

MAKE EVERY MINUTE COUNT.

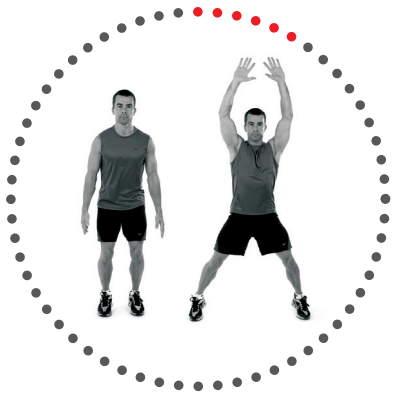
The 7 Minute Workout helps you make every minute count. Designed with ease, effectiveness, and fun in mind, you can do this workout anywhere with confidence that it is safe and beneficial to your health. Designed by exercise physiology specialist Chris Jordan, this workout is now available as the **Johnson & Johnson Official 7 Minute Workout App**. The app includes 36 exercises and 12 additional workouts that can be customized and modified to create more than 1,000 variations. Jordan takes you through each move step-by-step, ensuring you get the most out of every minute. Download the app for free.



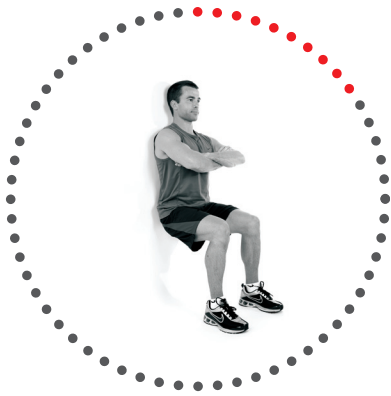
7 MINUTE WORKOUT



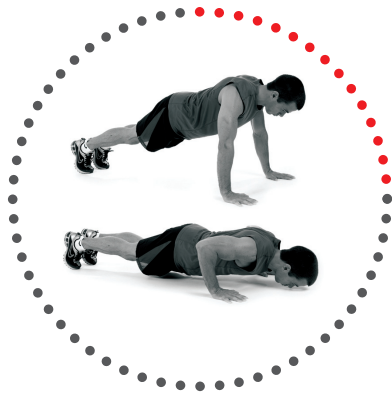
www.7minuteworkout.jnj.com



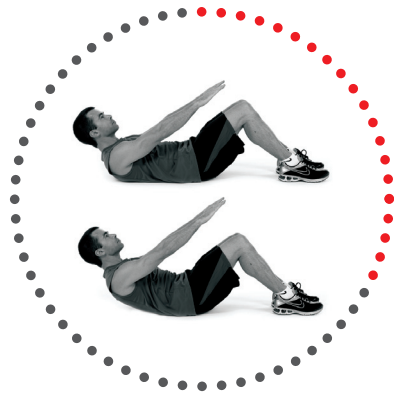
1. **TOTAL BODY** | Jumping Jacks



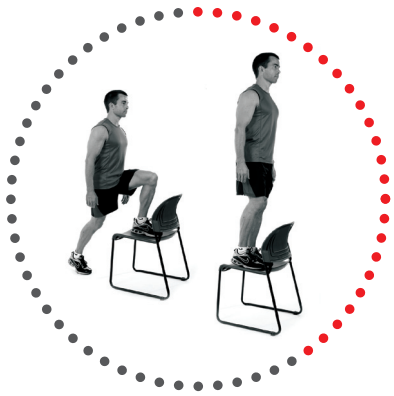
2. **LOWER BODY** | Wall Sit



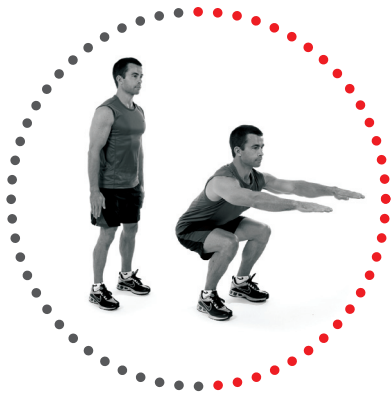
3. **UPPER BODY** | Push-Up



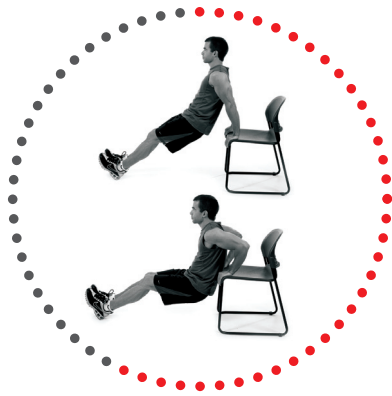
4. **CORE** | Abdominal Crunch



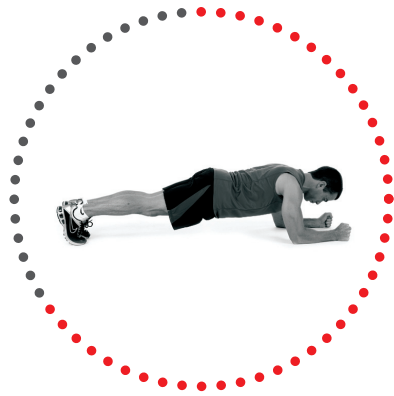
5. **TOTAL BODY** | Step-Up



6. **LOWER BODY** | Squat



7. **UPPER BODY** | Triceps Dip



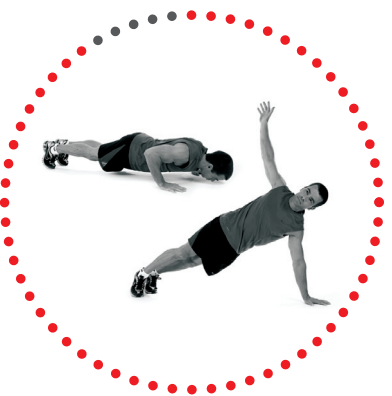
8. **CORE** | Plank



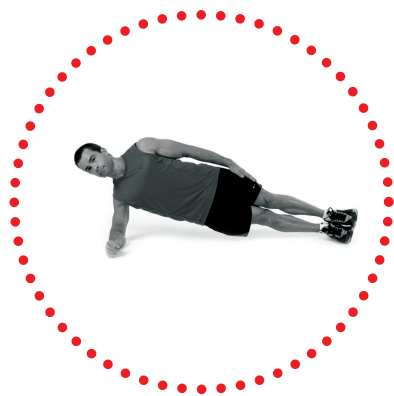
9. **TOTAL BODY** | High Knees



10. **LOWER BODY** | Lunge



11. **UPPER BODY** | Push-Up & Rotation



12. **CORE** | Side Plank

INSTRUCTIONS

1. Perform each of the 12 exercises in succession for 30 seconds per exercise to complete one circuit.
2. Repeat the circuit twice more for a total of three circuits and an approximate 20-minute, non-stop, high-intensity workout.
3. Move from one exercise to the next with minimal (5-10 seconds) or no rest.
4. Use correct form and technique – slow, under control, full range of motion, and breathe out on exertion.
5. Warm-up prior to workout with dynamic stretching (e.g. shoulder rolls, arm circles, leg swings, hip rotations, walking-in-place).
6. Cool-down/stretch after the workout.
7. Recommend 2-3 high-intensity circuit training workouts per week on non-consecutive days.

Safety Guidelines: Remember to consult your physician for medical clearance prior to starting any exercise program. Discontinue exercise should you experience any abnormal response such as muscle, joint, or bone pain, chest pain or tightness, shortness of breath, and seek medical attention.

