

Entraînement en 7 minutes



****About 7 Minute Workout Challenge****

The 7 Minute Workout Challenge is a training program which was specially developed by scientists that allows users to work out effectively at home in just 7 minutes.

The 7 Minute Workout Challenge is the perfect workout for home, which takes neither time nor the use of any equipment. Since the training was developed on a scientific basis, it is characterized by a high degree of effectiveness. This effectiveness reaches the training through intensive and short exercises and breaks. The training consists of a total of 12 different exercises, which must be held for 30 seconds. After the exercise follows a short break of 10 seconds before you move on to the next exercise. In the training calendar of the app, you can record your workouts and progress.

****7 Minute Workout Challenge - Features:****

- Intensive training program: The 7 Minute Workout Challenge offers you a short and intensive training program, which was specially developed by scientists. The program consists of a total of 12 different exercises, which are performed only with your own body weight and for which no equipment is needed. An exercise lasts 30 seconds each. After the 30 seconds, there is a short break of 10 seconds before moving on to the next exercise. Thus, the entire training lasts only 7 minutes, a time that can be well integrated into everyday life. The app advertises that this short and intense workout corresponds to a training session of about an hour. In addition, the short and intense stimuli should cause that the metabolism is stimulated during the day.
- Record your progress: The app records all of your workouts in the integrated training calendar. Here you can also access the results and progress of recent weeks and months. If you train regularly, you will also be rewarded with awards. Be motivated and receive many great rewards.
- Helpful videos and pictures: In order to perform all exercises correctly, you will have many videos, pictures or texts available during the training, which will explain the exercises understandably and in detail. Both male and female trainers await you in the app, so you can always customize your coach choice.
- Track your weight: The app is also equipped with a weight tracker, which keeps track of your weight. Enter your current weight regularly and see your progress.

Conclusion: The 7 Minute Workout Challenge is a short but very intense training program, which can be well integrated into everyday life due to its short duration. Rewards and awards also ensure that the user is motivated.