

7'S WORKOUT



Seven
rounds of

7 Push Ups

–

7 Squats

–

7 Sit Ups

–

7 Burpees

–

7 Lunges

–

7 Russian Twists

–

7 Triceps Dips

*as fast as
you can!*

Quick Home Workout Explained For Experts 77

Lingsheng Yao



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