7 Minute Bodyweight High Intensity Circuit Training Workout

* 30 seconds at each exercise
* 10 seconds recovery
* Perform as a circuit
* Repeat 2-3 times if time allows

Warm-up:

* Walking w arms up/down 30 secs
* Walking w arms across chest 30 secs
* Jog 30 secs
* Lateral shuffle 30 secs
* Mountain climbers 30 secs
* 5 push-ups, 5 squats, 5 lunges

Circuit:

1. Jumping Jacks
2. Wall sit
3. Push-ups
4. Crunch
5. Step-up
6. Squats
7. Triceps dips
8. Front plank
9. High knees
10. Lunge
11. Push-up with rotation
12. Side plank

