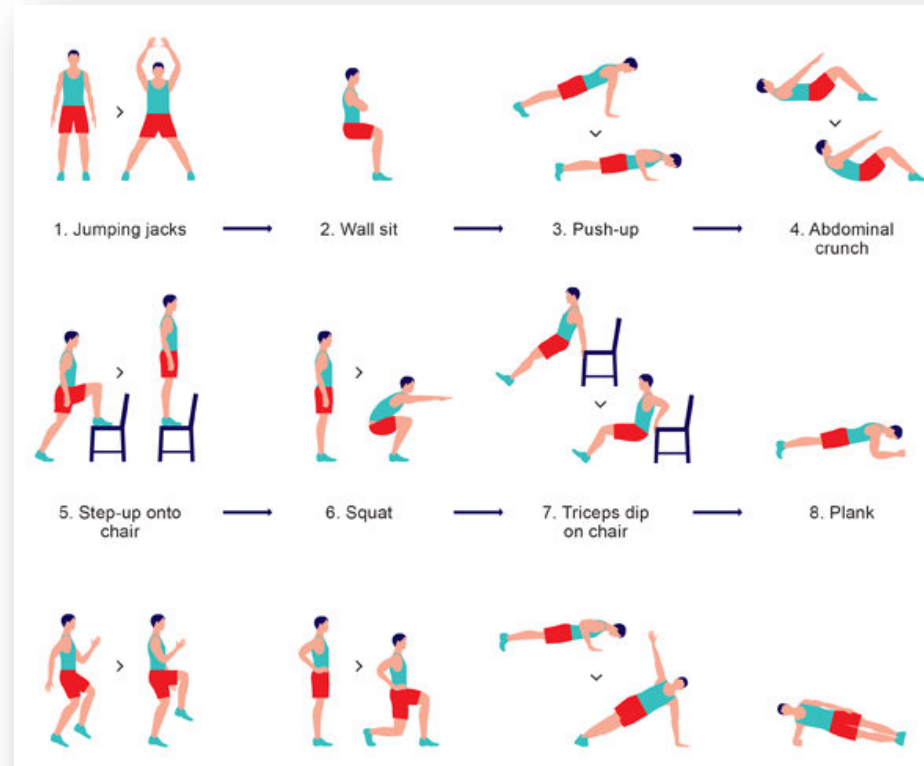


# The Scientific 7-Minute Workout



**For a timed presentation of exercises, download this PowerPoint deck and run in Slideshow Mode.**

**Click to get started!**



1. Jumping jacks

# Rest...

10

Next up: Wall Sit



20

Done! 😊

2. Wall sit

# Rest...

10

Next up: Push ups



3. Push-up

# Rest...

10

Next up: Crunches



4. Abdominal  
crunch



# Rest...

10

Next up: Step Up on Chair



5. Step-up onto chair

# Rest...

10

Next up: Squat



20

Done! 😊

6. Squat

# Rest...

10

Next up: Triceps Dip on Chair



7. Triceps dip  
on chair

# Rest...

10

Next up: Plank

20

Done! 😊

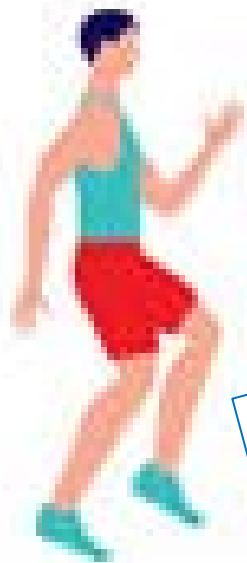
8. P...



# Rest...

10

Next up: High Knees



20

Done! 😊

9. High knees  
running in place

# Rest...

10

Next up: Lunges



Done! 😊

20

10. Lunge

# Rest...

10

Next up: Push Up and Rotation

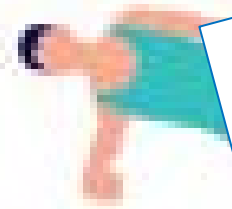


→ 11. Push-up and rotation

# Rest...

10

Next up: Side Plank



Done! 😊

30

12. Side plank



Workout complete!  
Well done!