

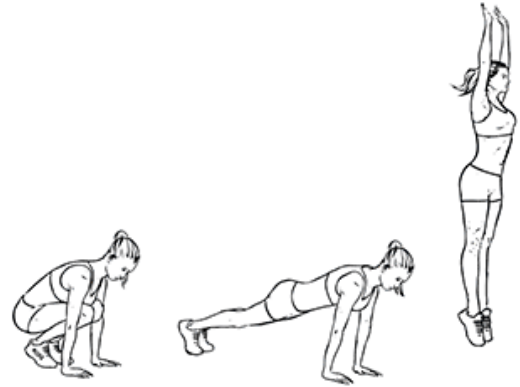
# Bodyweight Advanced 7-Minute Workout

## High Knees / Front Knee Lifts



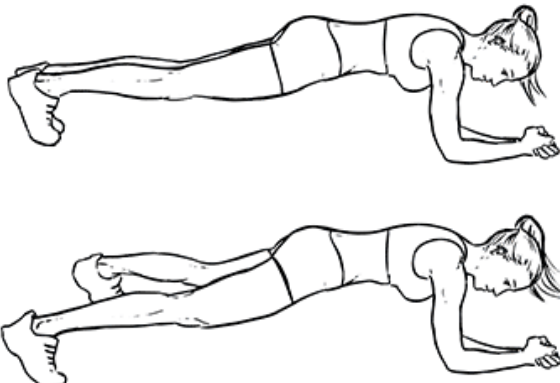
40 seconds

## Burpees / Squat Thrust



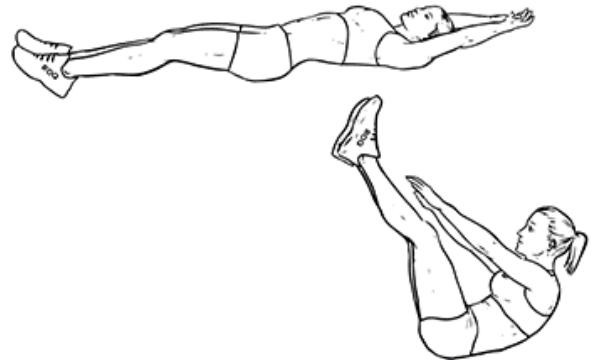
40 seconds

## Plank Jacks / Extended Leg



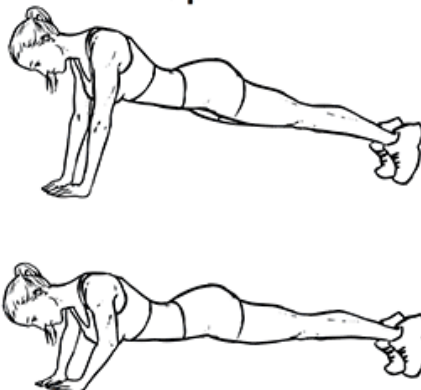
40 seconds

## Jackknife Sit-up / Crunch / Toe Touches



40 seconds

## Diamond / Pyramid / Triceps Push-ups



40 seconds

## Jump Squat



40 seconds