

HIGH-INTENSITY CIRCUIT TRAINING: THE 7-MINUTE WORKOUT

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



HIGH-INTENSITY CIRCUIT TRAINING: THE 7-MINUTE WORKOUT

Instructions:

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

About this High-Intensity Circuit Training Workout (a.k.a. the “7-minute workout”)

This workout combines both aerobic and resistance exercises using only body weight. Chris Jordan, Director of Exercise Physiology, designed this High-Intensity Circuit Training workout for the time-constrained business executive, or Corporate Athlete® as we call them at the Human Performance Institute.

This workout is designed so that it can be performed in minimal space with minimal time, such as a hotel room with nothing more than a floor, wall, and a chair, and incorporates both aerobic and resistance exercises. It is deliberately based upon High-Intensity Interval Training to be a short, intense, non-stop workout. It is a simple and accessible exercise solution for almost anyone, anywhere, anytime, which can provide a safe, effective, and efficient workout.

Remember: high-intensity training is for intermediate and advanced exercisers. With appropriate modifications, a slower pace, and supervision by a certified fitness professional, beginners may also be able to perform the workout.

Chris Jordan, MS, CSCS, NSCA-CPT, ACSM HFS/APT Director of Exercise Physiology

This practical body weight circuit workout (a.k.a. the “7-minute workout”) was designed by Chris Jordan. He and Brett Klika co-authored the peer-reviewed article “High-Intensity Circuit Training Using Body Weight” in the *American College of Sports Medicine’s Health & Fitness Journal* which led to the Gretchen Reynolds’ blog “The Scientific 7-Minute Workout” in *The New York Times* and generated significant media coverage. Chris has been interviewed about the workout by ABC World News with Diane Sawyer, NPR, CNN, Sirius XM’s Doctor Show, The Laura Ingraham Show, Men’s Journal, Women’s Health, Shape, and more.

Chris has been a specialist in the exercise physiology field for approximately twenty years. He worked for the British Army researching and testing the limits of human performance, then spent seven years with the U.S. Air Force helping active duty personnel optimize their fitness for mission readiness. For the past ten years he has been responsible for all fitness programming for the Human Performance Institute’s Corporate Athlete® Course. Chris is an NSCA Certified Strength and Conditioning Specialist and Certified Personal Trainer, and an ACSM Health and Fitness Specialist and Advanced Personal Trainer.

About the Human Performance Institute Division of Wellness & Prevention, Inc.

The Human Performance Institute is the pioneer in delivering a science-based energy management training solution to achieve sustained high performance. The solution is based on over 30 years of proprietary research and working with elite performers, including Olympic gold medalists, military Special Forces, Hostage Rescue teams, surgeons, and Fortune 500 CEOs.

The Human Performance Institute’s measurement-based training uses a multidisciplinary approach built on the sciences of performance psychology, exercise physiology, and nutrition to create lifelong behavior change.

By training to expand and manage energy levels both personally and professionally, leaders become more engaged and resilient, which helps propel higher performance, better teamwork, improved health and stronger leadership which can lead to a competitive organizational advantage.

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