

STEP IT UP!

7-MINUTE WORKOUT

If the daily fitness challenge is not enough for you then step up your game with elements of the American College of Sports Medicine's 7-Minute Workout. The 7-Minute Workout is a timed set of twelve exercises that combines aerobic and resistance training into one efficient training program that can be done anywhere. If you're new to exercise or just want a little more, add a few of the exercises to your training routine. For a full-body workout in just 7-minutes - add the complete set!

Complete each exercise for 30 seconds with a 10 second rest in between.



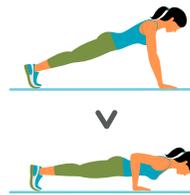
1 Jumping jacks

Stand with feet together and hands by your side. In one motion, jump your feet out to the side and raise your arms above your head. Reverse to the starting position. Repeat.



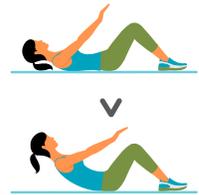
2 Wall sit

Stand with your back against a wall. Slide your back down the wall until your hips and knees bend at a 90 degree angle. Keep your feet flat with head, shoulders, back against the wall. Hold.



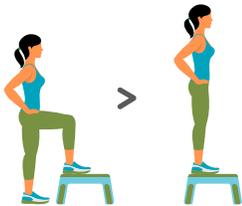
3 Push-up

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line. Bend your elbows and lower yourself until elbows are at 90 degree angle. Push back up through hands to starting position. Repeat.



4 Abdominal crunch

Lie on back with knees bent, feet flat on floor. Hold arms out in front of you, chin tilted slightly towards chest. Curl up and forward so head, neck and shoulders lift off floor. Hold then lower slowly back down. Repeat.



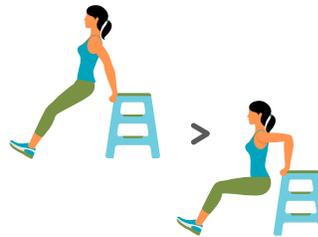
5 Step-up on to chair

Position chair/stool in front of you. Stand with feet hip width apart, hands on hips. Step onto seat with one foot, then bring the other foot up next to it. Step back with leading foot then bring other foot down next to it. Repeat, alternating leading foot.



6 Squat

Stand tall, feet hip width apart. Lower your body by pushing your hips back and bending your knees while raising your arms in front of you for balance. Reverse to the starting position. Repeat.



7 Triceps dip on chair

Sit in a chair holding onto front edge with both hands. Slide your bottom off the seat and hold yourself up with arms straight. Lower your body by bending your elbows to 90 degree angle. Then slowly straighten your arms. Repeat.



8 Plank

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line with your head in line with your back. Hold the position.



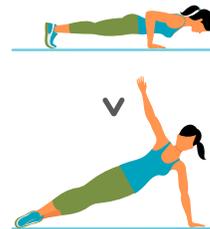
9 High knees running in place

Stand with feet hip width apart and hands by your side. Jump from one foot to the other while lifting your knees to hip height, arms following with the motion. Repeat.



10 Lunge

Stand with hands on hips, shoulders back. Step forward with one leg and lower body until front knee is bent to 90 degrees. Push yourself back up and repeat with other leg.



11 Push-up and rotation

Begin in push-up position. Slowly lower your body until elbows are bent at 90 degrees. Push-up and rotate your upper body and extend your arm upwards. Return to starting position and repeat on other side.



12 Side plank

Lie on one side with your legs stacked on top of one another. Prop your body up on your elbow while keeping it in a straight line. Hold the position. Switch sides and hold again.



Learn more about the Live Well San Diego 31-Day Challenge at LiveWellSD.org/31-Day

Consult with your personal physician before starting any exercise routine.