

7 minutes workout

FYI

<https://www.youtube.com/watch?v=Rsljw3JgY3c>

<https://youtu.be/NLsYjMNRk8>

<https://www.youtube.com/watch?v=7M9JZV7ePLs&t=615s>

[https://www.youtube.com/watch?v=4yegST9\\_CY0](https://www.youtube.com/watch?v=4yegST9_CY0)