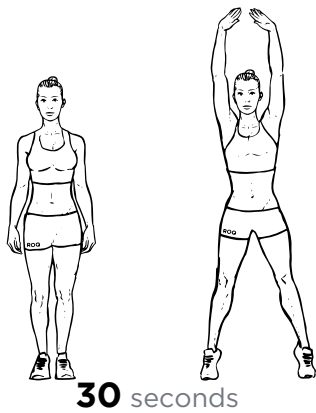
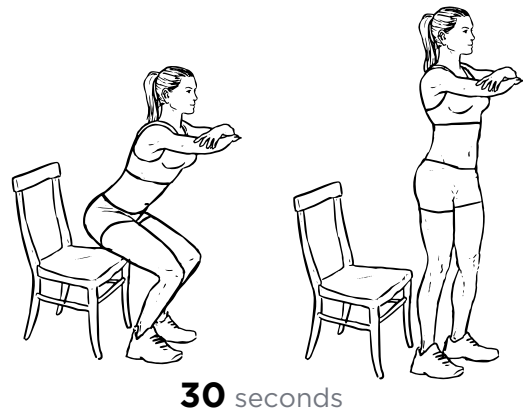


# 7 Minuti - Allenamento C+B

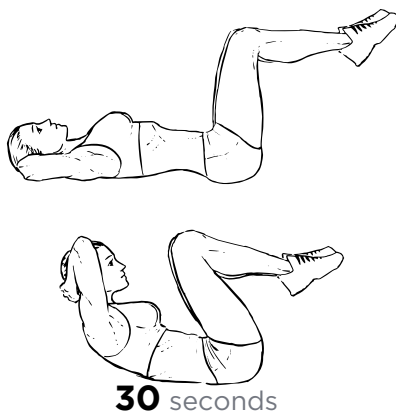
## Jumping Jacks / Star Jumps



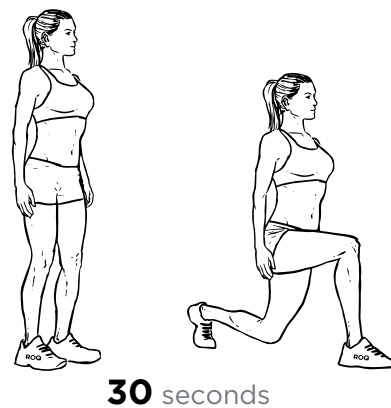
## Chair Squat



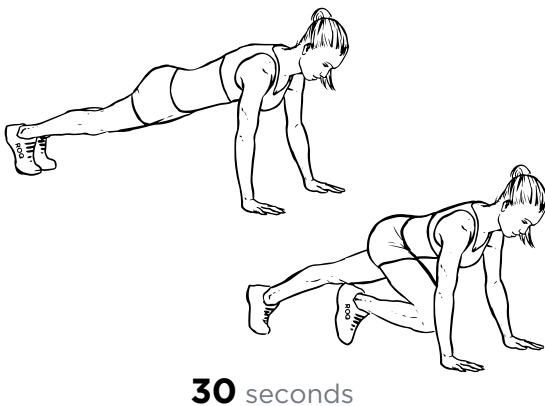
## Double Crunch



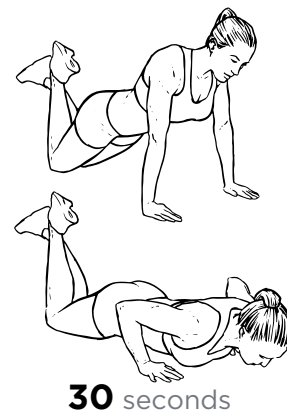
## Bodyweight Walking Lunge



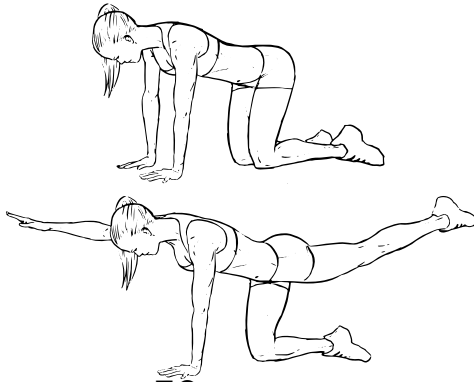
## Mountain Climbers / Alternating Knee-ins



## Modified / Knee Push-up

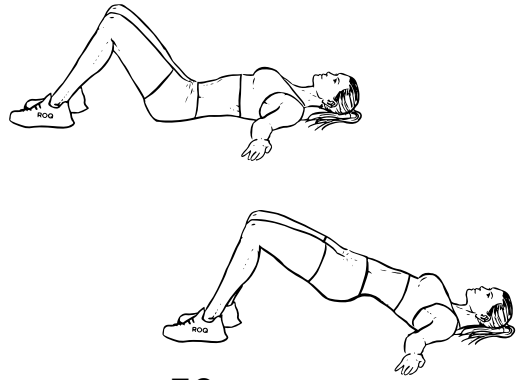


**Bird Dogs / Alternating Reach & Kickback**



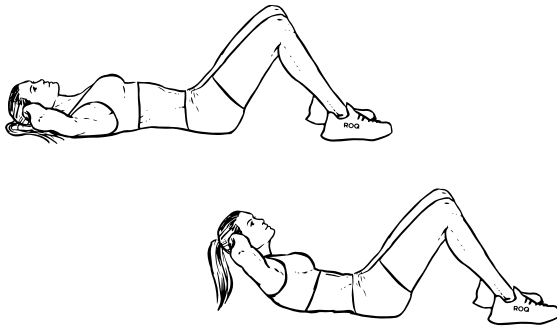
**30** seconds

**Hip Raise / Butt Lift / Bridge**



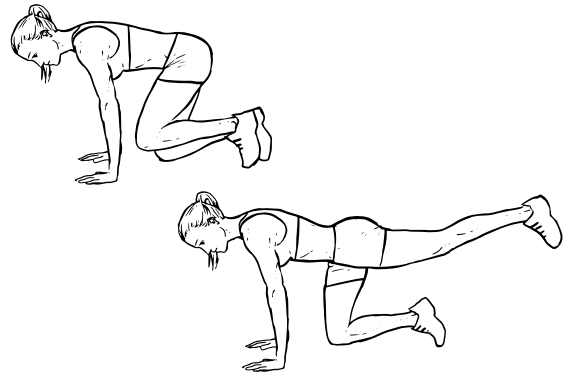
**30** seconds

**Crunches**



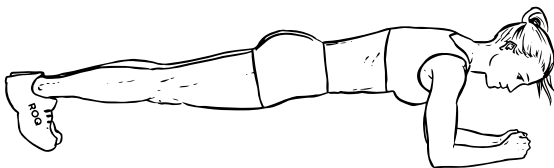
**30** seconds

**Donkey Kicks**



**30** seconds

**Plank**



**30** seconds