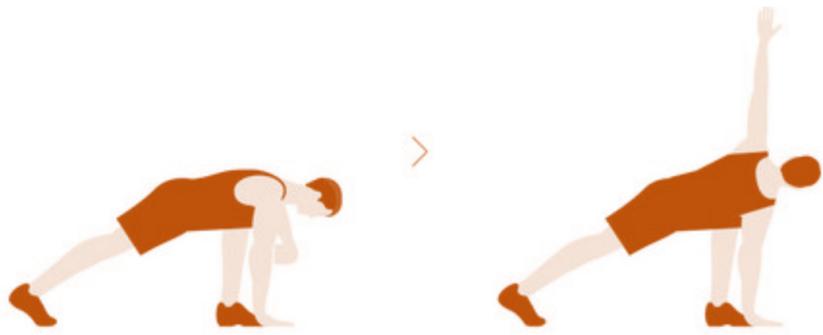
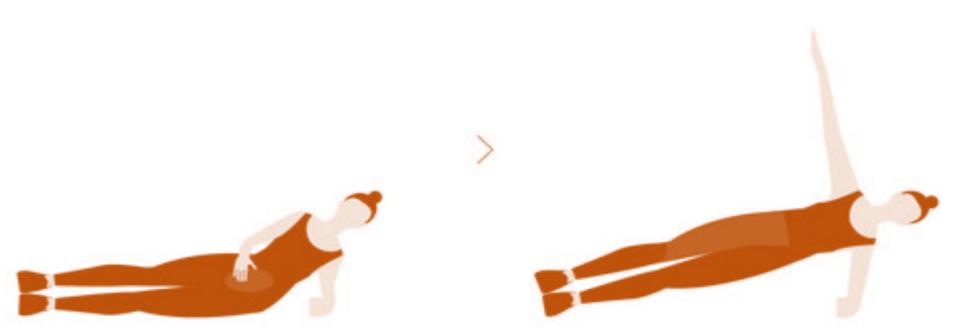


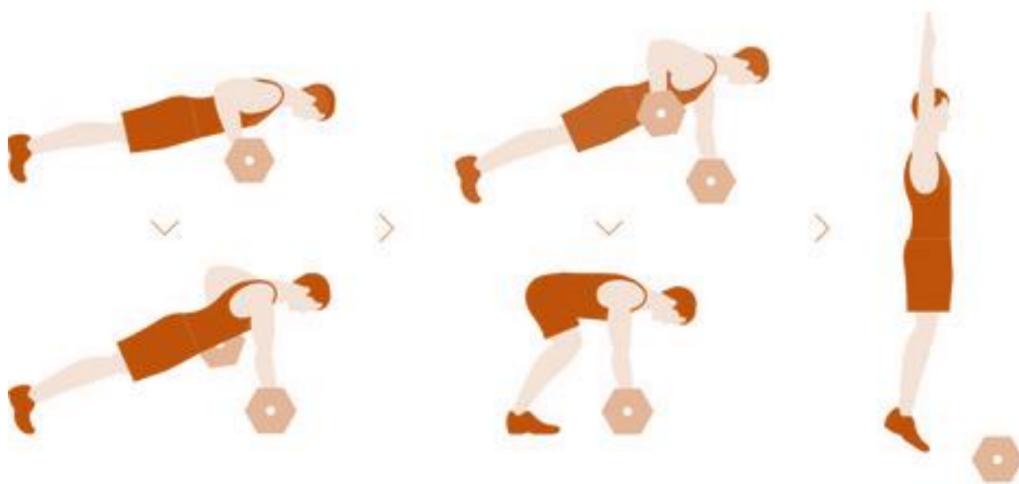
The Advanced 7-Minute Workout



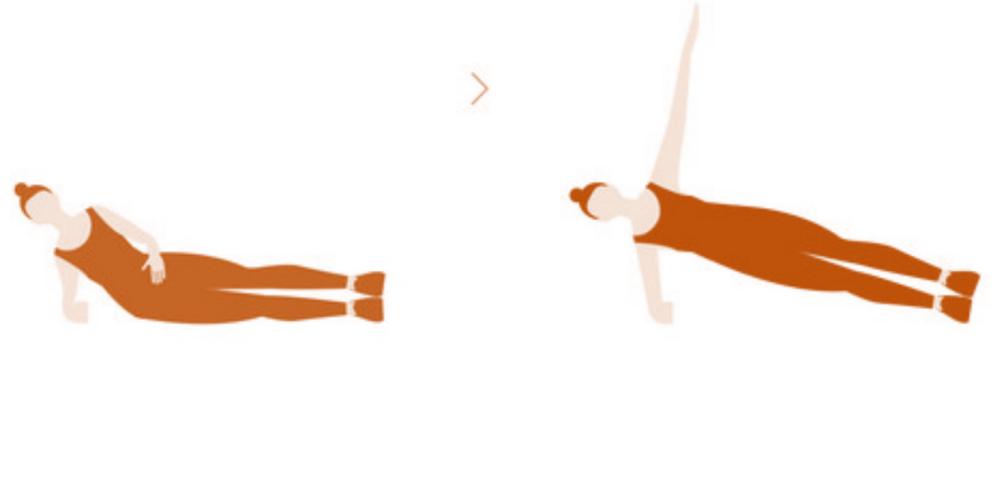
1. Reverse Lunge, Elbow to Instep With Rotation, Alternating Sides (30 seconds)



2. Lateral Pillar Bridge, Left Side (30 seconds)



3. Push-Up to Row to Burpee (60 seconds)



4. Lateral Pillar Bridge, Right Side (30 seconds)



5. Single-leg Romanian deadlift to Curl to Press, Left Side (60 seconds)



6. Plank With Arm Lift (30 seconds)



7. Lateral Lunge to Overhead Triceps Extension (60 seconds)



8. Bent-Over Row (60 seconds)