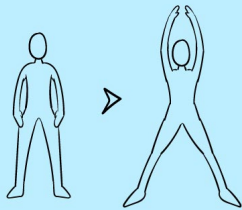


7 MINUTE WORKOUT

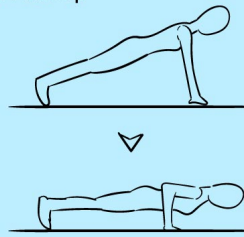
1. Jumping Jacks



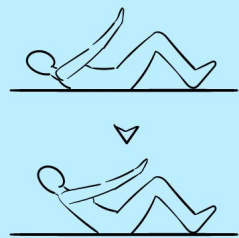
2. Wall Sit



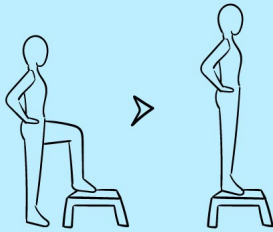
3. Push Up



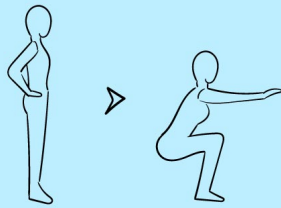
4. Abdominal Crunch



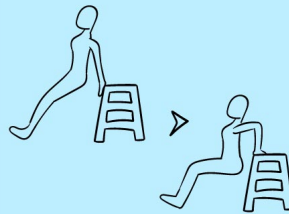
5. Step up on the Chair



6. Squat



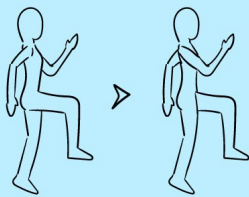
7. Triceps dip on chair



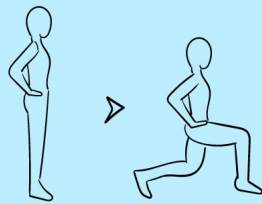
8. Plank



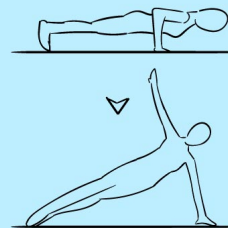
9. High Knee Running to Place



10. Lunge



11. Push up and Rotation



12. Side Plank

