

# eFitness365: Fit to Live

www.eFitness365.com

5-4-3-2-1



5 minutes: dynamic cardio

warm up: jump rope, high knees, front kicks, jumping jacks (or a combination)

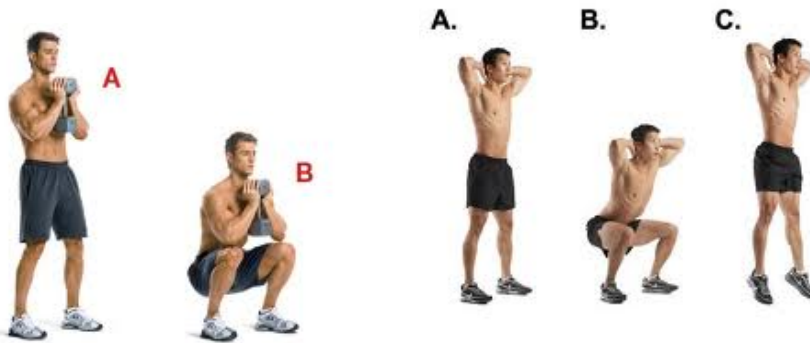




4 minutes: 1-minute burpees, 1-minute lunges, 1-minute mountain climbers, and 1-minute burpees



3 minutes: 10 pushups/15 triceps dips and repeat for 3 minutes



2 minutes: 30 seconds regular squats alternated with 30 seconds jump squats and repeat 1x



1-minute plank  
Repeat 3x