

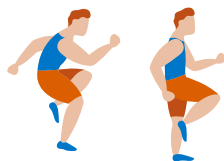
# 7-MINUTE SWEAT SESH

## STRONG<sup>4</sup>LIFE™

Do you have seven minutes to spare? Squeeze in one of these quick, HIIT-style workouts. No equipment needed!

### WARMUP

One minute total  
15 seconds per exercise



Jog in place



Jumping jacks



Kick and reaches



Walkouts

### WORKOUT

Choose one of the workouts below

Four minutes total  
30 seconds per exercise  
Perform two rounds

#### Workout 1



Squats



Seated torso twists



Up-down planks



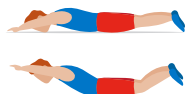
Jump rope  
(or imaginary jump rope)

#### Workout 2



Reverse lunges  
with knee raises

Alternate on both sides

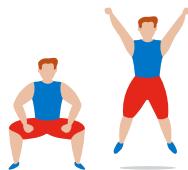


Superman



Plank-pike toe touches

Alternate on both sides



Star jacks

### Workout 3



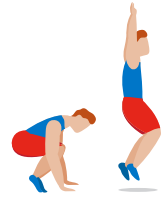
Single-leg deadlifts  
Alternate on both sides



Triceps dips



Flutter kicks



Frog jumps

### Workout 4



Forward lunges  
with arm raises  
Alternate on both sides



Pushups and side  
planks  
Alternate on both sides



Mountain climbers



Standing punches  
Alternate on both sides

### Workout 5



Single-leg hip thrusts  
Alternate on both sides



Downward  
facing dog



Burpees



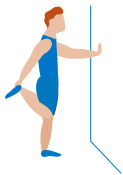
Jump squats

## COOL DOWN

Two minutes total

30 seconds per stretch

15 seconds on both sides  
when alternating



Standing quad  
stretch  
Alternate on both sides



Forward-bend toe  
touch



Standing adductor/  
abductor stretch  
Alternate on both sides



Seated spine twist  
Alternate on both sides