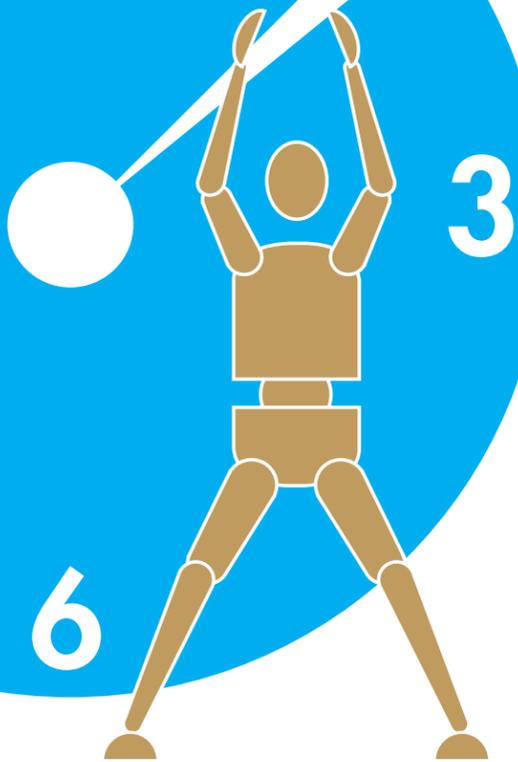


12



Time Saver: High Intensity Fitness Circuit in Minutes

What is it?

This workout involves completion of 12 key aerobic and strengthening exercises of all the major muscle groups in rapid succession with 10 seconds of rest between exercises.

What does it feel like?

Each exercise takes 30 seconds and is performed at a high intensity. Your effort level during the seven minutes should be at an 8 out of 10 points, where 0=rest and 10=highest level of effort you can perform. You will be breathing hard and your heart rate will increase.

Special considerations and safety:

- The execution and form of each exercise is a priority for safety and optimal fitness gains
- Avoid holding your breath during any exercise
- ACSM recommends doing an appropriate warm up and cool down before and after any exercise session.

What kind of exercises are included?

Workouts may vary slightly, but typically include aerobic exercise (jumping jacks, high knees), strengthening exercise (wall sits, squats, lunges, step ups onto a chair, triceps dip on a chair, push-ups, push-ups on a rotation), and core stability (planks, side planks, abdominal crunches). The order of the exercises is important to allow one muscle group to rest while another is exercising.

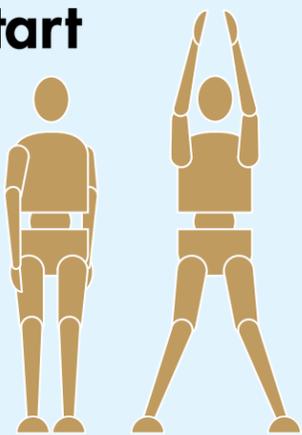
Why participate in this kind of workout?

- Time: Vigorous exercise can be done in short time (this circuit is approximately 7 minutes and can be repeated 2 to 3 times).
- Space: With only your own body weight, a chair and a wall, a short invigorating exercise bout can be accomplished in a space like a small office.
- Health and Fitness Benefits: High intensity exercise can increase muscle activity and heart rate and contribute to healthy weight management. Short bouts of challenging exercise may also provide meaningful benefits such as helping to reduce insulin resistance, strengthen your joints and improve your posture.
- Cost: Free!
- Feels refreshing.

How to access the program:

Online, mobile phone or watch apps ("Seven", 7 Minute Workout®)

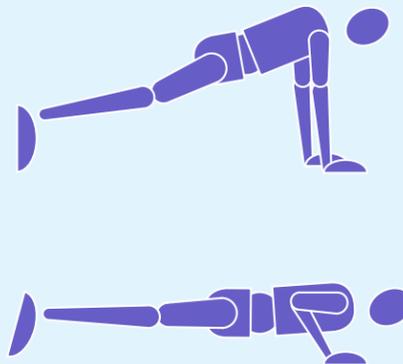
Start



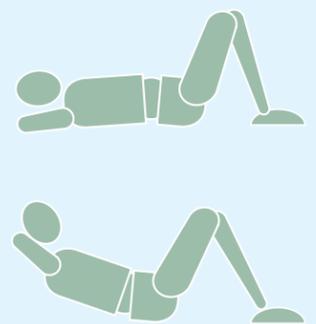
1. Jumping jacks (total body)



2. Wall sit (lower body)



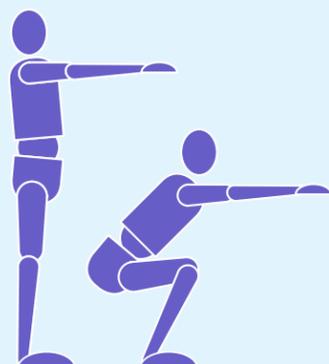
3. Push up (upper body)



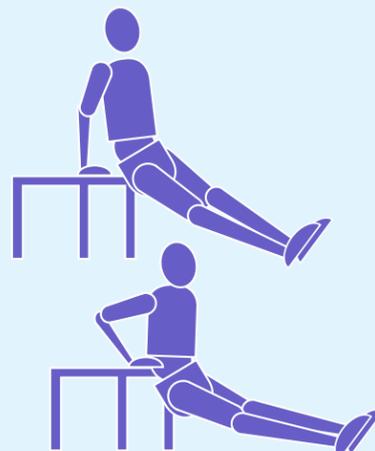
4. Abdominal crunch (core)



5. Step-up onto chair (total body)



6. Squat (lower body)



7. Triceps dip (upper body)



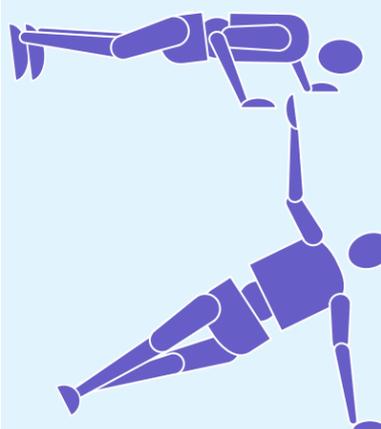
8. Plank (core)



9. High knees (total body)



10. Lunge (lower body)



11. Push-up and rotation (upper body)



12. Side plank (core)

Finish

Aerobic Exercise

Strengthening Exercise

Core Stability