

# what if you could be **fitter** in just a few minutes a day?

## TRY THE 7-MINUTE WORKOUT

Can you spare just 7 minutes a day for a workout? This 7-Minute Workout is easy to do at work or at home as it only requires resistance from body weight, a wall and a chair. Developed at the Human Performance Institute, this workout will change your fitness in just one month.

### 1 JUMPING JACKS (Total Body)



:30  
:10  
rest

### 2 WALL SIT (Lower Body)



:30  
:10  
rest

### 3 PUSH-UP (Upper Body)



:30  
:10  
rest

### 4 ABDOMINAL CRUNCH (Core)



:30  
:10  
rest

### 5 STEP-UP ONTO CHAIR (Total Body)



:30  
:10  
rest

### 6 SQUAT (Lower Body)



:30  
:10  
rest

### 7 TRICEPTS-DIP ON CHAIR (Upper Body)



:30  
:10  
rest

### 8 PLANK (Core)



:30  
:10  
rest

### 9 HIGH-KNEES IN PLACE (Total Body)



:30  
:10  
rest

### 10 LUNGE (Lower Body)



:30  
:10  
rest

### 11 PUSH-UP & ROTATION (Upper Body)



:30  
:10  
rest

### 12 SIDE PLANK (Total Body)



:30  
:10  
rest

Nutrition is just as important as physical activity. Don't forget to rehydrate, refuel & repeat.



find out more at [www.idahodairy.org](http://www.idahodairy.org)

