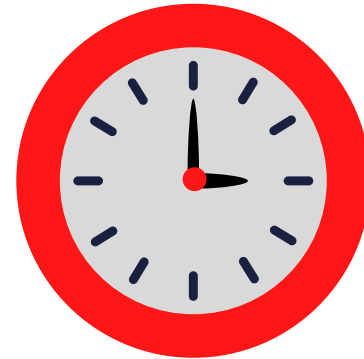


# 7 MINUTE WORKOUT

## EQUIPMENT:

Stopwatch or Clock



## INSTRUCTIONS:

Complete each of these exercises for 30 seconds.

Jog On The Spot

Star Jumps

Lunges

Tuck Jumps

Press Ups

High Knees

Squats

Plank

Burpees

Side Plank (Right)

Mountain Climbers

Side Plank (Left)

Sit Ups

Heel Flicks



NORWICH  
SCHOOL SPORT PARTNERSHIP