 PLANKS



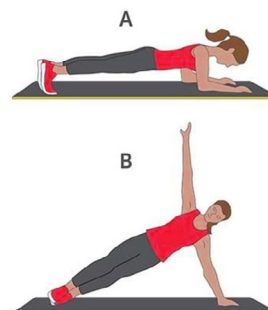
9 HIGH KNEES



10 LUNGES



11 PUSH-UPS WITH ROTATION



12 SIDE PLANKS



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