

THE ONLY 7-MINUTE WORKOUT YOU NEED

Do each exercise in order for **30 seconds** each, with **10 seconds** in between:

1. Jumping jacks



2. Wall-sit



3. Push-ups



4. Sit-ups



5. Step-ups



6. Air squats



7. Chair dips



8. Plank



9. Running in place



10. Lunges



11. Push-up + rotate



12. Side plank



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