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| **1.****7 Minute Workout Song (w/timer) I Tabata Songs**<https://www.youtube.com/watch?v=mmq5zZfmIws>  |
| **2.****„7 Minute Workout Music & Timer – w/Italo Naibo“**<https://www.youtube.com/watch?v=Q_Rox_zOcM4>  |
| **3.****7 Minute Workout Song (ROCKY MIX) w/timer**<https://www.youtube.com/watch?v=iGZUw_fn0X0>  |

**7-Minuten-Training**