



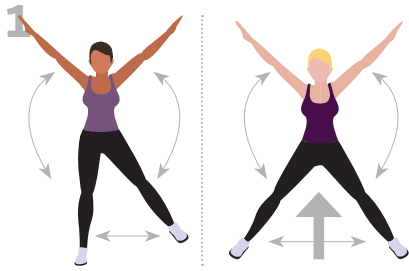
MY EPIC LIFE 7 MINUTE WORKOUT



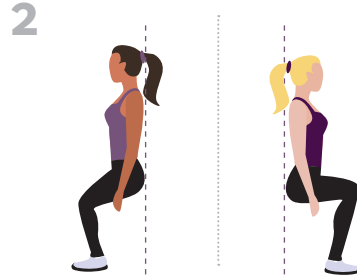
Do this workout anywhere, all you need is a wall, a chair, and a counter.
Start with completing it once a day, and work up to 3 times day. Everyone has 7 minutes!

HOW TO: Repeat each movement as many times as you can in 30 seconds, take a 10 second break, and continue until you complete all 11 exercises. We've included **beginner** and **advanced** options for each exercise to meet your fitness needs:

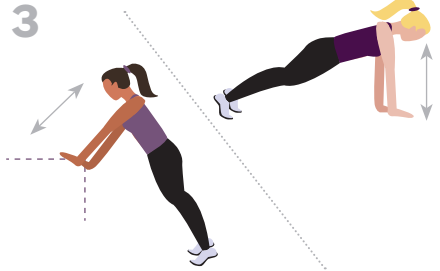
- GETTING STARTED:** Aim do to each exercise for 30 seconds, but do as long as you can to start. You will get stronger over time.
- MOVING MORE:** Complete one round of all 11 exercises, rest for 60–90 seconds, then repeat a second round.
- ADVANCED:** Do a total of 3 rounds, resting for 60–90 seconds between each round.



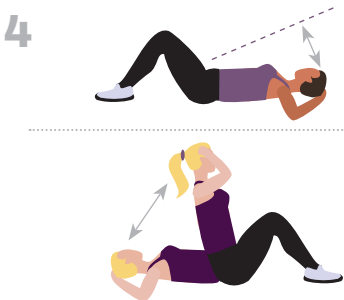
STEP JACK or JUMPING JACK



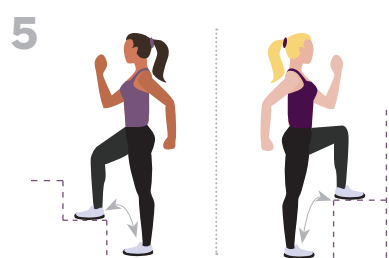
WALL SIT 45° or WALL SIT 90°



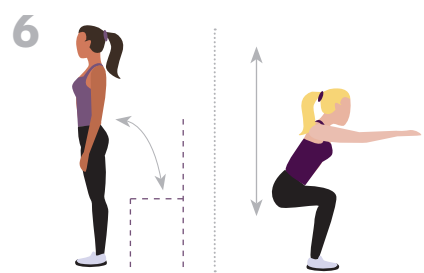
COUNTER PUSH UP or PUSH UP



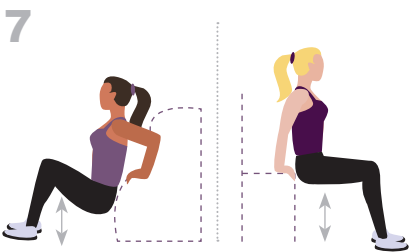
AB CRUNCH or SIT UP



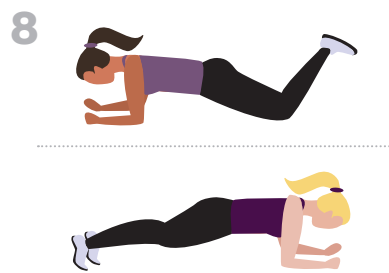
STEP UP:
SECURED STAIR or SECURED CHAIR



SIT ON CHAIR or SQUAT



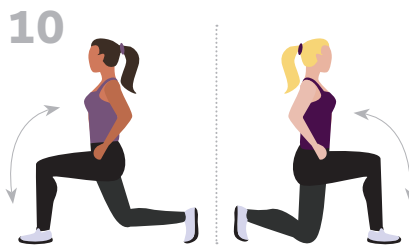
TRICEP DIP:
COUCH or SECURED CHAIR



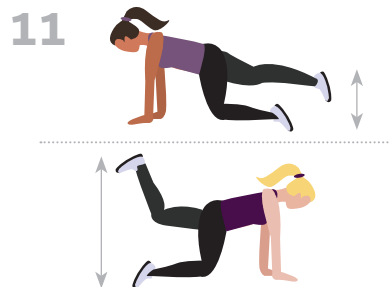
KNEELING PLANK or PLANK



MARCH ON SPOT or HIGH KNEES



LUNGE:
EXTEND LEG or KNEE TO GROUND



LEG LIFT or HIGH LEG LIFT

CONGRATS!

You did it! Stretch for a few minutes and drink some water.

EPIC LIFE WORKOUT CHECK IN:

Post a pic of yourself after your workout or share that you completed it on our FB group. You've got this!

Strong is the new beautiful!

Always check with your doctor before starting this or any new exercise routine.

