

# 7 minute workout

## Workout Instructions

Perform each exercise for 30 seconds rest for only 10 seconds. The entire workout should take about 7 minutes. Only do one round of the circuit if you only have 7 minutes otherwise if you want a 30 minute workout do 3 rounds. Enjoy!!

Exercise #1 Jumping Jacks

Exercise #2 Push-ups

Exercise #3 Elbow Planks

Exercise #4 Burpees

Exercise #5 Bench or Chair Dips

Exercise #6 Alternating Step Lunge

Exercise #7 Push-up position to elbow plank position

Exercise #8 Body Weight Squats

Exercise #9 Mountain Climbers

Exercise #10 Skaters

Exercise #11 Alternating Bird Dogs

Exercise #12 Bicycle Crunch

## Individual Exercise Instructions

### Jumping Jacks

Warm up 30 seconds



### Pushups

Hands about shoulder width apart don't drop your hips, bend your elbows to a 90% angle and push straight up. watch youtube how to paste in the address bar: [http://www.youtube.com/watch?v=Eh00\\_miF8E](http://www.youtube.com/watch?v=Eh00_miF8E)



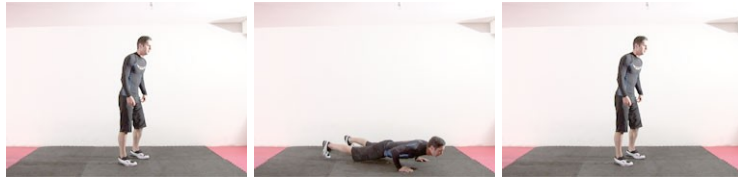
### Plank

How to Do It: Lie face down on mat with elbows resting on floor next to chest. Push your body off the floor in a pushup position with body resting on elbows or hands. Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds.



## Burpees

Begin in a squat position with hands on the floor in front of you. Kick your feet back to a pushup position\*. Immediately return your feet to the squat position. Leap up as high as possible from the squat position. Repeat, moving as fast as possible. You should maintain a fast pace for this exercise. Strive for maximum height with each jump.



## Bench Dips

slide your rear off the edge of the bench palms facing down, slide your body close to the bench bending your elbows to a 90% angle and the returning to the upright position. watch how to video here. [http://www.youtube.com/watch?v=0326dy\\_-CzM](http://www.youtube.com/watch?v=0326dy_-CzM)



## Lunges

feet together, big stride forward drop you knee, push off the ground. watch video here <http://www.youtube.com/watch?v=Z2n58m2i4jg>



## Plank to Push Up

elbow plank position to push-up position. Add push-up if you can if not just hold the push-up position watch example here [http://www.youtube.com/watch?v=wHC\\_KoaCu6U](http://www.youtube.com/watch?v=wHC_KoaCu6U)



## Squats

Stand with feet shoulder width apart, descend until knees are fully bent. Pause, and ascend body until legs are straight. Keep your toes pointed slightly outwards during the full exercise. view example here <http://www.youtube.com/watch?v=p3g4wAsu0R4>



## Mountain climbers

Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.

Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. Repeat in an alternating fashion for 20-30 seconds



## Skaters

Sliding from side to side with a little jump watch tutorial here <http://www.youtube.com/watch?v=33xfJeWWgmM>



## **Bird Dog Exercise**

on all fours lifting opposite arm to opposite leg lifting one leg straight back, then lifting opposite arm hold for 5-10 seconds and switch side. watch how to video here

<http://www.youtube.com/watch?v=zL0YEtJulBs>



## **Bicycle Crunches**

lying flat on your back lift opposite leg to opposite knee altering sides watch video here

<http://www.youtube.com/watch?v=5L8BIvIu5pU>

