We get it. You’re busy. But we bet you can squeeze in just 7 minutes for a quick workout! This isn’t just any workout. It’s packed with short, intense exercises with brief breaks in between, and is proven to be just as - if not more - effective than working out for hours at a time. Yes, it will be challenging. But isn’t your health worth being slightly uncomfortable for 7 short minutes?

Instructions:
Do each of these exercises for 30 seconds each, with a 10 second break in between.

- **JUMPING JACKS**
- **WALL SIT**
- **PUSH-UP**
- **SIT-UP**
- **CHAIR STEP-UP**
- **SQUAT**
- **PLANK**
- **TRICEP DIP**
- **SIDE PLANK**
- **HIGH KNEES**
- **LUNGE**
- **PUSH-UP & ROTATE**

**SOURCES:**
- American College of Sports Medicine’s Health and Fitness Journal [May-June 2013]

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