



# Salem Naturopathic Clinic, P.C.

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## THE ONLY 7-MINUTE WORKOUT YOU NEED

Do each exercise in order for **30 seconds** each, with **10 seconds** inbetween

### 1. JUMPING JACKS



### 2. WALL-SIT



### 3. PUSHUPS



### 4. SIT-UPS



### 5. STEP-UPS



### 6. AIR SQUATS



### 7. CHAIR DIPS



### 8. PLANK



### 9. RUNNING IN PLACE



### 10. LUNGES



### 11. PUSH-UP & ROTATE



### 12. SIDE PLANK

