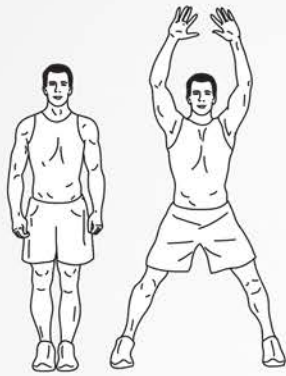
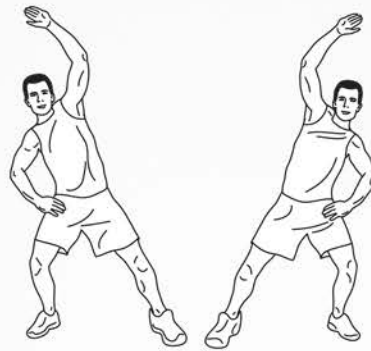


7 MINUTE WORKOUT

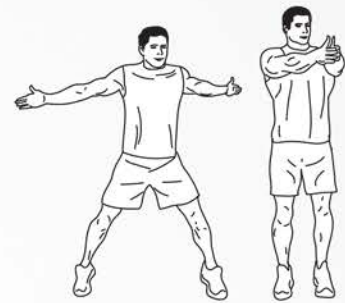
BY DAREBEE © darebee.com



1min jumping jacks



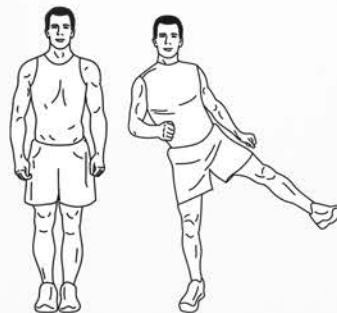
1min side jacks



1min seal jacks



1min squats



1min side leg raises



1min climbers



1min plank hold