

The 7-Minute Workout

Introduction

The 7-minute workout, a form of high-intensity circuit training, has gained popularity due to its efficiency and effectiveness. Research indicates that even brief, high-intensity workouts can lead to health benefits such as improved cardiovascular fitness, increased muscular strength, and potential reductions in waist circumference. This approach combines aerobic and resistance exercises, targeting multiple muscle groups with minimal rest, making it a time-efficient option for individuals seeking to enhance their fitness levels.

Instructions

Perform 10-12 repetitions of each exercise to complete one full set, then repeat as many times as possible within 7 minutes while maintaining good form. Aim to do this workout at least three times per week, following the Canadian Physical Activity Guidelines, which recommend regular strength training at least twice per week and 150 minutes of moderate-to-vigorous aerobic activity weekly. If you have any injuries or health concerns, consult a professional before starting.

Exercises

1. March on the spot



2. Side Step



3. Squats



4. Shoulder Retraction



5. Push Ups



6. Plank



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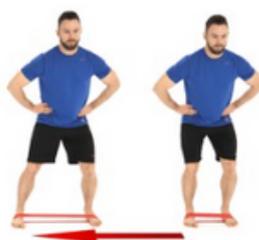
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Exercises

1. Jumping jacks



2. Side Step with Band



3. Squats with weight



4. Bent Over Row



5. Push Ups



6. Mountain Climbers

