



THE DAILY SEVEN

BEGINNER: Choose (1) exercise from each body group (7) exercises total. Do 30 seconds of exercise with 10 seconds of rest. Complete 3 rounds.

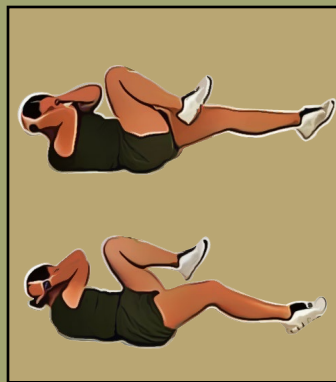
INTERMEDIATE: Choose (1) exercise from each body group (7) exercises total. Do 30 seconds of exercise with 10 seconds of rest. Complete 4-8 rounds.

ADVANCED: Choose (1) exercise from each body group (7) exercises total. Do 45 seconds of exercise with 20 seconds of rest. Complete 4-8 rounds.

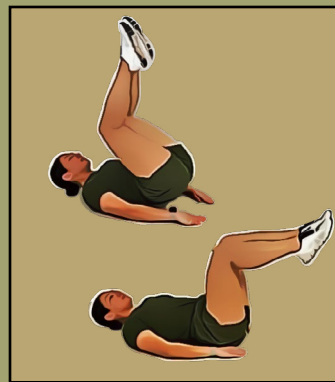
ABS



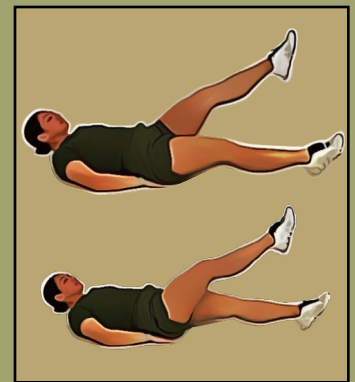
SIT-UPS



BICYCLE CRUNCHES



REVERSE CRUNCHES



FLUTTER KICKS

QUADS



LUNGES



MOUNTAIN CLIMBERS



HIGH KNEES

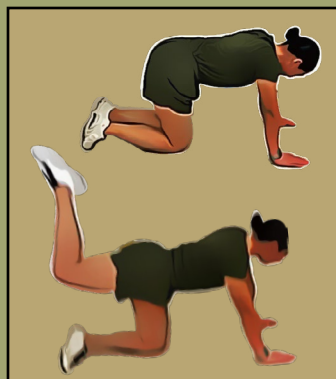


PLANK JUMP-INS

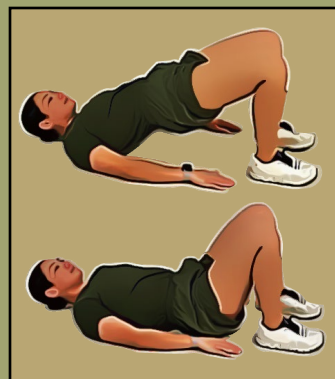
GLUTES



SQUATS



DONKEY KICKS



BRIDGES



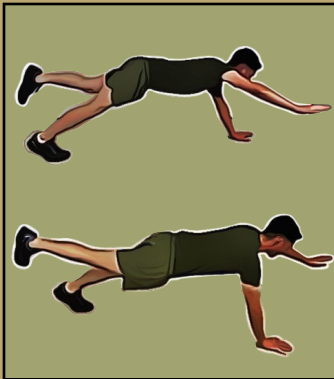
SIDE KICKS



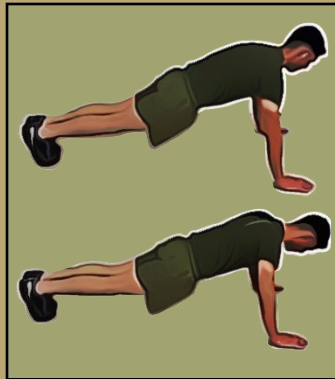
AT HOME WORKOUT



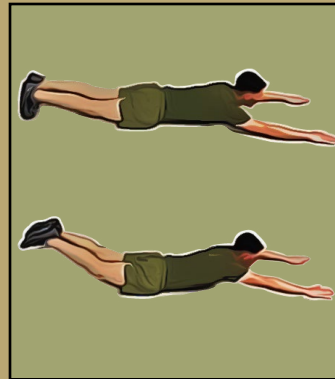
BACK



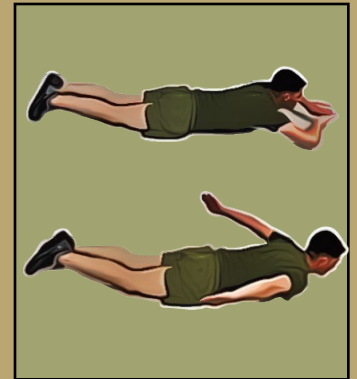
ALT ARM/LEG PLANKS



SCAPULAR SHRUGS



SUPERMANS



SWIMMERS

BICEPS



SEUDO PLANCHES



DOOR FRAME ROWS



BACK FISTS

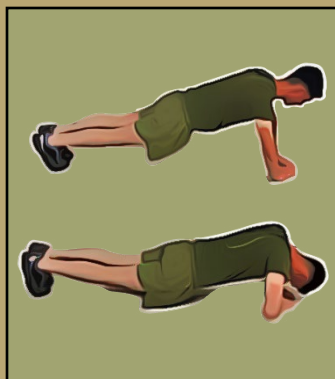


PLANKS

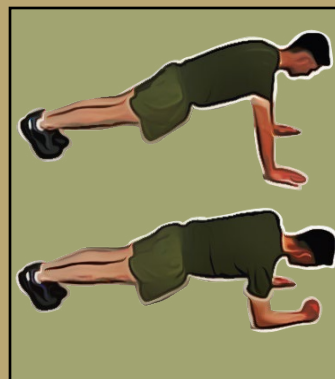
TRICEPS



TRICEP DIPS



DIAMOND PUSH-UPS

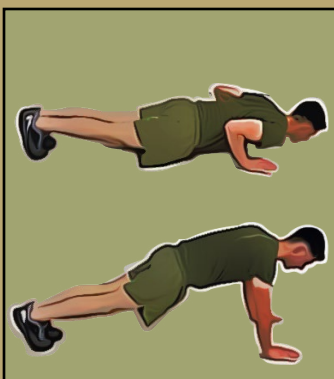


TRICEP EXTENSIONS

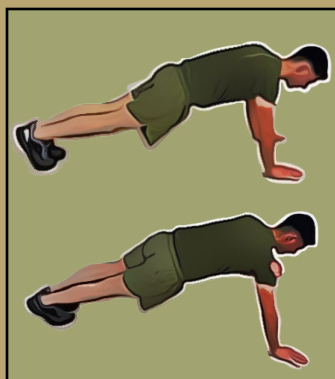


GET-UPS

CHEST



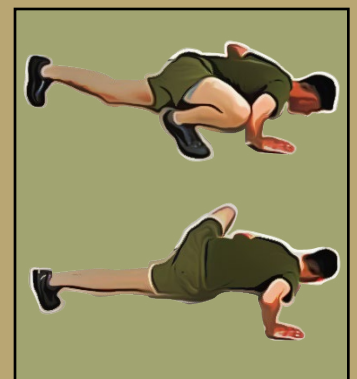
PUSH-UPS



SHOULDER TAPS



PIKE PUSH-UPS



SPIDERMAN PUSH-UPS