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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**