

7 –Minute Full Body Workout

Do each exercise for 30 seconds. Rest for 10 seconds between exercises.



1. Jumping jacks



2. Wall sit



3. Push-up



4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

SOURCES:

Research/Circuit Training for Weight Loss: http://journals.lww.com/acsm-healthfitness/Fulltext/2013/05000/HIGH_INTENSITY_CIRCUIT_TRAINING_USING_BODY_WEIGHT_.5.aspx

Image: http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/?utm_source=feedly&r=0