



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

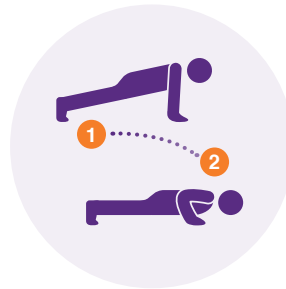
7 Minute Workout



Jumping jacks



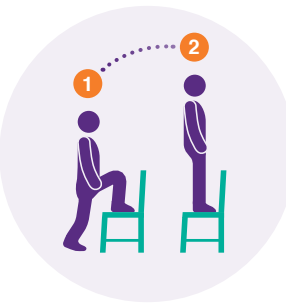
Wall sit



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!





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

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



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

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