

The 7-Minute Gentle Workout

Overview: 12 exercises, 30 seconds each, with 5-second breaks
Equipment: Wall, chair



Standing march: Lift your knees as high as you can. Try to keep your core engaged. Swing your arms.



Chair squat and twist: Stand in front of a chair, feet shoulder-width apart. Squat down until your backside touches the chair. Stand and twist your upper body to one side. Alternate sides.



Kneeling push-ups: Keep your body straight from head to knees and your core engaged. Breathe out as you push up. Squeeze the abs and the glutes.



Chair bicycle crunches: Sit upright with your hands behind your ears. Focus on squeezing the abs, not straining your neck. Move your knee to your opposite elbow.



Step jacks: Keep your knees slightly bent as you step one foot to the side and raise both arms above your head. Alternate sides.



Wall sit: Make sure your knees are bent at 90 degrees and directly above your ankles. Keep your back flat against the wall.



Triceps dips: Focus on bending the elbows and lowering yourself directly down toward the floor. Avoid dipping so deeply that you feel pain in the shoulders.



Bird dog: Raise and extend your left arm and right leg upwards until parallel to the floor, keeping the core engaged. Alternate arms and legs, and make sure you're stable.



Squat and box: Squat down by bending your knees. Punch your arms forward rapidly and keep your core engaged.



Side-to-side lunges: With one foot planted, take a big step to the side. Squat down by bending your knees and hips. Keep your back straight and don't squat too low.



Kneeling plank and shoulder tap: Keep your core engaged, body straight from head to knees. Bring your left hand up to tap your right shoulder. Bring it back down and switch hands.



Hip bridge: Squeeze your glutes, hamstrings and core, as you raise your hips as high as you can. Keep your chin off your chest.

