

# 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

**Edwin Abbott Abbott**



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