

7 minute workout



What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks

