



7-DAY STREAK CHALLENGES // **GET STARTED!**

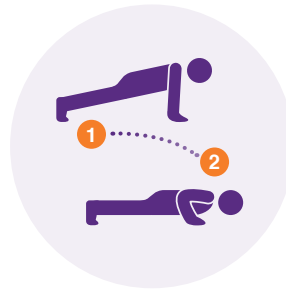
# 7 Minute Workout



Jumping jacks



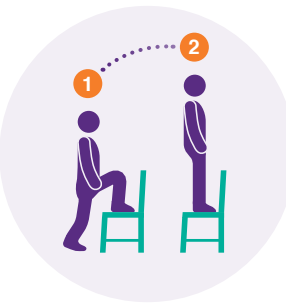
Wall sit



Push-up



Abdominal crunch



Step-up



Squat



Triceps dip



Plank



High knee run  
on the spot



Side plank



Push-up & rotation



Lunge

**For 7 days**

Perform these exercises one after the other for **30 seconds each**, and **rest for 10 seconds** between exercises. After seven minutes, you're done!





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# Squat Challenge



Squat



Wide stance squat



Squat jump

**Day 1**

10 Squats + 10 Wide stance squats + 10 Squat jumps

**Day 2**

20 Squats + 20 Wide stance squats + 20 Squat jumps

**Day 3**

30 Squats + 30 Wide stance squats + 30 Squat jumps

**Day 4**

40 Squats + 40 Wide stance squats + 40 Squat jumps

**Day 5**

50 Squats + 50 Wide stance squats + 50 Squat jumps

**Day 6**

60 Squats + 60 Wide stance squats + 60 Squat jumps

**Day 7**

70 Squats + 70 Wide stance squats + 70 Squat jumps



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# Plank Challenge



## How to do a plank:

Lay down on the floor as if you're about to do a push-up and bend your elbows 90°, resting your body weight on your forearms. Keep your forearms directly beneath your shoulders, and try to form a straight line with your body from head to toe. Planks are a simple exercise that strengthen your entire body, and require no equipment at all!

**Day 1**

**15 seconds**

**Day 2**

**30 seconds**

**Day 3**

**45 seconds**

**Day 4**

**1 minute**

**Day 5**

**1 minute 20 seconds**

**Day 6**

**1 minute 40 seconds**

**Day 7**

**2 minutes**