













# New York Times 7-Minute Work Out

<p>30 seconds</p> 	<p>30 seconds</p> 	<p>30 seconds</p> 	<p>30 seconds</p> 
<p>Jumping Jacks</p>	<p>Wall sit</p>	<p>Push-ups</p>	<p>Crunches</p>
<p>30 seconds</p> 	<p>30 seconds</p> 	<p>30 seconds</p> 	<p>30 seconds</p> 
<p>Step-ups</p>	<p>Squats</p>	<p>Triceps dips</p>	<p>Plank</p>
<p>30 seconds</p> 	<p>30 seconds</p> 	<p>30 seconds</p> 	<p>30 seconds</p> 
<p>High knees</p>	<p>Alternating lunges</p>	<p>Push-ups with rotation</p>	<p>Side plank</p>