

7-MINUTE AT HOME ANIMAL WORKOUT CHALLENGE



Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many reps as you can and have fun!



FROG JUMPS

Hop, hop, hop back and forth like a frog.



BEAR WALKS

Hands and feet on the floor, hips high, walk left and right.



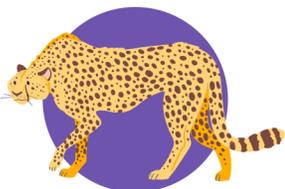
GORILLA SHUFFLES

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUNS

Run in place as fast as you can!



CRAB CRAWLS

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can.