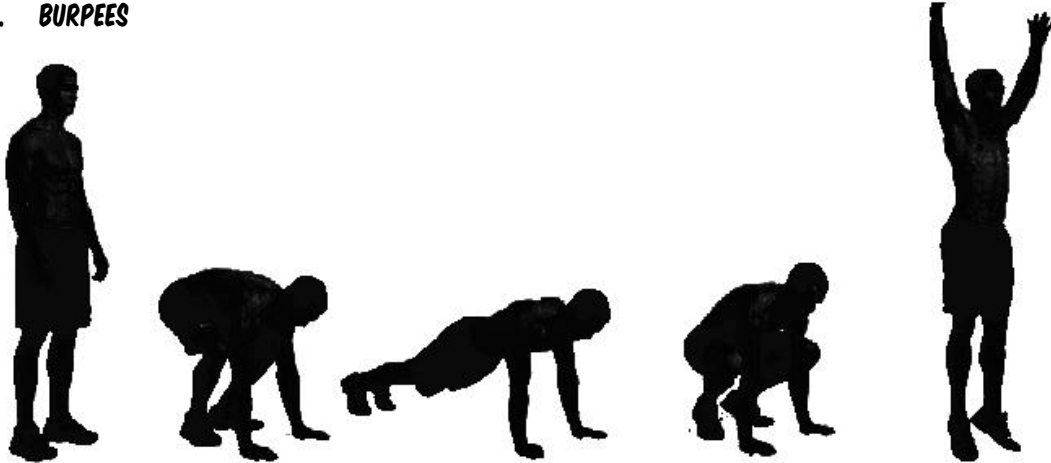


# 7 minute **WORKOUT**

*30" exercise and 10" rest. High intensity. If you can do the circuit various times!*

**1. BURPEES**



**2. LUNGE WITH ROTATION**



**3. PLANK WITH YOUR ARMS STRAIGHT**



**4. JUMP ROPE**

**5. BEAR CRAWLS**



**6. SQUAT WITH OVERHEAD PRESS (YOU CAN USE ANYTHING HEAVY AS A "WEIGHT")**

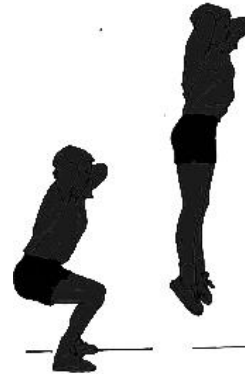


**7. PUSHUP SIDE PLANK**



**8. SQUAT JUMP (DO A 90 SQUAT AND JUMP)**

**9. BIRD DOG.**



**10. MOUNTAIN CLIMBERS. (AS FAST AS YOU CAN)**



**11. PUSHUPS**

**12. JUMPING JACKS**

