

7 –Minute Full Body Workout



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

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